

THE DECATHLON ASSOCIATION

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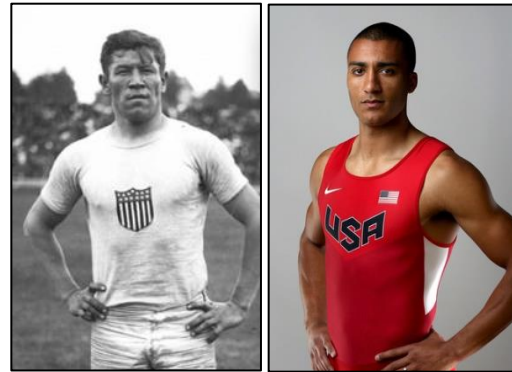
January (1), 2017

EATON RETIRES, O MY! 5x World Record Holder Hangs ‘em Up

Hello Again.....When Ashton Eaton, the current Olympic decathlon champion, announced this week that he was retiring from track and field I couldn't help contrasting how his departure from the sport differed from that of his iconic 10-event brother, Jim Thorpe, the first Olympic champ (1912). Thorpe's departure, also in January (of 1913) too was unexpected. But he did so under a cloud while losing his Olympic medals and having his records erased. When Thorpe hung 'em up he went out at the bottom.

On the otherhand Ashton is a quick study in history. He leaves the sport on top, with honors, records and reputation intact. His wife/training partner, Brianne Theisen-Eaton, also announced her retirement. The pair have been one of the most successful husband-wife teams in the history of our sport.

But Ash's retirement was inevitable. I thought maybe after one try in Götzis? Maybe after London? Maybe hang on until 2020? Maybe? Maybe! I had the same gut reaction when Toomey retired, then Jenner, then O'Brien....what the heck are we gonna do? Who can fill those big shoes? Well, I'm now at the age in which I don't worry as much. We have plenty of young talent (Jeremey, Double Z, and so on.....who knows, maybe Devon Allen?). We'll just enter a new phase in USA decathlon history. We move on. But not without taking a few moments to realize just how fortunate we've been to have had Ash at the starting line. What a ride. I've included a



Olympic decathlon champs Thorpe (l) and Eaton (r) had remarkably similar CE records. Both were world class long jumpers and hurdlers. Thorpe set four CE world records while Eaton owned five. The difference is how they went out.

few things to help us recall. First, the generous reaction of his coach, Harry Marra. "It's a phenomenal decision," said Marra. "Leaving on top, having accomplished everything they wanted to do."

"Training for the decathlon and heptathlon is a bear," Marra said. "You must give it all the respect in the world, more than 100 percent each day to be successful. And if you're not in the mode to give it that, you're not going to do very well."

See below the NBC reaction...a great story.

I've also listed *Eugene Register-Guard* stories and (thanks to Walt Murphy) a variety of websites which carried the Eaton story. And I have included my own page of his decathlon career, which sadly, won't have

any more entries. If one reads nothing else, one must read:

www.weareeaton.com

The best 'going away' I've ever read.

Then check out the USATF announcement put together by Amanda Brooks at USATF and these additional sites:

<http://registerguard.com/rg/sports/35146010-81/ashton-eaton-and-brianne-theisen-eaton-announce-retirement.html.csp#>

http://www.oregonlive.com/trackandfield/index.ssf/2017/01/world_record_holder_ashton_eat_2.html
<http://olympics.nbcsports.com/2017/01/04/ashton-eaton-retire-brianne-theisen-olympics-decathlon/>

<https://mobile.twitter.com/AshtonJEaton/status/816672974531010560>

Other Links

<https://mobile.twitter.com/AshtonJEaton>
<https://mobile.twitter.com/btheiseneaton>

<https://www.iaaf.org/athletes/united-states/ashton-eaton-231489>

<https://www.iaaf.org/athletes/canada/brianne-theisen-eaton-207624>

https://en.wikipedia.org/wiki/Ashton_Eaton
https://en.wikipedia.org/wiki/Brianne_Theisen-Eaton

From USATF announcement, Jan 4, 2017

Two-time Olympic gold medalist Ashton Eaton announces his retirement

EUGENE, Oregon --

The world's greatest athlete, **Ashton Eaton**, announced his retirement from competitive track & field today (Wednesday) via social media. The two-time, reigning Olympic gold medalist and world record holder, two-time IAAF World Champion, three-time IAAF World Indoor Champion, Eaton posted a heartfelt letter to his mentors and supporters on his website, [We Are Eaton](http://www.weareeaton.com).

