

Coby Horowitz Named USATF – New England’s Athlete of the Month for January 2016



Photo: Darci Mickus

BOSTON – **Coby Horowitz** of Burlington, MA, who competes for the Track & Field Academy of PTI, is USA Track & Field New England’s Athlete of the Month for January 2016. On January 30, at the Boston University John Thomas Terrier Classic, Coby recorded his first sub-4 minute mile, running 3:59.55. A week earlier he won the mile at the Greater Boston Track Club Invitational in 4:01.97, more than 6 seconds ahead of the 2nd place finisher. Horowitz is a 2014 graduate of Bowdoin College. During his senior year, he broke the NCAA Division III indoor mile record, running 4:00.41 to eclipse a mark that had stood for 17 years. Coby graduated from Nashoba Regional High School in Bolton, MA in 2010 and, as a senior, was the best two-miler in Massachusetts.

After graduating from Bowdoin, Coby was unsure of his career path. He took a job for 7 months on a lobster boat on the Maine coast. The work was very strenuous. For example, he had to heave 50-60 pound lobster traps, often on rolling decks in rough seas. During this time he only ran about 6 times. In January 2015, he resumed training under the tutelage of Yury Klimovitsky, his high school strength and conditioning coach. They focused on getting him ready for the Adrian Martinez Classic in June but “rushed things” which led to injury and a two month layoff before he could resume training. By November he was finally able to begin track training – his favorite part of practice – with Sean Duncan of WMDP as his usual training partner.

At the GBTC Invitational in January, Sean paced him through 800 meters in 2:01. Coby was well in front and tried to run a negative split in an effort to break 4 minutes but, without close competition, he fell short. Two weeks later at the Terrier Classic, he was disappointed that he wasn’t placed in the seeded heat. He says he was still nursing his disappointment while running in 6th place in his heat but once he saw that the leader passed the half-mile in 1:59, he got excited. He drove harder and with 500 meters left surged into the lead. At the head of the final straight with the clock at 3:52, he went all out and was elated to break 4 minutes – which he knew from the crowd’s reaction even before he saw his time of 3:59.55. In 2014, when he set the NCAA DIII national record in the mile it was also on the B.U. track. Although he broke a 17 year old national mark, he was unchallenged in the second half of the race and was disappointed that he hadn’t broken 4 minutes. He says that it was “great redemption” to finally go under 4 minutes on the same track where he had just missed breaking the barrier two years earlier.

Horowitz works as a personal trainer in Concord, MA at PTI International – a company founded by his coach based on European-style conditioning. Primarily he works with high school distance runners, providing strength training as well as injury prevention and rehabilitation. His flexible schedule allows him to run twice a day and to engage in regular strength training. He expresses disappointment that he was not able to qualify for the 1500 meters for this year’s Olympic Trials. He says that his running goals, along with his career goals, are still taking shape, noting that he values teamwork and competition in all his endeavors.