

Erin Dietz Named USATF – New England’s Athlete of the Month for June 2015



Photo: Emerging Elites

BOSTON – Erin Dietz of Bedford, MA, who competes for Emerging Elites, has been named USA Track & Field - New England’s Athlete of the Month for June 2015. On June 28 at the USATF Junior Outdoor Championships in Eugene, Oregon, Erin placed 2nd in the 3000 meters with a time of 9:37.41. This qualified her for the Pan American Junior Championships which were held in Edmonton, Alberta July 31 to August 2. Erin also finished 3rd in the 5000 meters at the USATF Junior meet, running a personal best of 16:36.16.

The week before, on June 19, Dietz finished 2nd in the 5000 at the New Balance Outdoor Nationals in Greensboro, NC, with a time of 16:38.17. Erin began her month of stellar performances in early June, when she won the Massachusetts Division 3 mile in

a personal best of 4:56.91, then three days later placed 3rd in the Massachusetts All State mile, finishing in 4:58.91.

At Bedford High School, Erin began running during the indoor season as a freshman and thereafter ran all three seasons through the end of her high school career. Going into her sophomore year, she joined the Emerging Elites training program and, under the tutelage of head coach Fred Treseler and other program staff, she began to show her elite potential. Dietz praises the program for its individualized approach and its strong focus on members’ athletic success.

In 2014 Erin ran in the New Balance Nationals. Unsure what to expect in her first national competition, she surprised herself by placing 4th in the 5000. This year she was confident going into the meet and pleased with her 2nd place finish and personal best in the 5000. Her plan was to peak for the USATF Junior Championships in Eugene, where she ran the 5000 and 3000 on consecutive days. The top two finishers qualified for the Pan American Junior Championships. Erin saw herself as more competitive in the 5000. Her 3rd place finish in the first race stoked her motivation for the 3000. Rather than feeling fatigued by the 5000, Erin states that it helped her feel “race-ready” going into the 3000. That race began at a moderate pace. Dietz knew there were other runners with better closing speed, so she took the lead after 800 meters and held a strong pace. Though she was edged for first place, she was elated at qualifying for her first international meet.

In order to prepare for a second seasonal peak one month later, Erin went through a “mini quality training cycle and then a mini-taper.” This obviously worked well. Representing Team USA in the Pan American Junior 3000, Erin ran with boldness and confidence, leading from the start and pushing the pace with strategic surges. She won the gold medal by nearly four seconds.

Asked about her motivation, Erin describes herself as “a very driven person” who tries to get as much as possible out of herself in every endeavor. A high honors student in high school, Erin will attend Harvard University this fall. As she thinks about balancing academics and running, she maintains a long-term focus. She does hope to compete in the 2016 USATF Junior Outdoor Championships with a chance to qualify for the 2016 IAAF World Junior Championships in Kazan, Russia next summer.