

PROFILE: CHRIS KEIN-CHEVERUS HIGH SCHOOL



Chris is one of the major reasons Cheverus has done so well in track this past year. It must run in the family as brothers Kevin & Pat, and their father, Jim, are all talented runners. Another quality the Keins have is that they support each other with encouragement and joint participation. They also have given much of their time and energy in helping at races and other social functions. Chris runs 45-60 miles per week usually on the roads of Westbrook and Portland. His pace is in the 6:30-7:30 range and the way he is running currently, it must be in the 6:30 range. Chris ran a 3 miler at Cheverus in 14:18, 5 miler in the Turkey Trot in 26:07, and a 4:25 mile. He supplements running with push-ups and weights every other day. Chris likes the Adidas Marathon Trainer as his favorite shoe and generally runs in sweats during the cold weather. He runs mostly with team mates at a 6:30 pace and does L.S.D. with Mark Hoffmaster. Chris would like to do a sub 4:15 mile this year, as it is his favorite distance. He had a sprained ankle and cured it with rest, ice, and aspirin. Chris has a career goal of becoming involved with sports medicine. We look for him to have continued success in all areas.

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