

## Tyler Andrews Named USATF – New England’s Athlete of the Month for May 2014



*Photo: Scott Mason*

BOSTON – **Tyler Andrews**, age 24 of Concord, MA, who competes for Strive Racing, is USA Track & Field – New England’s Athlete of the Month for May 2014. On May 25, he won the Key Bank Vermont City Marathon in 2:20:27. Trailing by 35 seconds at the half marathon and 51 seconds at the 20 mile mark, Tyler surged past the leader – and eventual 2<sup>nd</sup> place finisher – Dereje Deme of Ethiopia at 24 miles. He pulled away to win by more than 90 seconds. Remarkably, Tyler ran his debut marathon less than five weeks earlier at the Boston Marathon where he timed 2:21:33 and finished 29<sup>th</sup> in the men’s race.

On March 3<sup>rd</sup> of this year, Tyler set an unofficial world record of 1:07:18 for a half marathon on a treadmill.

Andrews ran cross country during much of his high school career at Concord Academy. However it wasn’t until senior year - when Jon Waldron became the school’s new cross country coach - that Tyler began to take training and racing seriously. He notes that Waldron wasn’t just interested in a runner’s current performance level, but cared about the passion and interest that a runner showed. “This fired me up,” says Tyler and he began to make steady improvement.

After high school, Andrews took a year off and then enrolled at a college that didn’t have track and cross country. During those three years, Waldron continued to coach and mentor him. When he transferred to Tufts University as a sophomore, he immediately had a breakout year, earning all region honors in the 10,000m. As a junior, Tyler set personal bests in the indoor mile, 3000m, and 5000m. Outdoors, he broke through with a 30:22.82 in the 10,000m. This qualified him for the NCAA Championship, where he placed 11<sup>th</sup>.

Although Tyler majored in mechanical engineering at Tufts, in 2011 he began working for Strive Trips, which sends student runners to Kenya, Peru and Ecuador. It provides an opportunity for participants to train, mostly at altitude, while also performing community service, and raising their global awareness. Initially Andrews worked as a Peru group leader, but has now taken on a full time role as an administrator. Strive sponsors Tyler’s professional running career.

Tyler continues to work with Jon Waldron. He says that he runs “a fair amount of volume,” logging as much as 150 miles a week, explaining that he responds well to this high-volume training regimen. He and his coach have a similar mindset, focusing on the big picture of Tyler’s development and looking for gradual ramping up of training for continued improvement.

For fall 2014, Tyler is focused on two races: the Hartford Half Marathon in October and the California International Marathon in Sacramento in December. He is hoping to make the 2016 U.S. Olympic Marathon Trials qualifying standards (1:05:00 for the half marathon, 2:18:00 for the marathon).