

Jen Rhines Named USATF – New England’s Athlete of the Month for October 2014



Photo: Kevin Tivoli

BOSTON – **Jen Rhines**, age 40 of Boston, who competes for the B.A.A., is USATF-New England's Athlete of the Month for October 2014. Jen began an extraordinary month of racing at the Syracuse Festival of Races on October 5, where her 15:58 for 5K won the F40-44 division. She finished 2nd overall at Syracuse, just 4 seconds back of the open division winner.

On October 13 at the Tufts 10K for Women in Boston, Jen won the masters division and finished 12th overall. Her time of 32:33 broke the USA Masters 10K road record by 17 seconds and helped the B.A.A. team win

the USA Women’s 10K Team Championship.

On October 26 at the Mayor's Cup Cross Country, Jen was the first master and 3rd overall finisher in the Women's 5K Championship race. The strength of her performance is underscored by the fact that she nipped Abbey D'Agostino by one second at the finish. Abbey graduated from Dartmouth College earlier this year, where she was a 7-time NCAA champion.

Rhines is originally from Syracuse, NY. She graduated from Villanova in 1996 where she was a 5-time NCAA individual champion. She is also a multiple-time USA Track & Field track and road race champion.

Jen has represented the United States at three Olympic Games at three different distances, competing in the 10,000m at Sydney in 2000, the marathon at Athens in 2004, and the 5000m at Beijing in 2008. Shortly before the Beijing Olympics, Jen had set a personal best of 14:54.29 in the 5000 at the Bislett Games in Oslo, Norway, and had hopes of medaling at the games. However in the 5000m Olympic semifinal, she suffered the only serious injury of her career when she tore her plantar fascia on the last lap. She still managed to make the final, where she finished 14th.

Jen has demonstrated unusual versatility during her career, with high level performances at distances ranging from the 1500m (PB of 4:09.52) to the marathon (PB of 2:29:32). Not surprisingly, Jen advises other runners to avoid falling into “a one-distance rut.” She believes that varying distances and speed helps keep her fresh and “enforces good running mechanics.”