

# 1991 Coast Guard Elite Athletes of the Year



**LT Michelle L. Kane**



**CDR** Hall, a Coast Guard Marine Inspector, is the Executive Officer at the USCG Marine Safety Office, Duluth, Minnesota. He is a marathon runner, ultra-marathon competitor, and an Ironman triathlete. In 1991 he completed the Grandma's Marathon with a time of 3:43.42 and used it as a training run for the Voyager 50 mile cross-country Ultra-marathon a month later. He completed this ultra-marathon in 11:55.00. Commander Hall also had

**LT** Kane is currently assigned to Florida International University, Miami, Florida, where she is pursuing a Master's Degree in Public Administration. Her previous military duties included being an operations officer and navigator on the Coast Guard Cutter HORNBEAM (WLB394) and as a staff officer at the Seventh Coast Guard District headquarters. LT Kane has competed in over 22 running, duathlon, and triathlon races during the 1991 athletic year. She earned awards in more than half of them. Her most significant accomplishments

came at the Metro-Dade Marathon, where she placed First (3:29.21) in her age group and 8th overall. She placed 7th in her age group with a 3:33.33 finish at the Boston Marathon. She had a first place finish in the Coast Guard Seventh District 5K (20:50), a 6th place finish in her age group in the Florida Challenge Triathlon (1.5 mile swim, 57 mile bike, 13.1 mile run), and a first place finish for Coast Guard Women in the Marine Corps Marathon (3:38.01). LT Kane is graduate of the U.S. Coast Guard Academy where she lettered in crew, cross-country and indoor track.

successfully completed the Edmund Fitzgerald 100km Ultra-marathon in late 1990. He completed the Budweiser Ironman Triathlon (2 mile swim, 110 mile bike and 26 mile run) of Canada for the fourth time in August with a finishing time of 13:57.00. Commander Hall is a graduate of Northwestern College, Oregon, and, in addition to his Coast Guard duties and fitness training program, serves as an Assistant Scoutmaster in Duluth.



**CDR Michael J. Hall**