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[High School Sports](#)

Kate Queeney hits her winning stride

by The Republican Sports Desk
 Wednesday July 08, 2009, 4:40 PM

By **BILL WELLS**



BILL WELLS

Prior to this year, Kate Queeney had never won a road race or triathlon.

With a year of training under one of the area's all-time great runners, the 39-year-old mother from Amherst has now won two events.

Queeney won the women's division at Sunday's Whately Police Sprint Triathlon, covering the half-mile swim, 14-mile bike and 3-mile run in one hour, 21 minutes, 16 seconds.

Her victory comes three months after she won the WAMDA 5K Road Race in Northampton in 21:23.

"I've been running since I was 12. I don't win many races, so it was definitely fun," said Queeney of her showing at Whately.

Queeney, an assistant professor in the chemistry department at Smith College, competed in her first triathlon in 2004. She raced in her second in May of 2008. The 1992 Williams College graduate then hooked on with coach Martha Grinnell, a former All-American at the Williston Northampton School and Springfield College.

Queeney said she saw an immediate improvement.

"I ran in high school and college," she said. "I ran with a club in grad school in Boston, so I felt like if I needed to get faster at running, I knew what to do. I had no idea what to do to get faster at swimming and biking. But the funny thing is I didn't know what to do to get faster at running either. Working with Martha has improved my running a lot.

"It can be challenging to pick up a new sport. Martha has a good idea for what workouts to do and how to improve at those things. She's an inspiration as an athlete, and an excellent coach for people at all levels, which is hard to do."

Queeney placed eighth among the women in early May at the Sheriff's Triathlon in Ludlow, and finished 14th in a very competitive field four weeks later at the Ludlow Boys & Girls Club.

On Sunday, Queeney lost the lead to Northampton Cycling Club teammate Lisa Foglio on the bike, but regained the top spot for good midway through the run. She did the swim in 13:38, the bike in 45:40, and the run in 19:33.

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Final	1	2	3	4	5	6	7	8	9	R	H	E
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Boston	0	0	0	0	0	0	0	1	x	1	3	1

W: [Lester](#) (8-6) L: [Bannister](#) (6-7) S: [Papelbon](#) (23)

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"I felt pretty good," Queeney said. "I think everyone coming off the bike and then running, no one ever feels good. But Martha has given me a lot of workouts to come off the bike and run hard, so you get used to it."

Queeney plans to do the sprint course at the Greenfield Lightlife Triathlon Aug. 2. She placed 12th last season.

Queeney's husband, John Staudenmayer, placed sixth overall at Whately in 1:16:04. He was the second local finisher.

WHATELY TRIATHLON: The top four overall spots at the Whately Police Sprint Triathlon were taken by non-local people. Winner Patrick Wheeler of Marlboro topped the field of 101 competitors by four minutes in 1:05:34.

Easthampton's Matthew Musiak was the first local finisher, placing fifth in 1:15:31.

Queeney said the Whately triathlon was "a beautiful course. It's well run. But it's a deceptively challenging bike course."

MOUNTAIN SERIES: Springfield native Dawn Roberts took second among the women in 1:02:34 at the Loon Mountain 10K Race, which is part of the USATF-New England Mountain Running Series.

Holyoke's Tim Mahoney was the first local finisher, taking No. 14 in a field of 204 runners in 54:03. Springfield's Steve Lombardo was No. 19 in 57:24.

TRACK PROGRAM: The Bridge of Flowers All Ages Summer Track Series began Monday. The six-week program is held every Monday through Aug. 10 at Mohawk Trail Regional High School in Buckland.

Modified events, such as a ball throw and obstacle course, as well as sprints, are offered for the younger kids. Teenagers and adults can participate in traditional track events: mile, 400, 200, 100, long jump, shot put and discus.

The events start at 5:30 p.m.

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