

THE DECATHLON ASSOCIATION

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PAUL TEREK INTERVIEW

Detmer Races to Drake Relays Victory



Hello Again...We offer a review of the major decathlon meets from last week/weekend where the most notable competition occurred at the 99th Drake Relays. Only 25 points separated the top 3 finishers and ex-Wisconsin star Joe Detmer emerged victorious with a 7712 win. Before we cover the results of the past weekend, a slow one by most standards, we caught up with 2004 Olympian Paul Terek recently to talk about his training/rehab from recent knee surgery.

Interview

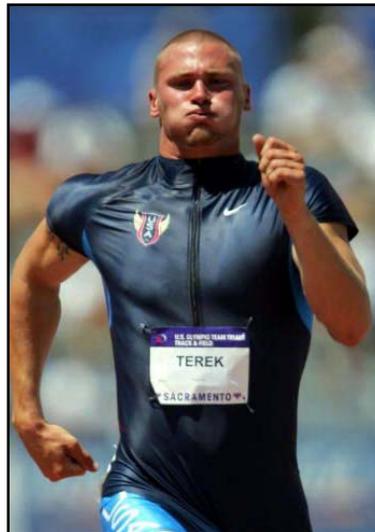
Paul Terek, 28, Michigan State '02, NCAA runner-up, 3x USA indoor heptathlon champion and 2004 Olympic Team member, qualified for the 2008 US Olympic Trials with a 8134 point win at Desanzano's MultiStars a year ago. During the recent indoor season he experienced a knee problem.

DN: Can you describe the nature of the injury?

PT: Yes, it's a torn lateral meniscus in left knee. Pretty common and there are lots of worse injuries. It had bothered my off-and-on during the indoor season.,

DN: When were you operated on?

PT: March 9, a few days after USA indoors (Combined Events) in Chapel Hill.



Paul Terek, 28, whose career PR of 8312 came at the 2004 US Olympic Trials, is recovering nicely from knee surgery.

DN: What was the nature of the operation?

PT: After an MRI I had Arthroscopic surgery, Dr Gary Fanton, head of Sports Medicine Services for Stanford Athletic Department, performed the surgery. He's very well known in the Bay area. He shaved out the damage to eliminate the pain and swelling. Normally it takes 4/6 weeks to fully recover. Right now I can do any of the events but there is a little swelling the next day. So I am being careful.

DN: Was the timing of the injury a problem?

PT: Yea, the whole thing is timing. If it were not the Olympic year or if I was a single event guy I would not have had the operation. Once it heals I think I'll have 6/7 weeks to prepare for the Trials and that should be enough. In the meantime, lots of other types of work, doing lots of technical work

DN: What sort of training can you do?

PT: Weight room, pool, w/o outside track. My coach, Harry Marra, went to Rick Sloan for info on how he got Dan O'Brien in shape back in 1992. Dan had a stress fracture then but came to the '92 Trials in great shape because of all the conditioning work he did off the track.



I can train but I have to be careful, if I overdo it there is swelling next day.

DN: How about some examples?

PT: Well, I bike a lot, run striders at 1500

meter pace. We did 5x200m the other day...35, 36, 34, 33,32 seconds with 30 second rest, instead of hammering them. I'll have time to do that later as well approach the Trials.

DN: How about some short-term goals?

PT: In the next two weeks I want to be able to run w/o and pain/swelling and with full extension. I am just about there. I do a lot of stretching now. What hurts right now is when I am on my feet long hours.

DN: How about all the other things that need to be done leading to the Trials. What is happening there?

PT: Well, I was on the USOC Jobs Program with Home Depot. But I backed away from a lot of that in preparation for the Trials. Then the injury happened and right away Home Depot went into a hiring freeze because of the housing industry downturn. They depend heavily on the construction industry which is in shreds. So that hurts right now. It gets stressful w/o guaranteed \$ from Home Depot

DN: Can you offer an opinion on the 2008 season?

PT: Well, the Olympic year is always so different...anything can happen. I want to go to the Trials healthy, if I can train hard and I think that will happen. The Olympic year is a deal breaker for decathletes...it's the fork in the road...your career ...you either go home or go on. I don't want to curtail my career and then find out that it took (as it did in 2000) a 8050 score to make the team. So that's why I had the operation.

