

THE DECATHLON ASSOCIATION

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BRYAN CLAY INTERVIEW

#4 in Interview Series

Hello Again.....We bring the 4th^d of 4 interviews of America's top decathletes. This issue features 2008 Olympic champion Bryan Clay whose truncated 2010 season included a victory at the IAAF world indoor heptathlon (Doha) and the world's leading decathlon performance (Götzis).

Bryan, 30, is already one of the most decorated CE athletes in history having won an Olympic silver medal in 2004 (Athens) and a gold four years later (Beijing). Tack on one world outdoor title (2007) and another two indoors (2008, 2010). He has competed in 10 (!) Olympic or IAAF world events.

Bryan, 5-11, 185, was born Jan 3, 1980 in Austin, Texas and grew up in Hawaii (Castle High School, Keneohe, Hawaii '98). He graduated from Azusa Pacific U ('00 NAIA champ) in 2002 and makes Glendora, CA home. APU coach Kevin Reid continues to be his main mentor, while Paul Doyle is his agent. He competes for Nike. PRs include:

Decathlon:	8832 points ('08)
1 st /2 nd days:	4593/4356
100m:	10.34-0.1
Long Jump:	8.05m+4.5/26-5
Shot Put:	16.27m53-4½
High Jump:	2.10m /6-10¾
400m:	47.78
110mH:	13.64-0.3
Discus:	55.87m/183-3
Pole Vault:	5.15m/16-10¾ i
Javelin:	72.00m/236-3
1500m	4:38.93
Heptathlon:	6371 points('08)
Indoor: 60m:	6.65
60H:	7.71
1000m:	2:47.46



DN. What were you before you became a decathlete? That is, did you play other sports in high school? When did you start T&F?

BC. Before I was a decathlete I was just a normal local boy running around the island (Hawaii). I ran summer/club (1990 approx.) and high school track but other than that I went to the beach and surfed, body boarded, fished, camped, and played most of the time.

DN. How much do you remember about your first decathlon (fyi, my records say it was at Pt Loma in 1999 and you scored 6666- 11.03 668 1151 188 52.18 16.31 3490 396 5416 4:58.84] ?

BC. Actually I think that was my 3rd decathlon. I did one in Hawaii to qualify for junior nationals my senior year of high school. I only remember throwing the jav off grass and that there was absolutely no one there except me and a few coaches that did the event to make it legal (funny how things don't seem to change much). Anyway, my 2nd dec was at junior nationals in seattle and I got

DQ'd in the 400m (after I ran the whole thing). I was so upset! Anyway, I think I got third that meet. Crazy!



DN. How is your training going? Will you do anything different to prepare for 2011 season? Are you still training at Azusa? ...with Kevin....any training partners? Any individual event specialists?

BC. Training has been great. Got started early this year to make sure I am ready to go for Worlds. Wont be doing a whole lot different this year except trying to get smarter. Being older definitely means I have to train smarter. Still training at Azusa and Kevin is still my coach along with the rest of the team (Rana Rieder, Paul Doyle, Mike Barnett).

DN. How hard is it to juggle commercial obligations with family and training/competing?

BC. It can get tough but I made a decision a long time ago that my family will always come before track. My motto is God 1st, Family 2nd, Track 3rd. I know, I know its sounds weird... people are always surprised when they hear that. No one believes that you can put track 3rd on your priority list and still win a gold medal. Trust me, it is possible. The more I keep my priorities in order the less distractions I have and the more focused I can be on track. Anyway, I could explain in more depth but it would take more time and I can't type that fast☺

DN. Last season you contested the meet in Gotzis and got through it under very bad (rain, cold) conditions. Many top decathletes could not even finish. I thought it was a pretty good effort and your winning score was very misleading. How did you feel about the effort/score?

BC. I'm happy with the win because that was what I set out to do, however I'm not satisfied with the score. Anytime I step on the track I want to set a PB, so when I don't I tend to pick apart my performance and find all the things I did wrong. Other than that I think it is still the leading score in the world so I guess it was alright.

DN. There seems to be plenty of upside for you, especially in the hurdles and vault. In your Gotzis hurdles race you were well on way to a PR when you hit the 8th hurdle and finished in 'only' 14.13. Did you especially emphasize hurdle training last season?

BC. Yes, I think there is a lot of upside for me in a lot of events. Last year's hurdle race was the result of a deeper understanding of the event (ed..BC PR'd earlier in 13.64). If I can do that in all my events they will all get better.

DN. Last season you were pressed pretty hard in the final event in Doha, but came thru with a pretty solid 1000 meter effort. How do you feel about a multi meet coming down to the final event? (meaning...do you look forward to it?)

BC. How do I feel.... I hate it but I love it! Its just so confusing... when I'm going through it, it seems like hell on earth but when I look back on it, it makes for some of the best memories (win or loose).

DN. Is it hard to be patient in training? In meets?

BC. It is very hard for me to be patient during training. I think that is a theme through out the decathlon and its different events. I'm

constantly telling myself to be patient whether it's the 100m, SP, 400m, 110m, 1500m, Jav, DT, etc.

