

THE DECATHLON ASSOCIATION

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ASHTON EATON INTERVIEW

Paul Terek Retires

Hello Again...with this newsletter we begin a series of interviews with America's top decathletes. We start this week with Ashton Eaton who completed an exceptional college career at the University of Oregon this past June.

We also offer a tribute to Paul Terek, one of this nation's top ten-eventers for the past decade. He recently announced his retirement from the decathlon wars.

Interview # 1

ASHTON EATON

What a year Ashton Eaton had! Given a new coach (Harry Marra replaced Dan Steele at Oregon in October, 2009) the 22 year old senior responded with a nearly unimaginable indoor season, first clubbing the collegiate heptathlon record with a 6256 score at College Station in January, then taking the world record away from Dan O'Brien (6499) while defending his NCAA title in Fayetteville.

Outdoors was more of the same, an undefeated season: a windy 8310 April decathlon win in Austin, TX; a 3rd consecutive Pac-10 crown in Berkeley (8154) in May; and a 3rd NCAA outdoor title with a meet record 8453 score in Eugene. All of this assures the Bend, Oregon senior his initial world ranking. Even as impressive were the new individual event PRs during the spring:



Ashton Eaton now represents the Oregon Track Club. He began his 2011 preparation in familiar surroundings in early October.

Indoors- 6.71 60m; 13.12m/43-½ shot put; 2.11m/6-11 high jump; 7.77m 60m hurdles; 5.26m/17-3 vault; and 2:32.67 1000m.

Outdoors: 10.19m(+2.7mps) 100m, 8.04m/26-4½ (+0.8 ps) long jump; 46.28 400m; 13.54 (-1.0mps); 43.71m/143-5 discus; 4:21.85 1500m.

[Ed note: Sometimes the times were so fast it got him into trouble. For example the 13.54 hurdle time was so fast that those in charge of seeding the NCAA decathlon hurdles believed it to be typo and mistakenly corrected it to "14.54," initially (we caught the error) relegating him to a slow section.]

Ashton recently signed a contract with NIKE and will compete for the Oregon Track Club. We caught up with him in early October during his first week of pre-season conditioning workouts in Eugene.

Q. What sports did you play in high school? When did you start T&F?

In high school I played football from sophomore year to senior year. I did wrestling when I was a junior for 1 year also. Actually I didn't start out with track. I started out with cross country when I was in 5th grade. We had such a small team that I to run with the high school kids. It was pretty difficult to keep up during practice but I managed. I went to a few meets and got beat a lot. After awhile though my cross country coach, who I can't remember today, noticed that I was running all the workout and all the races on my toes. I was a fore-striker in her words. She told me I should go out for track so I did that year. Ended up doing the high jump and a bunch of other events I think.



Q. Did anyone ask you to try out for the Oregon football team?

When I was in high school no one officially asked me to come on to the team. I had been getting letters in the mail from Oregon but it was nothing serious. I actually went to a mini combine, I think it was a "day camp" where I ran the 40 and did agility drills and went into the receiver group. But, I was so skinny that they probably didn't pay attention to me even though I had the fastest 40 and was tops on the agility drill. Interestingly, after my sophomore year at UO (the year I won NCAA's) the football coaches started coming to up to me wanting me to be a receiver.

Q. How is your training going? Will you do anything different to prepare for 2011 season?

Post collegiate training is a lot different than collegiate training. I don't have to start so aggressively and can ease into heavy lifting and hard running. That's nice because the season is much longer so I'm saving my legs. So far training is going awesome. I have a totally new approach to the way I do things. I keep accurate notes of everything we do everyday including lifting and the workouts to cool-downs and stretching. I had a good diet before but I have upped the nutritional value and started including more vegetables and fruits. I have cut out a lot of red meat too. Other than those house keeping things I am still the same Ashton. I play video games and read to relax mentally.

Q. You are already the event's top runner (more point than any other in running events). What are plans to improve the throws?

I have always had plans to improve the throws. But, if I knew how to already I would have done it myself, right? That is where my coach (Harry Marra) comes in. My plans to improve the throws are kind of in his hands. I know I have the ability but I lack the understanding right now. We are doing throw work 4-5 times a week. Starting from the basics and working patiently upward. That has been a big theme this year, patience.

Q. Coach Marra indicates that there is still plenty of upside in your runs and in the vault, high jump and hurdles even though they are pretty good now. Is being consistent in these events a key for 2011?

Of course. These are my powerhouse events. I know I am still getting faster and I am getting stronger too. The college season doesn't work well with decathlon/heptathlon training but now that I don't have a meet every weekend I can really focus on things that I was lacking in college. Things like rest

times and extended training cycles without breaks. I think with this type of season I can actually begin to maximize my potential in all my events.