If I was a single eventer I could compete w/o the operation because I'd have time to recover after training but a decathlete's training never ends. You have to train every day. The operation will help me get ready. I'll be ready.

-----Interview: 4/20/08-----

Weekend Summary



The week's most arresting meet took place at the Drake Relays in Des Moines, an affair which featured a quartet of top multi-eventer: defending champ Raven Cepeda and his Northern Iowa teammate Mat Clark who no marked a week earlier at the Kansas Relays; last

season's NCAA runner-up Joe Detmer, a Wisconsin grad who now trains at Northern Iowa in Cedar Falls, and tall Derek Gearman, the former Big Ten long jump champion while at Minnesota who was in his first career decathlon.

The most important ingredient at Drake was former winner Travis Geopfert, the assistant head coach at Northern Iowa, who coaches Cepeda, Clark and Detmer.



Derek Gearman/ex-Minnesota, won the Drake Relays decathlon high jump with a PR 2.20m/7-2½

At the break Gearman had used sprinting and jumping skills to take a 202 point lead over Clark, 4189-3987. The day's eye-opening highlight was a 2.20m/7-2½ PR high jump clearance for Gearman, 22, Lennox, SD, Only Tom Pappas has ever leaped higher as an American decathlete...2.21m/7-3 at the 2000 Sydney Olympic Games. We don't see 2.20m clearances every day. Wow!

After 8 events Cepeda, who posted PRs in the 2nd day's initial two events, had finally grabbed the lead with a 4.90m/16-¾ vault clearance, six more bars than the imposing Gearman...6352 to 6345. Yet



Joe Detmer receives congratulations after the 1500m from Raven Cepeda.

Detmer (6211) and Clark 6108), both of whom have significant 1500 meters skills, were still threats.

Cepeda extended his lead to 147 points over Detmer, who moved into second place with a throw of 54.10m/177-6, with his effort of 54.49m/178-9 in the javelin. Meanwhile, a personal-best throw of 59.71m/195-11 moved Clark into third place in the standings with just one event



Mat Clark/Northern Iowa junior, lowered his 1500m PR by 3 seconds chasing Joe Detmer at Drake.

remaining. Here Gearman showed his inexperience as he managed but 42.66m/139-11.

"It was definitely a turning point in the competition for me," Clark said of the javelin. "I was really upset with my pole vault, so I got really aggressive with my approach, got after it and had a good mark."

No one relished racing Detmer in the 1500m (collegiate record holder at 4:04.11 last season) but Clark gave it the 'college-try.' His PR 4:14.38 was just .25 seconds behind Detmer as both marginally passed Cepeda (4:40.03) in the standings7712....7691....7687. Clark set personal-best marks in eight of the 10 events contested as the Panther teammates both posted NCAA Div I automatic qualifying marks. Detmer already has an Olympic Trials qualifier (7963 a year ago). Gearman, much to his credit, came back to run 4:27.68 to post one of the highest ever first meet scores, 7586. Wow!

The recent week/weekend affairs produced one other 7k winner. Colorado State senior Kevin Johnson, Aurora, CO, who red-shirted a year ago, won the Glenn Morris meeting in Fort Collins with a PR 7332 score.

Other meet winners included: Chris Morrissey/Penn State, who repeated at the Penn Relays (6955); Mike Stowe/Grand Valley St, a senior from Holt, Michigan, who captured the Great Lakes AC champs (6917) ---part of the Gina Relays---; and Chase Dalton, a BYU freshman (6805) who won the snowy Robison Invitational. Seven additional decathlons are scheduled for Sat-Sun-Mon-Tues (May 26-29).

---In the News---



Top left: Kevin Johnson, a senior at Colorado State, won the Glenn Morris meet at Fort Collins with a 7332 OPR, Upper right: Chris Morrissey/Penn State, won a 2nd Penn Relays; Lower left: Mike Stowe/Grand Valley St, was the GLVAC winner at Gina Relays, and Lower Right: Travis Geopfert, the assistant head coach at Northern Iowa, coached all the medalists at the Drake Relays.