"It has been 10 years since [my first foray in the decathlon] and it's my time to depart from athletics; to do something new..." Eaton wrote.

"To my supporters and sponsors, the things I have achieved we reached together with you. At times when I was doubtful, y

ou believed. And if I was confident, it was also because you believed. Thank you for the love and support."



45 flat.....enough said.

"Ashton is an incomparable athlete and ambassador for our sport," said USATF CEO Max Siegel. His dedication and sportsmanship both on and off the field of play elevated the decathlon and the sport of track and field as a whole. He's retiring with the same grace and class that he embodied while competing."

Eaton is moving on from the sport upon which he left an indelible mark. A two-time USATF Jesse Owens Male Athlete of the Year, Eaton is also named the 2015 IAAF World Athlete of the Year following his world record performance in Beijing at the IAAF World Championships. Voted by teammates as a Team USA captain twice in 2016, Eaton led two USATF teams to record-breaking team performances at the 2016 IAAF World Indoor Championships in Portland (23 medals) and the 2016 Olympic Games in Rio (32 medals).

One of the most explosive athletes in any track and field discipline, Eaton set decathlon event "world bests" in the 400m (4:50.0) and long jump (8.23m/27-0), along with American bests in the 100m (10.21) and 110m hurdles (13.52). During his career, Eaton set three world indoor records in the heptathlon and two decathlon world records.

Eaton turned in multiple memorable moments throughout his career, performances that will stand the test of time. No track & field fan will forget his rain-soaked U.S. Olympic Trials in 2012, where Eaton put the crowd on its feet throughout the two days at Historic Hayward Field en route to a then-world record of 9,039 points. Eaton was an accomplished collegiate athlete at the University of Oregon, winning the Bowerman Award following his final year of collegiate competition and was a five-time NCAA champion for Oregon, winning decathlon gold in 2008, 2009 and 2010, and indoor heptathlon gold in 2009 and 2010.

Eaton's wife, Canadian heptathlete and Olympic bronze

medalist Brianne Theisen-Eaton, also announced her retirement from track & field. Married in July of 2013, the couple established the lifestyle brand, Eaton, in 2015. Advocating becoming the most remarkable version of yourself and cultivating a real and relentlessly focused community of doers through active engagement and outreach, Eaton presented the #WhatsYourGold social media challenge in 2016, enabling the winner to attend the 2016 Olympic Games in Rio.

Ashton Eaton – By the Numbers

Superlatives

- World record holder, decathlon (9,045 points – 2015)
- World record holder, heptathlon (6,645 points – 2012)
- Olympic Games record holder (tied), decathlon (8,893 points – 2016)
- U.S. Olympic Trials record holder, decathlon (9,039 points – 2012)
- 2016 Olympic gold medalist, decathlon (8,893 points)
- 2016 IAAF World Indoor Champion, heptathlon (6,470 pts)
- 2015 IAAF World Champion, decathlon (9,045 points)
- 2014 IAAF World Indoor Champion, heptathlon (6,632 pts)
- 2013 IAAF World Champion, decathlon (8,809 points)
- 2012 Olympic gold medalist, decathlon (8,869 points)
- 2012 IAAF World Indoor Champion, heptathlon (6,645 pts)
- 2011 IAAF World Championships silver medalist, decathlon (8,505 points)

