

# The Republican.

Grinnell truly at home  
By Bill Wells

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Martha Grinnell is back home, and she loves everything about it.

Grinnell, a premier professional triathlete for much of the 1990s, moved back to Western Massachusetts a little over a year ago. The former West Chesterfield resident, who grew up in Leeds, has started her own business, and is even doing a little bit of competing.

Grinnell, 40, now living in Westhampton, has found her comfort zone.

"I traded in the malls for the farms," said Grinnell, who lived in Moorestown, N.J., for five years.

The former Williston Northampton School and Springfield College running star competed at the highest level among triathletes in the 1990s. She was the second-ranked female triathlete in the mid-1990s, made the national triathlon team five times, and placed seventh at the World Championships at Hawaii in 1997.

Grinnell, though, started to feel burnt out in the late 1990s, and by the time she competed at the 2000 Olympics Trials, she knew she had had enough.

"At the time, I was ready to be done," said Grinnell, who placed 16th in a field of 36 at the trials. "In my head, I knew it was a special event, and I wanted to be a part of it. But I was pretty burnt out."

Grinnell gave up the sport she dedicated 10 years to and moved to New Jersey, where she started teaching and coaching middle school and high school students at a private school.

"It was the best thing that could have happened to me," she said. "I focused on something other than myself. Teaching was up my alley, and I love to coach."

As much as she enjoyed her new profession, she missed Western Massachusetts. She moved back to the area in 2006 and began her new business, Dynamic Training, January 1

"I coach or consult with athletes who want to try their first endurance event," said Grinnell, whose company's website is [www.dynamic-training.net](http://www.dynamic-training.net). "They could be trying their first 5K or someone who wants to compete in a triathlon."

"I get as much information as possible, such as their family, time commitment, whether they are a morning or night person, and formulate a plan based on what they can dedicate to their training. It's a week to week training schedule, but we sketch out a longer plan."

Grinnell said she has had 20-25 clients, and currently has a dozen or so. She also works part-time at the Northampton YMCA as a group exercise coordinator, and started the Northampton Cycling Club's triathlon team.

"I love it. I'm still in the helping field," she said.

Grinnell earned a return trip to this year's World Championships based on her winning the women's 40-44 age group at the Eagleman Half Ironman Race in Maryland June 9, but decided to take a pass on the invitation. She was the first women at the 4 on the 4th Road Race in Northampton last week.

Grinnell said she will compete with her Northampton Cycling Club at the Greenfield Lightlife Triathlon Aug. 5 at the Greenfield Swimming Pool Recreation Area.

**BOILERMAKER 15K:** A pair of former Western Massachusetts residents, along with a group of current locals, had super performances at Sunday's Boilermaker 15K Road Race in Utica, N.Y. The event, which is the largest 15K in the country, drew 10,884 runners.

Nate Jenkins, formerly of Agawam and now living in Lowell, was the first American. Jenkins finished 13th overall in 46:22. He landed \$1,000 for being the first runner from the United States to cross.

Former Amherst-Pelham Regional High School standout Matt Lacey, now of Brookline, N.H., was 29th in 48:45.

Chicopee's Heather Wenninger had a great race among the women, taking 18th in 1:03:08. For the men, South Hadley's Mike Brouillette was the top local, taking 46th in 50:39.

Williamstown's Kent Lemme narrowly missed out on some prize money. Lemme, who finished 74th overall in 52:05, was sixth in the men's 40-44 age group.

**BACK TO THE NATIONALS:** Hatfield's Annie Huyler earned a return trip to the National Junior Olympic Track & Field Championship, which will be held outside of Los Angeles July 24-29. The Williston Northampton student placed second in the young women's heptathlon June 30 at the USATF Region I Junior Olympic Track & Field Championship at Uniondale, N.Y.

"I'm nervous, but I am also very excited about getting the chance to compete at the Junior Olympics again this year, and am looking forward to traveling around California while I'm there," said Huyler, who competed in the heptathlon last year in the national meet at Baltimore.

**RESULTS:** Owen Washburn, another former running star at Amherst, won the Cannonball Run Sunday at Belchertown, winning the 5K in 15:29. Belchertown's Erik Nedeau was second in 16:12. Amy Nedeau, also of Belchertown, was first among the women in 18:33, and former St. Patrick's Road Race champion Zofia Wiecekowska took second in 18:57 ... Paul Low continued to dominate the mountains of New England, winning the XTERRA Loon Mountain Race in Lincoln, N.H., Sunday, which is part of the La Sportiva USATF-New England Mountain Series. Low, who has won four of the five races for this year's series, beat the field of 192 runners by nearly two minutes in 47:50. Northampton's Abby Woods was fourth in the women's division in 1:02:36 ... University of Massachusetts graduate student Andy McCarron was fourth at the Holliston Lions Triathlon Saturday, covering the half-mile swim, 15-mile bike and 5-mile run in 1:21:40.

**WEEKDAY RESULTS:** Carlos Rivera (17:30) and Meaghan Mathews (18:58) won at the Holyoke Lodge of Elks 12-Week Point Series 5K Cross Country Race July 5. Mathews also set a course record for 25-year-olds ... Matt Clark (16:11) and Brigid Franey (21:29) were first at the Northampton 5K Cross Country Race July 3. Franey won again Tuesday in 21:34. Derek Beard was the overall winner in 17:58 ... Mark Hegarty (15:43) and Mandy Sullivan (17:37) won Tuesday's Richard W. Childs Sr. Trail Race at Van Horn Park in Springfield.