

Kim Duclos Named USA Track & Field – New England Athlete of the Month for December



Photo: Ellen Hudson

BOSTON – **Kim Duclos**, age 27 of Worcester, MA, who runs for the Central Mass Striders (CMS), has been named USA Track & Field – New England’s Athlete of the Month for December 2009. On December 12 at the Rocket City Marathon in Huntsville, Alabama, Duclos was 2nd in the women’s division behind Janet Cherobon of Kenya, who resides in Georgia. Kim’s time of 2:38:21 was a personal best by more than 6 minutes.

Kim set her previous PB of 2:44:32 at the 2009 Los Angeles Marathon just last May. Nonetheless, her coach, **Kevin Beck**, predicted that Kim was ready to run 2:38 at Rocket City.

Although her training mileage had stayed the same, building from 100 mile weeks up to 140 before tapering for the race, Coach Beck introduced a more sophisticated training program that involved multiple periods of building up and then scaling back before hitting her maximum weekly mileage.

The Rocket City race was held in chilly, blustery conditions. Kim went out in 6:20 for the first mile, then increased pace to 6:10 and 6:05 for miles two and three. She was on pace at the half-marathon mark and felt growing confidence that she could finish in 2:38. She shared the pace-setting with Janet Cherubon, who managed to surge away from Kim with 5K left in the race. Impressively, she finished 7th overall, as only five men beat Duclos to the line.

Kim has been a lifelong resident of Worcester. She attended Saint Peter-Marian High School and although she ran track, in her own words, she was “not much of a star in high school.” She then went to Worcester State College, where she graduated with a degree in graphic design. She did not run college track, but did start serious training on the roads to prepare for the Boston Marathon. With steady improvement, Kim began to make a mark in the sport. At the 2008 Boston Marathon, she was 2nd American and 16th overall in the women’s division.