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

I don't know about other athletes/multis, but being patient is my biggest challenge. When I was younger, in middle school and high school, I could learn anything that was athletic overnight. I think I got used to that and now it just doesn't happen that way. So, I go to practice and get pissed because I am not getting something. But, then I come back and do it again. Patience in meets is not a problem for me I don't think. I have a fairly good time being in the right mental state during meets, whatever that is. I just know what I have been doing has been working.

Q. You have only competed in the decathlon for 4 years. Besides just physical maturity, what else was behind your decathlon improvement in past 3 years.

I don't really know. I think you might have to ask my coaches. Maybe I saw that they saw something in me and I tried to bring it out.

Q. What injuries have you had? Are you healthy now.?

I only had one real injury in college. I had some little tears in the meniscus of my right knee. I got surgery at the beginning of last year. I am healthy now too.

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

The low point of my decathlon career would have to be when I was a freshman going for the Junior Pan Am team. They take the top 2 and I got 3rd by a 3 points. I would say the high point was from that moment on... I never lost a collegiate decathlon after that.

Q. You are going to be world ranked very high for 2010. Do you have any explicit goals for next year (2011)?



I know I am going to be ranked high, but I don't pay attention to that really. I mean it's hard to avoid that information but I don't stew on it. I like goals but I don't like goals. The only goal I have for 2011 is to try my best to beat everyone. I am certainly not the best so if I try to beat the best then chances are I will get close to or reach any goals I would have set for myself anyway.

Q. What meets are you planning to do in 2011?

I am not sure. Millrose and US nationals for sure.

Q. What is your ultimate goal in decathlon?

My ultimate goal is to max out my abilities. When I reach the point when I know I cannot run any faster or jump any higher or throw any farther then I will have reached my ultimate goal. If all of that happens to fall on the same day then watch out.

Q. The 2011 USA champs and 2012 Olympic Trials will be at Hayward Field. Can you comment on how you feel about that?

Fortunate

Q. In the past year you've been known for creating an "O" with your hands in response to the Hayward Field Fans. Where did that come from?

It came from the University of Oregon symbol. At all sporting events at the university people put up the "O". Making the O is something that only we can do and have it mean more than just the tips of your fingers touching. It embodies everything that I have been through and everything I have received

at Oregon. It lets people know you see them and their support. It says thank you, that was awesome, can you believe it, and I love you all at the same time. It reminds me of a lighthouse. When I put up the O and I see people do the same back to me, I'm home.

Paul Terek Retires

Veteran decathlete Paul Terek, 31, recently announced his retirement from the decathlon wars ending a remarkable 12 year career which included an Olympic team berth (2004), 3 national indoor heptathlon titles,



seven 8000 point performances, eight wins (including one IAAF CE challenge) and six top five finishes at the USA nationals. A 2002 graduate of Michigan State where he was 2x Big Ten champ and 2002 NCAA runner-up, the 6-2, 197 lb native of Livonia, MI, was coached by collegiately by Will Wabaunsee and by Harry Marra as a post collegian in the San Luis Obispo, CA area. While at Michigan Terek won 6 Big-10 crowns in various events.

Terek was born in Dearborn, Michigan and graduated from Franklin High

School, Livonia, MI. For the century's first decade he was a staple on the international scene competing in three IAAF world championships (13th, 12th, 10th), the 2004 Olympic Games in Athens, and most major internationals (MultisStars, Hypo-Bank/



Götzis, DecaStar).

He won the dramatic "Battle of Michigan" at the 2004 US Olympic Trials going head-to-head vs Phil McMullen (grad of Western Michigan U), for the final spot on the US Olympic team. With one lap remaining in the 1500m the Sacramento battle was a toss-up, but then Terek ran a lifetime best (4:24.28) to grab the 3rd Olympic team berth.

He was US ranked on six occasions and competed in a pair of Thorpe Cups (USA vs Germany). Terek represented the US in 12 foreign nations and 18 of his 41 career decathlons were international affairs.

He was a notable pole vaulter with a best of 5.70m/18-8½.

In 2006, Terek successfully participated in the Japanese televised obstacle course Sasuke, currently syndicated in the

United States as Ninja Warrior on the G4 network.

He now starts a new job, as an engineering supervisor (degree in engineering from Michigan State U) at the Diablo Valley (CA) Nuclear Power Plant. Having grown up in south-central Pennsylvania under the shadow of Three Mile Island, I have just one request Paul: Let's have no Jack Lemmon scenes like the *China Syndrome*. We don't need to give new meaning to the word "explosive." Good luck.