Personal Bests

Event	Result	Wind	Venue	Date
60m ind.	6.66		Tallinn (EST)	05.02.2011
100m	10.21	+0.4	Eugene (USA)	22.06.2012
100m	10.19	+2.7	Berkeley (USA)	15.05.2010
200m	20.76	+1.8	Walnut (USA)	19.04.2013
400m	45.00		Beijing (CHN)	28.08.2015
400m ind.	47.80		New York (USA)	06.02.2009
800m ind.	1:55.90		Princeton (USA)	22.01.2011
1000m ind.	2:32.67		Fayetteville (USA)	13.03.2010
1500m	4:14.48		Eugene (USA)	23.06.2012
60mH ind.	7.51		New York (USA)	14.02.2015
110mH	13.35	+1.8	Eugene (USA)	04.06.2011
110mH	13.34	+2.4	Eugene (USA)	02.06.2012
400mH	48.69		Glasgow (GBR)	11.07.2014
High Jump	2.11		Burnaby (CAN)	10.06.2012
High Jump ind.	2.11		Fayetteville (USA)	12.03.2010
Pole Vault	5.40		Portland (USA)	08.08.2015
Pole Vault ind.	5.40		Boston (USA)	14.02.2016
Long Jump	8.23	+0.8	Eugene (USA)	22.06.2012
Long Jump ind.	8.16		Istanbul (TUR)	09.03.2012
Shot Put	15.40		Palo Alto (USA)	30.03.2013
Shot Put ind.	15.05		Boston (USA)	08.02.2014
Discus Throw	47.36		Chula Vista (USA)	14.08.2011
Javelin Throw	66.64		San Luis Obispo (USA)	16.03.2013
Decathlon	9045		Beijing (CHN)	29.08.2015
Heptathlon ind.	6645		Istanbul (TUR)	10.03.2012
4x100m	40.26		Eugene (USA)	26.05.2007
4x400m	3:08.03		Eugene (USA)	09.05.2014
4x400m ind.	3:08.42		Fayetteville (USA)	13.03.2010
Distance Medley	9:26.07		Eugene (USA)	06.05.2011

Important Dates

March 13, 2010 –

Scored 6,499 to win the NCAA heptathlon title and break Dan O’Brien’s record that had stood for one day short of 17 years.

February 6, 2011 –

Scored 6,568 at Tallinn, Estonia, to break his own world indoor record.

March 10, 2012 –

Won the World Indoor title in Istanbul with 6,645 points to set the current WIR.

June 23, 2012 –

Broke Roman Sebrle’s 11-year-old world record in the decathlon to win the U.S. Olympic Trials in Eugene, adding 13 points to the previous WR with his 9,039.

August 29, 2015 –

Added six points to his own WR with a 9,045-point performance to take World Championships gold in Beijing.

What a difference a century makes!
 The Eatons go out on top. Unlike Thorpe
 Team Eaton will not have to spend 70 years
 trying to get his medals back. Way to go Ash!

(from my Decathlon bio files)

ASHTON EATON

DOB: January 21, 1988
POB: Portland, OR
Ht/Wt: 6-1, 185
Hometown: Bend, Oregon
High School: Mountain View HS
College: Oregon '10
Club: Oregon Elite TC / Nike



