



For immediate release  
Contact: [media@usatfne.org](mailto:media@usatfne.org)

## NEWS

# Lisa Mikkelsen Named USATF – New England’s Athlete of the Month for January 2017



Photo: [usatfne.org](http://usatfne.org)

PROVIDENCE – Lisa Mikkelsen, a 51 year old sprinter from Holliston, Massachusetts, is USA Track & Field - New England’s Athlete of the Month for January 2017. On January 29 Mikkelsen set a pending American Record in the W50 400 meters. Mikkelsen’s time of 62.24 beat the previous record by over half a second set back in 2004.

Lisa started running when she was 44 years old when a few running friends convinced her to run indoor track. Before her record run on January 29, Lisa had competed in the BU Mini Meet on December 31, nearly breaking the record in the 400 meters with a time of 62.51 seconds.

Going into the New England Championship race, Lisa and her coach worked out a game plan focusing mainly on the third 100 meters, then keeping her cadence and knee drive for the final 100 meters. She said, “My husband and 15 year

old son were planning to come with me, but unfortunately they were both sick so I drove myself. Because I had gone alone, I didn’t have anyone to talk to about the run, what my splits were, and what they had as the final time.”

In addition to track and field, Lisa is also a competitive cross fit athlete. While training for Ultra Marathons in 2009 she was introduced to CrossFit Endurance. “CrossFit helps with core strength and the anaerobic workouts help with cardio capacity. Running helps with CrossFit, and CrossFit helps with running,” Lisa explains. Lisa and her husband now own CrossFit Never Doubt gym in Milford, Massachusetts.

Lisa is looking forward to the USATF-NE Indoor Track & Field Championships on February 19 at Harvard University where she hopes to run under 62 seconds. After that, she will be competing in the CrossFit Open Competition starting February 23. In May she will be competing in the Keys 100 Mile Relay with her husband, son and her son’s friends.

“As a new comer to track and field, especially starting as a 44 year old, I was very intimidated. Luckily, I had Eric Bucher to coach me, and supportive friends and family to help me through the process.”

USATF New England’s Athlete of the Month program is designed to recognize outstanding performers at all levels of the sport. USATF New England names an honoree each month and features that athlete on [usatfne.org](http://usatfne.org).

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

USATF – New England \* P.O. Box 1905 \* Brookline, MA 02446-0016 \* [www.usatfne.org](http://www.usatfne.org)