



Pembroke News

Pembroke News from the Hooksett Banner

Athlete of the month: Pembroke Academy runner keeps striding for more

BY [RYAN O'CONNOR](#)

Sponsored by Indian Head Athletics

Taking cover from the scorching sun over the University of New Hampshire's outdoor track, Allison Brehm sipped some water and looked toward her coach.

"State champion," she said with a smile, repeating the words to help the reality sink in. "I like the sound of that."

Brehm had just finished tops in the 100-meter dash with a time of 12.74 seconds at the Meet of Champions on June 7.

"It was so ridiculously hot, and it was so weird to watch this very gritty, hard-fought race out of her, and then you see this sweet kid sit back and appreciate what she had just accomplished," said Lisa Witte, Brehm's Pembroke Academy track and field coach.

In fact, the junior has accomplished much in three years.

Not only does she hold school records in the 100 and 200, but she also maintained the top long jump mark until teammate Kacie Paradie broke it this season.

And Brehm has already decided to add hurdles to her repertoire next season.

"You always want your fastest sprinters doing hurdles. I mean, when she gets to college any coach is going to want her to do that anyway," said Witte. "I think the 300 hurdles intrigues her because it's a very hard race, and she wants to see how she will do. I think you can get her to try anything and she'll do well."

Still, Brehm knows what she does best.

"She comes from a family of runners. Her mom was a sprinter. Her older brother is attending UNH and running on the track and field team. She's just a natural. She's darn fast and very strong, and she's fun to watch," said the thirdyear PA coach. "She respects her ability, too, and doesn't take it for granted."

In addition to winning the 100 and coming in fourth in the 200 at the Meet of Champions, Brehm placed in the top 10 among New Englanders in both races, said Witte, who added the junior missed qualifying for the 100 regional final by .04 seconds.

For her accomplishments, Brehm has been named the **Indian Head Athletics** Athlete of the Month.

“She’s gained a lot of confidence over the last couple years,” said Witte. “She’s not happy where she finished (at New Englands) even though she did very well. She’ll definitely continue to get better. There’s no doubt in my mind.”

The coach and pupil recently had a discussion about the upcoming offseason.

While Brehm has been relying a great deal on in-season practice and natural talent, she agreed to spend additional time training this summer, fall and winter.

That’s bad news for opponents like Milford’s Melanie Forte, who already know all too well the sight of Brehm’s back.

At the MOC, Forte won the preliminary, but fell to the PA standout when medals were on the line.

“If you do happen to place higher than her, it’s a pretty good indication you’ve had a great day,” said Forte, a fellow junior who has competed against Brehm for three years now. Next season, Brehm is hands down the sprinter to beat, she added.

“It’s always been, ‘Oh, I got third or fourth place, that’s pretty good. But Allison is always the one finishing ahead of you.”

Witte said while many high school females lose a step, Brehm continues to get better. “Sometimes it happens with young ladies, when they go through puberty, their bodies change, but I think genes play a big part in it, and Alli is very fortunate that she has that on her side,” said Witte, who noted that Brehm is the top 100-meter sprinter she’s mentored in her 10 to 15 years coaching high school.

Brehm is also near the top of her class academically. “She does not like to be defeated,” said Witte. “She’s got a great attitude when it comes to setting her mind on a race and what she has to do. There’s no one better.”

*(Editor’s note: The Athlete of the Month receives a \$50 gift certificate courtesy of **Indian Head Athletics**.)*

Published Wednesday, June 25, 2008 3:13 PM by [Hooksett Editor](#)