Career:

Indoors:

	<i>60m</i>	<i>lj</i>	<i>sp</i>	<i>hj</i>	<i>60H</i>	<i>pv</i>	<i>1000m</i>
2/20/99	5462	3			Big Ten	Madison	
	7.19	678	1293	188	8,87	510	2:45.86
2/25/01	5685	1			Big Ten	UniversityPark	
	7.18	689	1398	191	8.74	540	2:47.76
2/03/02	[3137]	-			Big Ten	Bloomington	
	7.07	677	1498	192	[unfinished]		
3/09/03	5870	1			USATF	ChapelHill	
	7.10	697	1534	197	8.67	540	2:49.21
2/13/04	5756	1			Holiday	Nampa	
	7.15	684	1599	199	8.6h	496	2:44.36
3/07/04	6040	1			USATF	ChapelHill	
	7.04	708	1531	198	8.48	541	2:42.97
3/06/05	5972	2			USATF	Chapel Hill	
	7.12	733	1479	201	8.77	520	2:39.43
1/28/06	5698	1			Wis Elite	Madison	
	7.19	716	1457	195	8.74	501	2:47.49
3/05/06	5883	2			USATF	Chapel Hill	
	7.12	709	1447	196	8.43	522	2:44.17
1/27/07	5977	1			Wis Elite	Madison	
	7.09	718	1490	198	8.51	535	2:44.71
3/04/07	5960	1			USATF	Chapel Hill	
	7.08	715	1510	196	8.51	532	2:44.39
3/09/08	dnf	-			USATF	Chapel Hill	
	7.25	669	1429	183	injured-withdrew		
1/30/09	dnf	-			Wis Elite	Madison	
	7.35	632	1446		withdrew		

Outdoor:

<i>Date</i>	<i>score</i>	<i>pl</i>	<i>meet</i>	<i>site</i>	<i>100</i>	<i>w</i>
<i>lj</i>	<i>w</i>	<i>sp</i>	<i>hj</i>	<i>400</i>	<i>110H</i>	<i>w</i>
					<i>disc</i>	<i>pv</i>
						<i>jav</i>
						<i>1500</i>
5/23/98	7206	2	Big Ten	Columbus		11.26
	645	1252	187	49.79	16.56	3554 525 5134 4:33.04
7/31/98	6932	1	Canada Ch,	Montreal		11.33 0.0
	652+1.5	1194	188	52.03	17.22-1.0	3775 490 5364 4:40.73
3/25/99	7156	1	Florida R	Gainesville		11.21+1.4
	655+3.3	1243	183	50.57	16.32	4132 484 5428 4:43.88
5/22/99	7225	2	Big 10 W	Lafayette		11.31+1.2
	627+3.6	1307	192	50.32	16.40+0.9	4302 500 5072 4:43.17
4/ /00					Gina R,	Hillsdale
4/20/01	7441	3	Mt SAC R	Azusa		11.13+2.2
	646+0.7	1400	179	49.61	16.07	4032 540 5291 4:40.30

