

Erik Nedeau Named USATF – New England’s Athlete of the Month for January 2013



Photo: Joe Navas

BOSTON – **Erik Nedeau**, age 41 of Belchertown, MA, who competes for New Balance Boston has been named USA Track & Field - New England’s Athlete of the Month for January 2013. On January 25, at the Armory Track Facility in New York City, Nedeau, who is head coach for cross country and track at Amherst College, teamed up with Chris Simpson, Scott Weeks, and Mark Gomes (all age 40+) to set a new world masters indoor record in the 4 x 800 meter relay; His anchor leg of 1:58.4 brought the team home in 7:58.12, breaking the old record by nearly 10 seconds.

"Ned" also won the Masters Mile at the Greater Boston TC Invitational on January 20 in 4:21.16, and on February 2, was second in the New Balance Grand Prix masters mile.

Following his successful indoor track season, Erik placed third overall in the men’s 800 meter race at the USATF-New England Outdoor Championships on June 23 with a time of 1:58.09. He also placed third overall in the M40-49 division at the TD Beach to Beacon 10K on August 3, with a time of 33:53.01.

Aside from his recent marks as a masters competitor, Erik’s record as an open runner is illustrious. At Kennebunk High School, Erik was a six-time state champion and at Northeastern University, he earned All-American honors five times. For these achievements he was inducted into the Maine Running Hall of Fame (2008) and the Northeastern

University Athletic Hall of Fame (2001).

After college, Erik enjoyed tremendous success as a middle distance runner in national and international competition. His highest achievement was at the 5th IAAF World Indoor Athletics Championships in Barcelona, Spain in 1995, where Nedeau won the bronze medal in the 1500 meters. His time of 3:44.91 was less than half a second behind 1500 meter and mile world record holder Hicham El Guerroj of Morocco who would go on to win gold medals in both the 1500 meters and 5000 meters at the 1996 Atlanta Olympic Games.

Erik’s personal bests include 1:46.19 for 800 meters, 3:38.24 in the 1500, and 3:57 for the mile. He ranked as high as 7th in the world for the 800 (1992) and 6th in world in the 1500 (1996).