

McCabe set for Freihofer's Run

By Pete Tobey

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Former Queensbury standout Emily McCabe plans to return to the area this weekend to compete in the annual Freihofer's Run for Women, scheduled for Saturday at 9 a.m. in Albany.

Last year, McCabe ran her first Freihofer's Run and finished ninth overall -- the top American finisher -- with a time of 16 minutes, 12 seconds in the 5-kilometer road race. Nearly 3,000 women run in the race each year.

"I'm looking forward to seeing my family and racing in Albany again," McCabe said in a recent telephone conversation. "The last time I was up was for Christmas. I haven't seen anybody but my mom since -- she's come down a couple of times, once to see me race and once to just spend some time with me."

McCabe, 24, now lives and trains in Durham, N.C., where she recently finished her master's degree in humanities at Duke University. A 2002 Queensbury graduate who ran for Cornell as an undergraduate, continues to train with her cross country coach at Duke, Kevin Jermyn, and runs with the team in practices. She is also doing volunteer work in her community.

"I'd like to have a career in public service," she said. "I like interacting with people and giving back to the community."

McCabe is still chasing a shot in the 10,000 meters at the Olympic Trials, set for next month in Eugene, Ore. She came achingly close to a personal record in the 10K at the Cardinal Invitational, held May 4 at Stanford University. Her PR in the 10K is 33:26, but she ran a 33:32.51 at the Cardinal Invitational, good for seventh place. She has met "B" qualifying standard for the Olympic Trials, which is 33:30, but the "A" standard is 31:45, which guarantees a spot in the Trials.

"I was hoping to lower my PR a little bit -- I figured if I hit a low 33, my chances are better of getting into the Trials," McCabe said. "I had a really good workout going in and my coach said I was ready for a low 33 or under. Unfortunately, I didn't have the race I thought I could."

During the race, McCabe said, she developed bad stomach cramps that knocked her off her pace, although she did finish about 6.5 seconds off her PR.

"It's not like I fell apart, but I was on pace for a PR," she said. "I'm disappointed that had to happen. I'm hoping to do another 10K on the track before the Trials. I know I can run better than 33:26. I'm taking things race by race."

McCabe said she is running the Freihofer's Run as a "good opportunity for me to show all the hard work I've done."

"I feel pretty good," she said. "My speed's coming along really well, and I have a pretty high lactate threshold, so I can run off my pace for a long time. I've averaged about 70-80 miles per week all spring -- that's the highest I've ever done."

Although she has run some 5Ks, McCabe said she is focused on the 10K at the Olympic Trials.



COURTESY PHOTO
Former Queensbury standout Emily McCabe is heading back to the area to compete in the Freihofer's Run for Women.

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"I'd like to look at the 5K, but I'm not sure if I can fit in a 5K and a 10K by the end of June," she said. "I basically put all my eggs in the basket trying for one race."

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