

Mary Kate Champagne Named USATF – New England’s Athlete of the Month for December 2012



Photo: Mike Scott

BOSTON – **Mary Kate Champagne** who lives in Providence, RI, and competes for New Balance Boston, has been named USA Track & Field - New England’s Athlete of the Month for December 2012. At the USATF National Club Cross Country Championships held in Lexington, KY on December 8, she was the first New England finisher, placing 14th and leading her New Balance Boston team to third place overall. Mary Kate timed 20:55.88 on the Open Women’s 6 km course. Earlier this fall, Champagne won the New England Cross Country Championships on November 18, and was the first New England finisher this fall at both the USA 5K (CVS Caremark Downtown 5K in Providence) and 10K (Tufts Health Plan 10K in Boston) Road Championships.

Asked about her race at the National Club Championships, Mary Kate said that she was hoping for a top 10 finish, but was nursing a hamstring injury and “not feeling 100 percent.” Nonetheless, she stayed with the leaders for the first mile, then stayed with the chase pack, and eventually finishing 14th. She considers her breakthrough performance her 8th place finish in 16:12.2 at this September’s CVS 5K

national championship race.

Champagne is a 2012 graduate of Providence College, when was coached by former Irish Olympian, Ray Treacy. Her high school cross country coach at Seton Catholic in Plattsburgh, NY was her mother Kathy Champagne, who ran in the 1988 US Olympic Marathon Trials. Going into high school, Mary Kate enjoyed soccer more than running and she laughingly says that her mother had to recruit her for cross country.

Mary Kate’s weekly training mileage is “pretty consistently in the 80s.” She describes herself as “a classic extremely intrinsically-driven person” who enjoys running by herself. Although her near-term focus is on training for the 5000 or 10,000 at the USA Track & Field Championships next May, she sees herself turning in the future to longer distances and thinks the marathon will become her specialty.