5/19/01	7695	1	Big Ten	Bloomington		11.15+0.9
	689+2.2	1395	185	48.91	16.05-2.3	4420 520 5194 4:28.79
5/31/01	7645	4	NCAA	Eugene		11.14+3.1
	667+5.1	1361	188	49.34	16.39+1.7	4090 540 5407 4:24.92
7/22/01	6289	8	Sub Elite	Albuquerque		11.22-2.9
	666 0.0	1470	181	49.20	16.89-0.6	4376 nh 5156 5:11.58
4/19/02	7926w	1	Mt SAC R	Azusa		10.85+3.8
	682+3.4	1476	189	48.71	15.47+4.3	4321 505 5609 4:25.16
5/18/02	7829	1	Big Ten	Madison		10.93
	691	1471	194	48.83	15.26	3556 535 5332 4:33.83
6/01/02	8041	2	NCAA	Baton Rouge		10.83+1.8
	692+2.9	1516	194	48.99	15.26+2.7	4240 505 5764 4:25.18
6/20/02	7445	9	USATF	Berkeley		11.03+1.0
	666 0.0	1435	186	48.96	15.86+3.2	3684 510 5418 4:49.26
4/17/03	[]	dnf	Mt Sac R	Azusa		11.01+0.4
	670+2.6	1537	191	49.73		withdrew
5/11/03	7881	3	MultiStars	Desanzano		10.93 0.0
	668-0.5	1526	194	49.65	15.81+1.3	4194 542 5736 4:39.73
6/22/03	8275	3	USATF	Palo Alto		10.90+1.7
	738	1551	208	49.26	15.78+1.0	4619 520 5879 4:37.25
8/27/03	7507	12	IAAF	WC Paris		10.99-0.5
	714+0.4	1530	203	48.75	dsq	4572 530 6114 4:30.77
9/21/03	[]	dnf	DecaStar	Talence		11.24-0.9
	nm	1439	194	dnf	16.43-2.0	4358 522 withdrew
4/15/04	[]	dnf	Mt SAC R	Azusa		11.04 657
	1172	189	50.88	15.77	4332 520 5338	dnr
5/30/04	8161	8	Hypo-Bank	Gotzis		11.04-1.8
	729+1.1	1566	194	48.78	15.40-1.6	4437 540 5845 4:41.86
7/17/04	8312	3	USOT/USA	Sacramento		10.98-1.0
	727+0.6	1537	201	48.74	15.40-1.1	4924 520 5469 4:24.28
8/24/04	7893	23	Olympic G,	Athens		10.92+1.5
	694-0.4	1515	194	49.56	15.12+1.5	4562 530 5062 4:50.36
3/26/05	6589	1	MO Southern	Joplin		10.91+3.8
	743+3.1	1435	190	49.99	15.81+1.5	3766 nh 4540 4:49.98
5/08/05	7702	5	MultiStars	Salo, ITA		11.15-1.3
	699+0.9	1419	197	49.26	15.66-1.1	4138 520 4834 4:37.25
5/29/05	7923	3	NACAC	San Juan		11.02+2.5
	719+3.1	1464	198	48.70	15.19nwi	4039 530 4710 4:32.28
6/24/06	7976	2	USA Champs	Carson		11.17-0.6
	705+0.1	1497	200	49.05	15.21 0.0	4422 520 5405 4:39.92
8/10/06	7921	13	IAAF	WC Helsinki		10.83+1.2
	716-0.5	1431	197	48.85	15.83-1.6	4465 500 5446 4:36.59
9/18/06	7589	12	DecaStar	Talence		11.19+3.4
	707+0.2	1415	198	49.62	16.19+1.7	4018 510 4865 4:37.46
3/24/06	7822	1	Click,	Tucson		10.91+2.3
	686 0.0	1504	198	49.79	15.60+2.2	4314 500 5545 4:41.37
5/28/06	[4045]	dnf	Hypo-Bank	Götzis		10.98+0.6
	703-1.6	1517	194	50.10	dnf,	inj, withdrew
6/24/06	7714	5	USATF	Indianapolis		11.11+0.5
	683-0.3	1439	187	49.39	15.35-0.9	4455 510 5644 4:48.04
8/06/06	7630	2	vs GER	Manhattan		11.16-0.1
	680-0.9	1463	200	50.79	15.66-0.3	4439 495 5303 4:47.41
8/26/06	7884	2	NACAC	San Juan		11.01+2.9
	698+3.1	1481	198	49.18	15.39+1.1	4630 490 5367 4:39.95
3/23/07	----	dnf	Arizona	Click Tucson		10.81+1.5
	665+2.3	1398	192	49.95	15.92+0.7	4389 withdrew
5/06/07	8134	1	MultiStars	Desanzano		11.08+0.8
	729+0.8	1536	200	49.52	15.45-1.4	4562 500 5823 4:27.55
5/26/07	7609	5	NACAC	S Domingo		11.35-2.5
	708	1416	191	51.09	15.60-0.2	4679 510 5273 4:50.42
6/23/07	8064	2	USATF	Indianapolis		11.03-0.5
	726+1.4	1527	202	48.70	14.92+1.4	4260 510 5295 4:39.98

9/01/07	8120	10	IAAF WC Osaka	10.95-0.2
726-0.8	1481	200	49.34 15.10+1.4	4481 520 5596 4:37.38
5/30/09	7430	4	PanAM CECup,Havana	11.67+0.1
653+0.1	1460	192	49.64 15.89-0.3	4328 490 5510 4:43.10
6/26/09	7689	5	USA Sr, Eugene	11.13+1.9
657+3.4	1475	196	50.62 15.42+3.3	4461 500 5611 4:41.64
8/09/09	7729	4	vs GER, Marburg	11.09+1.6
680+2.8	1362	195	49.90 15.66+0.6	4489 525 5367 4:41.53

Decathlon PRs: 8312 / 6040 **10.81+15**

738+2.3 1599 208 48.70 14.92+1.4 4924 570 6114 4:24.38

Indoor: 60m: 7.04, 60H: 8:43; 1000m 2:39.43

Summary: 41 career meets, 36 finishes, 7 wins, PR score:
 8312 ('85); 7x> 8000; Top Ten Ave= 8093.2, 2nd Ave:
 7807.0; 3rd 10 Ave= 7521.0 missing a Gina Relays]

