

THE DECATHLON ASSOCIATION

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SOMETHING TO CROW ABOUT

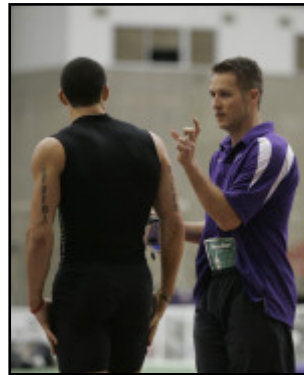
Raven Cepeda's 7611 Drake Relays Win

Hello Again.....It's a coach/athlete relationship, and this time the athlete won. Northern Iowa junior Raven Cepeda, 20, Beloit, WI, ran up a sound 7611 score in less than optimal conditions, to defeat his coach, two time winner Travis Geophert. Said the winner, "It means a lot. When I came to (Northern Iowa) here I was not familiar with the drake relays. Then I started learning how important it was to the people of Iowa, so winning the Drake Relays is very big. And to keep the Drake relays decathlon (title) at UNI, that's a great honor."

Said Geophert, "I wouldn't have it any other way. If I had to lose, he was the guy I wanted to lose to. He's a tremendous athlete. And UNI went 12-3-4 in the 1500 meters. We pride ourselves in running fast 1500s up at UNI. That was something pretty cool." For his part, Cepeda, with an NCAA I qualifying mark and PR on the line (even though he had the meet won) ran a seven second PR (4:30.74) for second in the final event.

Geophert, 28, was especially pleased with his charge's discus effort. "He had a personal best in the discus, in the rain, in a wet rain and kind of a bad win. He's really solidifying himself as a decathlete. Cepeda, 5-10, 175, was 8th at last year's NCAA outdoor meet (7279) and 3rd at in the NCAA indoor heptathlon (5864) in March. His 7611 effort was a 240 point PR.

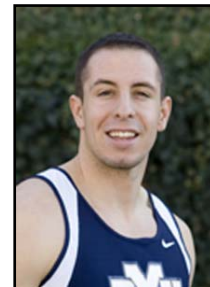
For the first time since 1994 there was a non-Janvrin/Geophert winner at the Drake Relays decathlon. Geophert was an assistant coach under Kip Janvrin at Central Missouri State before moving to UNI. Janvrin hold's the meet record at 8198 and won at Drake 17 times. Geophert won in 2004 and 2006. A reporter asked Geophert a final question...how does it feel to lose to an athlete you coach? "He's gong to rub it in a little bit, I know he will. I don't blame him a bit."



Drake Relays winner Raven Cepeda (l), gets advice during pole vault from Northern Iowa coach Travis Geophert. Cepeda's 7611 score prevailed over his coach, Geophert, who was the defending champ.

DRAKE RELAYS
america's athletic classic

The only other significant news came from Provo, Utah where Brigham Young's Justin Palmer recorded a huge PR 7353 score, sure to be an NCAA I qualifier, over a field of four finishers. Elsewhere, in minor meetings, Penn State's Chris Morrissey won at the Penn Relays where but six finished, and Mike Stowe of Grand Valley St won the Great Lakes AC title, part of the Gina Relays at Hillsdale, MI. Ernesto Martinez captured the Sooner Invitational in Norman and Azusa Pacific's DevynWills upset defending champ Josh Collins of Westmont for the GSAC title in Fresno.



Raven Cepeda/N Iowa (l) won at Drake with a 7611 PR. Justin Palmer/BYU (r) won at Proco with his own PR, 7353.