

ford games



Lamar runs an average of 60 miles a week as part of an intensive training regimen.

way,” Lamar says, downplaying the 20 U.S. women who are currently faster than she is. “But 20 is better than 200,” she continues with typical optimism. Lamar is also unfazed by the fact that by the time the Rio Olympics are held, she will be 30. Women runners peak later and compete longer, so 30 is an optimum age, she explains.

As a post-collegiate runner in training, Lamar categorizes herself as an “elite” athlete. “I hesitate to say ‘professional’ because I don’t get a stipend,” she notes. Lamar is, however, sponsored by the New York Athletic Club, which pays for her travel to meets and keeps her in running shoes. (Lamar says she needs a new pair every six weeks.) She hopes to attract more sponsorship as she improves, noting, “You run the times and you will get noticed.”

After graduation, Lamar, a history major, worked for the Bryn Mawr Running Company for two years before leaving to devote more time to training. She is now the assistant coach for Haverford’s women’s cross-country team, but the job is only part-time, so Lamar lives as frugally as possible in a house she shares with four roommates in Manayunk.

“It’s not viable for a lot of people,” she admits, but she seems quite content with her well-ordered life. “I may as well do what I love and be happy with my day.”

Lamar runs an average of 60 miles a week, with the amount varying by day. Running can be painful at times, and her routine includes icing her muscles frequently. But she says there is an upside to such a strict regimen: “I get to eat whatever I want.”

She trains several days a week with Fran Rizzo, Haverford’s head coach for the women’s cross-country team, who

Eat, Sleep, Run

Annick Lamar '08 makes a bid for the Olympics.

By Samantha Drake

Annick Lamar '08 measures her time not in hours and days, but in increments of seconds and years. As in: If she can shave 15 seconds off her best time running a mile, she just might make the U.S. Olympic track team in five years.

Lamar, who holds several Haverford track records and became the sixth All-

American in College history in 2007, anticipates running in the Olympic trials for the 2012 Games in London. But she is really focused on making the U.S. team for the 2016 Games in Rio de Janeiro, Brazil. “I’m definitely structuring my life for the Olympics,” she says, adding, “It’s a very hard, lofty goal at this point.”

“There are a couple of women in my

LAMAR PHOTOS: PETER TOBIA

volunteers his time to work with her. “I wouldn’t be doing this if she wasn’t as committed as she is and wasn’t as good as she is,” he says. “She’s a great kid. She’s a very smart woman; a typical Haverford graduate.”

A regular training day for Lamar starts at 7 a.m. She works out at Haverford with Rizzo, then heads home for lunch and a two-hour nap. Then it’s back to the College for drills and weight lifting before dinner. Bedtime is around 10 p.m. “You have to train as much as you sleep,” she notes.

Full-time training has begun to pay off; Lamar’s personal best for the mile has improved since graduation. In 2008, she ran a mile in 4 minutes, 57 seconds; this past winter her time was 4:40. According to Lamar, if she can take another 15 seconds off her time, she will be in the same league as Olympic-caliber athletes.

Lamar advises those who want to embark on a similarly rigorous journey to “surround yourself with positive peo-



Lamar is an assistant coach for Haverford’s women’s cross country team.

ple who support you.” Her parents are her two biggest fans. “My parents have come to every single meet, college and post-college,” she says. “They really don’t question my training. They just show up

and my mother yells, ‘Go, sweetheart!’ ”

At the Penn Relays in April, where Lamar ran a mile in 4:41 (an outdoor personal best) and took eighth place, she also gained some new fans thanks to her mother, who befriended a group of Jamaican spectators and rallied them to cheer her on. “I could hear five rows of people yelling ‘Go Sweetie!’ as I raced by,” Lamar says.

But no matter how supportive her family and friends are, it all comes down to Lamar’s belief in herself and her dreams. “It has to be a huge desire that transcends money and getting recognition,” she explains. “You have to do it for yourself.”

As for the near future, after competing in national competitions in the U.S., Lamar plans to race in Europe this summer. And whether or not she makes that Olympic goal, after her running career ends, Lamar says she plans to go to graduate school and become a college track coach. “I know what I want to do with my life, without hesitation,” she says. 🐿

athletics news

Haverford College seniors Anders Hulleberg and Harper Hubbeling were awarded NCAA Postgraduate Scholarships for the fall 2010 season. Haverford athletes have now won 25 postgraduate scholarships, including five in the past four years. Hulleberg, the 2010 NCAA Division III cross-country champion and D-III scholar-athlete of the year, is the ninth **MEN’S CROSS-COUNTRY AND TRACK & FIELD** athlete to receive the

prestigious honor, while Hubbeling is the second **WOMEN’S TRACK AND CROSS-COUNTRY** runner to join the list.

Haverford athletics saw 85 of its student-athletes make the spring list for the Centennial Conference’s academic honor roll. Men’s and women’s **TENNIS** had eight representatives; **BASEBALL** and **SOFTBALL** added 15; men’s and women’s **LACROSSE** put 14 on the list; and the men’s and women’s **OUTDOOR**

TRACK & FIELD programs combined for 48 honorees. Including those who made the fall list, this brings the total to 198 academic honor role spots snared by 118 Fords for the 2010-11 academic year

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On May 10, the athletics department hosted its Senior Awards ceremony, recognizing the achievements of the Class of 2011. Several special awards were presented.