

Sam Toolin Named USATF – New England’s Athlete of the Month for December 2015



Photo: Raphael Biebers

BOSTON – **Sam Toolin** of North Kingstown, RI, who competes for the Sentinel Striders, is USA Track & Field - New England's Athlete of the Month for December 2015. On December 12, at the USATF Junior Olympic Cross Country Championships held in Albuquerque, NM, Sam won the 13-14 year old boys race by 13 seconds in a field of 345 runners. Running in second place through 2 miles, Toolin showed an impressive kick over the last half mile as he finished in 13:17.1 for the 4000 meter course. Sam has a history of success at the Junior Olympic Cross Country Championships. In 2013, he finished second in the 11-12 year old boys race, while leading

his Sentinel Striders teammates to the national team title. Currently a freshman at North Kingstown High school, in his last two years at Wickford Middle School, Sam won the Rhode Island middle school state cross country championships.

Not surprisingly, Sam also enjoyed a stellar season in high school cross country. On October 26, at the Rhode Island Freshmen State Championships, Toolin won handily, covering the 4K course in 12:39.01. Competing against older scholastic runners, Toolin also excelled. On October 31 at the Rhode Island Class Championships, he finished 3rd in a personal best of 15:39.82 for the 5K course. In subsequent weeks he finished 4th in the Rhode Island State Championships and 6th in the New England XC Championships.

During the 2016 indoor scholastic season, Toolin raced in distances ranging from the 600m to the 3000m. While running well at all distances, Sam's best performances were in the 1500m and 1 mile. On February 20, he ran a personal best of 4:01.09 in the 1500m to take 3rd in the Rhode Island State Championships. On March 12, at the New Balance Indoor Scholastic Championships at The Armory in New York City, Sam ran 4:21.94 to place second in the Freshmen 1 Mile event.

Sam's improvement continued during the 2016 outdoor scholastic season. On May 1, Sam broke two minutes for 800m with a 1:57.10 winning performance at a tri-meet which pitted his North Kingstown team against East Greenwich and Chariho Regional. On May 7, Toolin followed with a blazing 1:55.20 win the Schomp Invitational 800m in Coventry, RI. This was the fastest freshman time in the nation at that point. Sam finished his outdoor season on June 17 with an impressive personal best of 4:13.43 for the 1 Mile to place 7th in the New Balance Outdoor Nationals in Greensboro, NC. Notably, Sam was the only freshman in the field of 20 starters.

USATF – New England's mission is to continue its leadership role as one of the outstanding associations of the national governing body in Athletics.