2016: Defended Olympic title in Rio de Janeiro. Captured Olympic Trials with underwraps 8750 score. Won 3rd IAAF indoor WC heptathlon in Portland. **2015:** did not start at Götzis but had auto pass to Beijing world champs where he broke his own world record with 9045 score which included record 45.00 400 meters. **2014:** Took season away from decathlon and ran a series of 400m hurdle races, clocking 48.69 and was world ranked 6th. **2013:** Captured IAAF world title in Moscow with world leading 8809 score. Contested Individual events (e.g 45.64 400m, 66.64m/218-8 jav) during early season and won USA nationals in Des Moines under wraps with a 8291 score. **2012:** Was named Jesse Owens award winner and T&F News USA T&F athlete of the year. Ashton became 12th American to win the Olympic decathlon gold medal with 8869 effort in London. Won US Olympic Trials in Eugene with world record 9039 score. Set 3rd consecutive indoor heptathlon world record (6645) while winning IAAF world title in Istanbul and then competed in individual events during spring season with dramatic results (e.g.: 45.68 400m, 13.34 hurdles). **2011:** Won silver medal at IAAF world champs with improved throws and dramatic PR effort in 1500m. Tuned up at Thorpe Cup in Chula Vista with legal 100m PR, outdoor HJ PR and discus PR. Won USA nationals with significant and world leading 8729 total. Upped his own WR for indoor heptathlon in Tallinn, EST with gaudy 6568 effort. Won Millrose games tri. Set individual event PRs in open competition at shot put (14.74), hurdles (13.35), discus (45.51) and javelin (57.23). **2010:** Was 2010 *Bowerman Award* winner, emblematic of top collegiate T&F athlete nationally. Broke meet record and set PR (8457) while winning 3rd straight NCAA crown in front of hometown fans. Won 3rd consecutive Pac-10 crown (8154). Won Texas Relays crown with PR 8310 effort in April. Set world indoor heptathlon record (6499) while winning NCAA title, six weeks after setting collegiate record (6256). **2009:** Runner-up at USA champs with 6th consecutive 8k score. Repeated as NCAA champion with PR 8241 effort. 18th at IAAF World Championships in Berlin to end long season. Has scored over 8k in last 9 decathlons. Won both Oregon Relays and a 2nd Pac-10 title, both with 8000+ scores. Opened indoor campaign with 2nd highest collegiate score ever, 6174, in winning U of Washington meet in Seattle then won NCAA indoor crown in College Station. **2008:** Was 4th at US Olympic Trials with breakthrough 8122 score. Won NCAA title with eye-opening 8055 in Des Moines. Opened season with eye-opening 5859 heptathlon win in Seattle then placed 6th at NCAA indoor. Won Nike Elite in Sacramento with 600+ PR, 7792 and was PAC-10 deca champ with 7604 score. **2007:** Was runner-up at Husky Relays in January and 10th at Mountain Pacific champs in February. Outdoors won initial career decathlon at Jim Click meet in Tucson in March, then was PAC-10 runner-up with PR 7123 score. 3rd at USA Junior nationals (7155) and earned trip to Pan Am Jr Champs in Brazil in long jump. 2006 (Prep) Oregon state 4A 400 champ (48.69). **Personal:** Married heptathlete Brianne Theisen, a teammate at University of Oregon in July, 2013.

Indoor:

1/27/07	5370	2	Husky R, Seattle
2/23/07	4061	10	Mountain Pacific, Seattle
2/02/08	5859	1	U Washington, Seattle
3/15/08	5676	6	NCAA, Fayetteville
1/30/09	6174	1	U Washington, Seattle
3/14/09	5899	1	NCAA, College Station
1/30/10	6256	CR 1	Tex A&M, College Station
3/13/10	6499	WR1	NCAA, Fayetteville
2/06/11	6568	WR1	International, Tallinn, EST
3/10/12	6645	WR1	IAAF WC, Istanbul
3/08/14	6632	1	IAAF WC, Sopot
3/19/16	6470	1	IAAF WC, Portland

Career:

60m	lj	sp	hj	60h	pv	1000m
6.93	739	1228	189	8.51	385	2:47.35
6.94	721	1195	198			
6.83	722	1203	205	7.97	450	2:44.23
6.93	728	1087	184	7.96	475	2:40.90
6.84	759	1206	209	7.91	497	2:39.92
6.86	739	1168	202	7.90	510	2:47.68
6.78	766	1256	207	7.86	496	2:38.02
6.71	773	1312	211	7.77	510	2:32.67
6.66	777	1445	201	7.60	520	2:34.74
6.79	816	1456	203	7.68	520	2:32.77
6.66	778	1488	206	7.64	520	2:34.72
6.81	808	1416	199	7.78	510	2:35.22

Outdoor:

