

## Carly Muscaro Named USATF – New England’s Athlete of the Month for May 2016



Photo: [themackreport.com](http://themackreport.com)

BOSTON – **Carly Muscaro** of Ashland, MA, a junior at Merrimack College, is USA Track & Field - New England's Athlete of the Month for May 2016. On May 14 at the New England Intercollegiate (NEICAAA) Championships held at Southern Connecticut State in New Haven, Carly won the 400 meter title in a blistering 51.17. This was not only the fastest 400 race of her career, it broke her school record, meet record and set an all-time New England collegiate record. Running anchor on the 4 x 400 meter relay, Muscaro raced even faster, propelling Merrimack to a second place finish with a sensational 50.9 leg.

On May 28, at the NCAA DII Championships in Bradenton, Florida, Carly won the 400 meters national title by more than a second with a 51.32 clocking. Later in the day, she won the silver medal in the 200 meters,

running 23.22 which was only .01 off first place.

Carly notes that the last two years, she felt somewhat depleted when her competitive season stretched into July, so this year - with the U.S. Olympic Trials taking her into July again - she approached her outdoor collegiate season differently. She started intensive track training one month later than usual and instead of peaking for nationals, she says she “made some adjustments to be ready for the Olympic Trials.

This makes her performances in May even more impressive. At the New England Championships, after feeling sick the day before finals, she drew on her mental toughness and told herself, “You can do something special today.” She felt fast through the first 200 meters but this time was able to keep up her drive much better than usual during the second 200, and was surprised and delighted by her 51.17 personal best. About her 50.9 anchor leg on the 4 x 400 relay, Carly said simply, “I put it completely on the line.” At the DII National Championships after her dominating win in the 400, Carly had less than 2 hours for the 200 finals, against competitors who were primarily attempting 100-200 doubles. Carly was 6-8 meters behind coming off the curve, but blasted into the straightaway and ran past everyone except the leader who held on by .01 seconds.

On June 17 at the adidas Boost Boston meet at Dilboy Stadium in Somerville, against an elite field, Carly finished 2nd in the 400 in 51.66, losing only to Francene McCorory, a 2012 Olympic Gold Medalist in the Women’s 4 X 400 relay. Muscaro says, “It’s cool to be on these stages that I never expected to be on,” and “It’s a privilege and honor to be there among the best.”

July also proved to be a month of great accomplishment for Carly. At the U.S. Olympic Team Trials for Track & Field in Eugene, Oregon, she ran a 52.12 on July 1 to qualify for the next day’s semifinals, and then ran 52.68 in the semis and was not able to advance to the finals. As the capstone to her season, Muscaro was selected to Team USA for the North American, Central American and Caribbean (NACAC) U23 Championships in El Salvador. On July 17, in her first international competition, she ran the opening leg on the winning U.S. Women’s 4 x 400 meter relay team. Her 51.4 put the U.S. team in first place, as she and her teammates ran to the gold medal.

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