DN. You are still relatively young (30) for decathlon wars. Lots of guys (eg Tom Pappas) seem to be staying in the sport longer than usual. How long do you plan to stay with the sport?

BC. I have no idea... I guess as long as I can continue to make money and provide for my family. I love this sport and if I could do it forever I would but in life there comes a time when you have to grow up and get a "big person" job and when that time comes I will have no regrets.

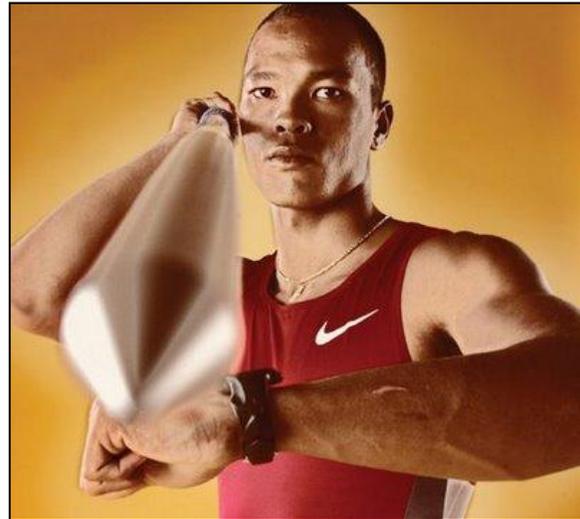
DN. You were injured in Kladno last season. But during your career you have been relatively injury free. Are you healthy now.?

BC. Yeah, Kladno was a disappointment. I was nursing an injury that we hoped would not flare up again while competing there. No luck! Anyway, completely healthy now and ready to go.

DN. What was the most disappointing point (low point) in your decathlon career? What was the high point?

BC. Hmm, low point???? Not sure... I guess it would be 2001 World Champs in Edmonton. It was my first WC's and I was terrified. I remember sitting next to Roman (Sebrle) and Thomas (Dvorak) in the call room (he had just set the world record) and thinking WOW!!! I don't belong here. Anyway long story short, I gave in to a very minor injury (I could have pushed through) and stopped the competition after the vault. I remember sitting up in the stands watching the rest of the meet. I watched everyone toe the line for the 1500m and at the finish I watched them all take a victory lap together. It was my first time seeing that and I remember being so mad at myself for quitting. I told myself that I would never

willingly quit a decathlon again, and I never have! High point would be after my 2nd throw in the Jav in Beijing. My coaches new I had it wrapped up and I could see it in their faces, it was then that I realized I was 3 ¾ laps away from my dream coming true.



DN. Do you have any explicit goals for next year (2011?)

BC. Win WC's and stay healthy!

DN. What meets are you planning to do in 2011? [Millrose tri? USA indoor hept? Gotzis? USA outdoor dec? Other?]

BC. Not sure yet, I know we will be doing USA Champs (cause I don't have a choice) and hopefully WC's.

DN. What is your ultimate goal in decathlon? Is repeating in London or a 3rd Olympic medal or the world record on your mind?

BC. Ding, ding, ding...all of the above... I really like the idea of trying to be the only decathlete in history to win 3 medals. I think it would show dominance over a long (12yr Olympic) career, and I hope it would make me worthy of being considered as one of the best there has ever been.

COMBINED EVENTS ANNUAL 2010

The new yearbook of international combined events will appear **beginning of January 2011** with the following information:

- world rankings 2010 men and women. This year including the top 200 for men and women and all results up till 7.500 points men and 5.600 points women
- results major meetings in 2010, including complete results of European championships,, European cup Super League and First League, Götzis and I.A.A.F.-challenge
- top men performers and women performers all time
- all time top performances men and women
- national and international records
- indoor rankings 2010, all time and national records
- 2010 and all time world junior rankings
- world rankings according personal records in individual events
- 10 best rankings all time per event
- who is who in combined events

The book contains over 200 pages with information of combined events.

A must for every person interested in combined events.

All necessary information for coaches, athletes, journalists and other interested persons in combined events of all world top athletes is available in this annual

The price for this year's edition is EUR 30,-.

(due to extreme price increases for post and packaging costs)

Ordering is possible at: Hans van Kuijen e-mail: j.kuijen4@upcmail.nl
de Bergen 66,
5706 RZ Helmond
Netherlands

The price for the book is:

Cash money Europe:	EUR	30,-	GBR	cash	GBP	30,-
	SEK	350		no cheques		
Outside Europe	cash money	USD	50,-			
	cheques	USD	70,-			

Payments on bank account 52.31.27.898 of ABN-AMRO bank, Helmond
BIC-code: ABNANL2A IBAN-code : NL79ABNA0523127898

Copies from 2001, 2002, 2005, 2006, 2007, 2008 d 2009 are still available for a price of EUR 15,- (cash or on bank account) per copy.

For deliveries outside Europe (or other currencies) please contact the publisher at j.kuijen4@upcmail.nl

From the same publisher also still available:

Statistics handbook Götzis 1975 - 2007

EUR 12,00

Statistics handbook European Cup Combined events 1973 -2007

EUR 15,00