			<i>100m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>sp</i>	<i>hj</i>	<i>400m</i>	<i>110h</i>	<i>w</i>	<i>disc</i>	<i>pv</i>	<i>jav</i>	<i>1500m</i>
3/23/07	6977	1	Arizona Click, Tucson	10.66+1.5	719+0.2	1197	192	48.55	14.92+0.9	3793	375	3365	4:56.62		
5/06/07	7123	2	PAC-10, Palo Alto	10.81-0.2	723+0.1	1188	192	49.19	14.66+1.0	3657	395	3692	4:39.72		
6/21/07	7155	* 3	USA Jr, Indianapolis	10.58+3.7	667+0.8	1280	187	48.48	14.47+2.0	4063	430	3513	4:58.35		
3/28/08	7792	1	Nike Elite, Sacramento	10.82+3.4	764+5.0	1221	196	47.00	14.21+1.4	3516	450	4526	4:24.15		
5/10/08	7604	1	Pac-10, Tempe	10.57-0.9	685+1.0	1225	198	47.68	13.9h-0.6	3462	485	4429	4:44.48		
6/12/08	8055	1	NCAA, Des Moines	10.64-1.1	768- 2.6	1279	196	47.25	14.27+1.8	3996	460	5393	4:33.05		
6/30/08	8122	5	USOT/USA, Eugene	10.61-0.4	749 0.0	1228	196	47.07	14.26+1.9	3969	510	4728	4:20.56		
4/24/09	8023	1	Oregon Relays, Eugene	10.66+1.2	758+3.9	1161	205	47.54	14.08+1.4	3828	455	5370	4:28.93		
5/10/09	8091	1	Pac-10, Eugene	10.49+2.6	745+2.0	1263	201	47.12	14.01+1.2	3980	485	4969	4:36.87		
6/11/09	8241w	1	NCAA, Fayetteville	10.35+4.1	758+3.5	1257	199	46.85	13.85-1.3	4179	440	5362	4:20.75		
6/26/09	8075	2	USA, Eugene	10.53+3.6	760+3.7	1263	205	47.99	14.03+0.9	4133	450	5146	4:35.45		
8/20/09	8061	18	IAAF WC, Berlin	10.53+0.2	785+0.9	1226	202	47.75	14.28+0.3	3715	500	5087	4:45.03		
4/01/10	8310w	1	Texas R, Austin	10.34+3.4	788+3.0	1311	202	47.06	13.85+4.9	4371	460	5219	4:41.43		
5/09/10	8154	1	Pac-10, Berkeley	10.59-0.5	743+1.6	1277	194	47.25	13.79-1.0	4229	515	4967	4:39.97		
6/11/10	8457	1	NCAA, Eugene	10.37+0.5	790+1.1	1260	202	46.28	13.68+1.6	4171	470	5241	4:21.85		
6/24/11	8729	1	USA, Eugene	10.33+0.6	780+3.1	1414	205	46.35	13.52+1.6	4158	505	5619	4:24.10		
8/28/11	8505	2	IAAF WC, Daegu	10.46-0.5	746 0.0	1444	202	46.99	13.85-0.8	4617	460	5517	4:18.94		
6/23/12	9039 WR1		OT/USA, Eugene	10.21+0.4	823+0.8	1420	205	46.70	13.70-0.8	4281	530	5887	4:14.48		
8/09/12	8869	1	Olympic G, London	10.35+0.4	803+0.8	1466	205	46.90	13.56+0.1	4253	520	6196	4:33.59		
6/23/13	8291	1	USA, Des Moines	10.48+1.2	759+0.3	1500	190	46.89	14.68 0.0	4399	460	6036	4:34.15		
8/11/13	8809	1	IAAF WC, Moscow	10.35-0.5	773+0.3	1439	193	46.02	13.72+0.4	4500	520	6483	4:29.80		
9/15/13	dnf	-	DecaStar, Talence	10.60-0.3	750-0.3	1394		withdrew							
8/29/15	9045 WR1		IAAF WC, Beijing	10.23-0.4	788 0.0	1452	201	45.00	13.69-0.2	4334	520	6363	4:17.52		
7/03/16	8750	1	USOT/USA, Eugene	10.34+1.8	784+1.4	1404	200	46.30	13.60+2.1	4139	525	5784	4:25.15		
8/18/16	8893	1	Olympic G, Rio d Jan	10.46-0.1	794+1.7	1473	201	46.08	13.80+0.7	4549	520	5977	4:23.33		

PRs: 9045 / 6645 10.19+2.7 823+0.8 1540 211 45.00 13.34 4736 540 6664 4:14.48

60m 6.66; 60mH 7.51; 1000m 2:32.67 , *- Junior Implements

Summary: 25 meets, 24 finishes, 18 wins, 19x> 8000, PR= 9045, Top Ten Ave: 8740.6; 2nd Ten Ave: 8090.5

1st day 4728 at Eugene WR '12, 2nd day 4342 at Beijing, '15.