

Kim Nedeau Named USATF – New England’s Athlete of the Month for April 2016



Photo: acidotic RACING

BOSTON – Kim Nedeau, of Leverett, MA, who competes for acidotic RACING, is USA Track & Field - New England's Athlete of the Month for April 2016. On April 9, Kim won the 25th edition of the Merrimack River Trail Race in Andover, MA in a new women's course record of 1:05:08. The 10 mile out-and-back race served as the USATF - New England Trail Championship. Nedeau knocked 24 seconds off the record formerly held by Kasie Enman, a national class competitor in mountain, trail and road racing. Kim ran to the front by the one mile mark of the Merrimack River race and steadily lengthened her lead to a 1:31 margin at the finish. At age 36, Kim also set the sub-masters (35-39) course record.

Kim grew up in Holliston, MA. She started competing in 8th grade and excelled immediately. In high school she won a Massachusetts state indoor mile title and had a best of 5:01. At Brown University, where she majored in creative writing, she ran cross country as well as the 3000 and 5000 on the track. After college, Nedeau focused on the 1500 / mile distances and achieved a best of 4:29 for the 1500, along with a best of 9:29 for the 3000.

Soon, however, she developed multiple injuries which became chronic and forced her away from the sport. As she met her future husband, got married and had two children, Kim ceased running altogether. The path back to running began with surgery for a labral tear that was first diagnosed when she was 30. At this time her

husband was doing mountain and obstacle races, and they built a gym in their home that included stationary bikes, mountain climbing exercisers and notably an incline trainer - that allows uphill and downhill training and can be raised to 40% incline. Her training regimen became a mix of cycling, strength training and about 35 miles of running per week. Kim says she “translates strength and bike training into running fitness,” allowing her to reach a high level of fitness without high running mileage.

Kim’s return to competition began with the Wachusett Mountain Race in 2014. She surprised many people – if not herself – when she won the race. Coached by Chris Dunn, an avid trail runner and cyclist and founder and owner of acidotic RACING LLC, she commenced an ambitious training and racing schedule. She describes running the Merrimack River Trail Race as a “last minute decision,” to test her fitness level as the mountain racing season approached. On June 18, Kim ran the Mt. Washington Road Race and was the second female finisher – and 22nd overall – as she timed 1:13:49, a 9:43 per mile pace.

On July 3, she competed in the USATF Mountain Running Championships at Loon Mountain, NH, where the top four women’s finishers would qualify for the World Mountain Running Championships to be held in Bulgaria on September 11. At Loon Mountain, Nedeau ran very aggressively, pushing hard the entire race. She was in 4th position as they reached the notorious Upper Walking Boss, a rugged steep stretch of about 1000 meters where the peak elevation is 40%. Kim moved into 3rd place which she held to the finish. She is excited to represent the U.S. at the world championships. She notes that, “my training is going great and I’m in a good position to do my best.” She is especially eager to contribute to a strong U.S. women’s team finish at the championships.

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