

Emily Sisson Named USATF – New England’s Athlete of the Month for March 2015



Photo: Providence Athletics

BOSTON – **Emily Sisson**, a graduate student at Providence College, who hails from Chesterfield, MO, has been selected as USA Track & Field - New England's Athlete of the Month for March 2015. At the NCAA Division I Indoor Championships held in Fayetteville, AR, March 13-14, Emily won the 5000m in 15:32.15 and the next day placed 3rd in the 3000m in 9:01.16.

Two weeks prior to nationals, at the Big East Indoor Championships at the Armory in New York City, Sisson set a new collegiate indoor record for the 5000, running an extraordinary 15:12.22. Emily won the race by more than 68 seconds, as she trimmed two seconds off the former record set by Kim Smith of Providence in 2004. In November 2014, Emily finished 7th in the NCAA Cross Country Championships and lead Providence to the national team title.

During the outdoor season, Emily continued her high level of achievement. On April 23 at the Penn Relays, she won the 3000 meters in 9:09.12. She then traveled to Stanford for the Payton Jordan Cardinal Invitational, where on May 2, she ran the fourth fastest time ever by a collegiate runner in the 10,000 meters. Sisson went through 5000 meter mark in 15:52. The pace increased during the second half of the race. With one lap to go she was still with the lead pack and finished 5th in 31:38.03. This performance gave her a World Championship and Olympic qualifying "A standard" and also broke the Providence College women's 10,000 meter school record, formerly held by Mary Cullen (class of 2006) by more than a minute.

Emily proceeded to win the 5000 meters at the Big East Championships at Villanova, PA on May 9 by more than a minute, in a meet record time of 15:40.64. On May 28 at the NCAA Division I East Preliminary Round in Jacksonville, FL, Sisson won the 5000 meters in 15:40.31. Following the meet she was named the USTFCCA Northeast Region Female Athlete of the Year. On June 10, in the Division I Outdoor Track & Field Championships held at Hayward Field in Eugene, Oregon, Emily capped her collegiate career by winning the national title in the 5000 meters in a time of 15:34.10. dominated a strong field by seizing the lead early and winning by more than six seconds. This earned her First Team All-America honors and led to her selection as a semifinalist for the Bowerman Trophy – collegiate track & field's highest individual honor.

Emily will remain at Providence College to complete the second year of her MBA and continue to train with Coach Ray Treacy as she embarks on a career as a professional runner. As a long-term focus, she harbors hopes of running in the Olympics, but says there will be a lot of big races coming up.

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

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