

# U.S. TRACK TEAM SET TO GO THIS SUMMER

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There was plenty of outstanding competition and plenty on the line at this past weekend's 2007 AT&T USA Outdoor Track & Field Championships in Indianapolis. The reward for a top three finish is a spot on the United States team that will compete in the World Championships this summer. Here's a look at some results, who will be representing the U.S. in Osaka, Japan later this summer, and what their medal chances would be:

**MEN'S 1,500 METERS** – In the most hyped event of the weekend, Nike prodigy Alan Webb was able to fend off his key rival and American record holder Bernard Lagat to claim victory. Webb ran a perfectly paced race in the finals and looked incredibly strong over the final 300 meters to win in 3:34.82, a tenth of a second better than Steve Scott's 25 year old meet record. Leonel Manzano of Texas wound up 2<sup>nd</sup> (3:35.29), with Lagat, who may have been a bit worn down from his 5,000 meter win just two days prior, holding on for 3<sup>rd</sup> (3:35.55). Former Massachusetts high schooler Said Ahmed finished 6<sup>th</sup> in the final (3:40.80). Looking ahead, Lagat clearly possesses the talent and the speed to be a gold medal threat should he concentrate on the 1,500 meter distance this summer. Webb is the wildcard, capable of great things yet still relatively untested in major championship finals.

**WOMEN'S 1,500 METERS** – Gone are the days of Mary Decker. Despite the absence of big names, the Women's 1,500 meter race was competitive. Georgetown alum Treniere Clement (4:07.04) earned the victory, with Christin Wurth running an exceptional final to claim 2<sup>nd</sup> (4:07.86) and Erin Donohue earning the bronze (4:08.22). While all three athletes possessing outstanding collegiate credentials, this group is lacking in world class experience and will be looking just make the final in Osaka.

**MEN'S 3,000 METER STEEPLECHASE**: The upset special of the day took place in the Men's 3,000 Steeplechase. Josh McAdams earned a solid victory to successfully defend his 2006 title. But the big upset was delivered by runner-up Aaron Aguayo of Arizona State, whom moved up from 5<sup>th</sup> to 2<sup>nd</sup> over the final 200 meters. Thomas Brooks rounds out the team, with will not include pre-race favorites Anthony Famiglietti and Daniel Lincoln, who finished 4<sup>th</sup> and 5<sup>th</sup> respectively. Former Yale standout Lucas Meyer, now competing for the Oregon Track Club, ran 8:45.72 in the preliminary heat but failed to qualify for the final. McAdams, who is coached by former world class runner and fellow BYU alumni Ed Eyestone, continues to gain strength but may be outmatched in this Kenyan-dominated event.

**WOMEN'S 3,000 METER STEEPLECHASE** – NCAA Steeple champion Jennifer Barringer of Colorado edged Nike's Anna Willard (a Brown University graduate) by a shade (9:34.64 to 9:34.72) with Lindsay Anderson claiming 3<sup>rd</sup> in 9:40.74. Again, this group is very young and untested in international waters, with Barringer still deciding between Osaka and a cross-country focus for the Buffalos the fall.

**MEN'S 5,000 METERS** – Lagat's victory (13:30.73) against a loaded field may have cost him a step or so in the 1,500. Nike athletes swept the 6 of the top 7 positions in the 5K, with up and coming star Matt Tegenkamp (13:31.31) and Olympian Adam Goucher (13:31.50) earning places alongside Lagat on the U.S. team. Jonathan Riley, another former Massachusetts schoolboy, finished just out of the money in 4<sup>th</sup> (13:33.56) and will be the choice should Lagat choose not to double in Osaka.

**WOMEN'S 5,000 METERS** – Shalane Flanagan, who was born and raised in nearby Marblehead, MA, was again the class of field, running away from the competition to earn victory in 14:51.75. World Champs team honors were clear cut in this one, with Jen Rhines (15:08.53) and Michelle Sikes (15:09.28) earned places on the team by a comfortable 15 second margin. Arianna Lambie, a former junior national champion as a Massachusetts high school runner and now a six-time All-American runner at Stanford University, finished 5<sup>th</sup> overall. Based on her indoor performances coming off a recent injury, Flanagan has proved that she is capable of running with the world's best.

**MEN'S 10,000 METERS** – Another loaded field of top talent toed the line for the Men's 10K, with Abdi Abdirahman earned a solid victory in 28:13.51, a comfortable 10 seconds up on Alberto Salazar's young Oregon prodigy Galen Rupp (28:23.31) and former Colorado star and 2004 Olympian Dathan Ritzenhein (28:31.88). Whether these three athletes are capable of running faster against the best runners in the world remains to be seen. Ritzenhein may have the best shot if he can remain injury free.

**WOMEN'S 10,000 METERS** – Like Flanagan in the 5,000, Deena Kastor was the dominant runner in the Women's 10,000 (31:57.00), finishing 36 up on runner-up Kara Goucher. Katie McGregor rounds out the team with her strong 3<sup>rd</sup> place finish (32:44.69). Former Yale standout Kate O'Neill, now competing for Nike, finished 5<sup>th</sup> in 33:08.18. Kastor may opt for the marathon this summer and possesses the credentials to medal at the World Championships in either event.

## **Racing Roundup**

Wednesday's High Performance Series Track Meet in Bloomington, Indiana was set up with the possibility that both Masters runner Jim Sorensen and high school standout Matt Centrowicz, Jr. would take a shot at running a sub 4 minute mile. Although neither succeeded, the race was a success. Centrowicz ran 4:03.47 to finish 4<sup>th</sup>, with Sorensen 5<sup>th</sup> in 4:05.27, a U.S. Masters record and the 3<sup>rd</sup> fastest mile every run by a Masters (40+) runner in the world. Former Notre Dame (West Haven, CT) and University of Connecticut standout Dan Wilson, who owns a 3:59 personal best, won the race in 4:01.00.

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