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A Brief Chat With Megan Hogan

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By Peter Gambaccini

Photo courtesy of Team USA Minnesota

Megan Hogan, 23, a Team USA Minnesota member who was third in the USA 15K in March, will do the Freihofer's Run for Women 5K in Albany, New York on June 4. Hogan, who hails from New York State, attended Mount Ida College in Massachusetts, where she played basketball, and later transferred to George Washington University. She was a two-time Atlantic 10 Cross Country champion and was eighth in the 2010 NCAA Cross Country Championships. Hogan ran 32:34.95 for 10,000 meters at Stanford University in 2010 and was sixth in the USATF Championships that year. This year, she ran 15:29.12 for 5000 meters at the Mt SAC Relays. She has a BFA in fine arts and interior design from George Washington University.



So you missed the Payton Jordan Cardinal Invitational on May 1 at Stanford due to illness. It was an ulcer, I hear. How are you doing?
Megan Hogan: I'm taking a medication that seems to be helping. I'll be ready for Freihofer's and everything. But it's just taking a little bit longer (to heal). Some things kind of trigger it. I'm just watching my diet.

You sound like you're in pain.
MH: No, I'm better. Better than last night. I can run and train, it's just that sometimes I have little setbacks.

I was going to ask about Freihofer's. I know you're a New York State person. Was this a race you were aware of while running in high school?
MH: I actually didn't run in high school, so I wasn't that aware of it. When I first started running, I heard about it and I always wanted to run it, but I've never been home. I'm really glad to be able to do it now.

How far from Albany did you grow up?
MH: It's 30 minutes south of me.

Do you think the promoters will treat you like a local hero?
MH: It seems like it. And I know Liz Maloy and Nicole Blood will be there, too, so I'm sure they'll be excited to have all three of us there.

This year so far, one of the highlights for you was third place at the USA 15K. And you didn't finish that far behind the leaders, Jen Rhines and Nan Kennard. Were you in contention in that race most of the way?
MH: Yeah. The first three miles, everyone ran together and then Jen Rhines kind of took off. I could always see her and Nan ahead of me. Actually on the big bridge near the end, I almost caught Nan, but she flew down the bridge very fast and I couldn't catch her. Yeah, I could see the leaders for the whole race.

You didn't run at high school. You were playing basketball at Mount Ida College. Is that in Division III?
MH: Yes, it's Division III. I'm a little too short to play D-1 basketball. But I was recruited to play as a point guard at Division III level. The cross country team there needed some people, so my sophomore year I decided to join for that reason but also to stay in shape for basketball, and I kind of fell in love with running at that point. I actually didn't play basketball my sophomore year because I focused on running. I started to get interested in transferring schools. I knew I wanted to run wherever I went. I just e-mailed the coach at George Washington, Brian Beil, asking "would you be interested in having me come?" He said yes. The rest is history.

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