

## Intro

Please post your questions or comments at our Forum.

Yesterday I kicked off 2010 with a 3K at the Penn State National Open , and I was very pleased with the results. I ran 9:10 which was good enough for 4th and a 3 second PR. I have been only concerned with building a good base and getting my head back into racing after taking most of the summer and fall off from competition. I had no idea what to expect from the race and I really surprised myself that I could handle that kind of pace.

I guess I should also kick off this blog with an introduction. Originally from the Philadelphia area, I went to high school at Nazareth Academy , a small Catholic girls school. I don't want to say that I underperformed in high school, but I definitely hit a whole new level of running in college. I went to the University of Pittsburgh from '01-'06 where I was a three time All-American. I hold eight school records and I am the only female runner from Pitt to ever qualify for the NCAA Cross Country Championships. I have dealt with many injuries relating to my left hip, where I had three titanium screws surgically placed to make sure a stress fracture in my femoral neck did not break all the way through the bone (which would have meant a hip replacement). This happened between my senior and 5th years at school, and the year after graduating I also missed a full year of competition. In 2007 I moved to Syracuse with my now fiancé John Butler, where he was going to graduate school. With the help of Syracuse coaches, Chris Fox , Brien Bell , and Kristy Johnston, I managed to find my way back to the level of running I was at before the injuries. I qualified for the 2008 Olympic Trials in the 5000m, and made the final round where I placed 12th. I have run PR's in the 1500, 3000, and 5000 since graduating and being injured. I now hope to move up to 10,000 and longer road races. I am my own training now in Hummelstown, PA where John and I moved this fall for his teaching career. John is of great help to me, but I have had to be on my own often. Outside of running, I am going to back to school next fall and I have taken some classes this year, I am also working part-time as a personal trainer, salesperson at the local running store, and helping John coach Lower Dauphin High School cross country.

I will keep on blogging as I get ready for the US 15K Championships, the Gate River Run in Jacksonville, FL on March 13th.

- Maureen