

Kasie Enman Named USATF – New England’s Athlete of the Month for September 2011



Photo: Richard Bolt

BOSTON – **Kasie Enman**, age 32, of Huntington, VT, who runs for the BAA, has been named USA Track & Field – New England’s Athlete of the Month for September 2011. Kasie won the first ever USA women’s gold medal at the 27th World Mountain Running Championships held on September 11 in Tirana, Albania. With the temperature in the 90s, Enman won decisively, covering the 8.59 km course in 40:39. This was more than a minute ahead of second place. She led the U.S. women’s team to a 4th place finish.

Describing the race, Kasie focused first on the chaos of the start, saying, “it was crazy early on, with lots of tripping.” She was in the top 10 in the first half-mile and the top five by the mile mark. “Somewhere in the first lap on a steep downhill,” said Enman, “the Russian woman [Elena Rukhlyada] and I made a break, We worked together for awhile, then on the second lap there was a single track. Someone had to go ahead and I made the tactical decision to go. First the Russian was on my shoulder, but eventually she dropped off.” Asked when she was confident she would win, Enman replied, “I assumed nothing, I kept racing and kept pushing all

the way to the finish.”

Enman was also named USA Track & Field’s Athlete of the Week for her victory at the World Mountain Running Championships. She is a repeat winner of the New England Association Athlete of the Month award. Her first selection was in April 2008 when she was the first New Englander at the U.S. Olympic Women’s Marathon Trials in Boston, where she finished 11th in 2:37:14.

Enman is a 2001 graduate of Middlebury College where she was a NCAA Division III All American in cross country. Her athletic success is impressively varied and in addition to road racing and mountain running, includes the women’s national title at the 10K National Snowshoe Championships held in Vermont in 2002.

In August 2010, Kasie gave birth to her first child, daughter Acadia. Regaining competitive fitness after childbirth was a major theme of her 2011 season. Together with her husband, Eli, Kasie operates the Sleepy Hollow Inn Ski and Bike Center in Huntington, Vermont, and says that she is just steps away from trails and hills where she can do much of her mountain training. In the lead-up to the world championships race, Enman showed her fitness by placing third at the Mt. Washington Road Race held on June 18. The following weekend she qualified for the U.S. World Mountain Running Team by winning the Cranmore Hill Climb in North Conway, NH.