



# Lanes & Sectors by Larry Staton

August 2013

MASTERS/OPEN TRACK AND FIELD

A NEWSLETTER FOR TRACK & FIELD ENTHUSIASTS

## USATF Nationals- up Close & Personal

by Larry Staton

I was unable to attend the USATF National Championships held in Olathe, Ks this year but certainly enjoyed watching the competition that was posted on USATF.TV.

Recently, I cornered a few Masters athletes who competed in Olathe and I had the opportunity to interview them. Our first athlete out of the blocks is... **Joe Hoover**



*Joe and Donna Hoover*

Joe was a high school science teacher for 10 years and coached basketball, football, track, cross country and tennis throughout his teaching career.

He was then employed as a manager at the Wichita Racquet Club for 11 years before it became Genesis, and also worked for the Wichita Public Schools as a property manager for 22 years before retiring at the end of 2010.

He says, "I was fortunate to have 2 kids who jumped for JK Kornelson at East High so I was able to learn a lot more about the jumps from him." All of Joe's immediate family have enjoyed sports. His wife, Donna, was her high school's top sprinter and long jumper, and ran track as a senior for WSU. She predated the State

Track meets for girls so she never got to compete at that level. One of her favorite track memories is running in a relay at the KU Relays.

Daughter Melissa was an All State soccer player for Kapaun. Tony and Megan were each 3-time state qualifiers in long jump or triple jump. Joe enjoyed helping coach the kids during their grade school years in soccer, track and softball.

During basic training for Army Reserves at Fort Dix, NJ, Joe was on the Battalion basketball team which was more fun than some of the field training that he missed!

At USATF Nationals, Joe won the triple jump, was third in the high jump and placed 5th in the long jump.

## Interview with Joe Hoover:

1. **What moment stands out as most memorable in having attended and competed at the USATF Nationals in Olathe this year?** When the guy who won the M65 TJ last year walked up to me after his last jump and said “Congratulations.” It was very fun to get to compete against the last two winners.
2. **Anything else come to mind about the USATF Nationals that you can’t wait to tell us?** It’s also pretty fun to be handed a patch that says “National Champion.”
3. **What did you learn about yourself during the competition?** I need to ask for help quicker. My first 3 triple jumps I thought I was hitting the board right. After asking, I found I need to move my step closer and it gave me 3 better jumps. I wouldn’t have won without that help.
4. **What is your training routine and what does a typical workout look like in your training?** I typically play 2 hours of pickup basketball each week, have 2 workouts that consist of short sprints and jumping drills, and lift weights twice a week concentrating on lower weights and about 12 reps. I do longer sprints when I am planning on running the 100 and 200. I am

mainly a jumper but have a lot of fun with the sprints and I occasionally run the 100 hurdles so this allows me to vary training and keep it more interesting. The basketball is terrific for helping spring and developing better fitness.

5. **What would you say to someone who has heard about Masters Track & Field and finds it interesting but just doesn’t think they would do that well in competition?** Everyone who is a frequent competitor really enjoys the camaraderie and everyone is very helpful in helping each other improve. It is a great way to stay motivated to work out year round. No matter the skill level, everyone has a great time trying to set their own personal records. I believe those who don’t always score well enjoy the meets as much as anyone, and there are always meets around where you can find an event that you will allow you to experience success. (Plus you may meet Bob Lida, World Record Holder!)
6. **If someone decides to go ahead and try Masters Track and Field, what advice would you offer as they start their training?** Start slowly! It is too easy to get really sore or to get injured. Make your workouts fun so that you look forward to them.

Vary your workouts so that you are strengthening your whole body. Ask others for more workout ideas. Work on triple jump! There aren’t very many of us who do!

7. **How long have you competed as a Masters athlete and how have you dealt with injuries?** Eleven years. I am lucky enough to have a wife who is a nurse and a brother who is a physical therapist. I ask their advice on rehabbing quickly. I quit competing as soon as I feel an injury and get ice on it, and I try to get back to easy workouts as soon as possible and not push too hard if I am feeling pain. My main injuries have been pulled hamstrings and shoulder strains.
8. **Did you compete in High School or College? If so, where? What kind of marks and/or accomplishments did you experience?** I went to Quenemo High School south of Topeka which was a Class BB school, the smallest class at that time in the early 1060s in Kansas. I won the Ottawa Relays with a 6’2” high jump and finished second at the state meet in Class BB that year. I had a 21’4” long jump in Junior Olympics the same year and was 3<sup>rd</sup> in Kansas. At that time, my coach could put a handkerchief as a target in the pit!

- 9. What keeps you going each day and committed to your training regimen?** I enjoy getting outside and sprinting. I do a lot of short sprints and bounding which are fun and I work on longer sprints mainly when I am enjoying the harder workout.
- 10. What do you like most about Masters Track and Field?** Meeting similar minded people. I look forward to catching up with quite a few good track friends from several states and I really appreciate that they will help me do my best even when they are a competitor in that event. The meets also provide something to look forward to and a good way to gauge how effective your workouts have been.
- 11. What goals have you set for yourself this year?** I have finished in the top 3 a couple times in triple jump in my age group but have never finished first. That is one goal this year. I also hope to be top 10 in high jump and long jump. In 2007 at the State Games of America, I had marks in 4 events that met All American status and I would like to duplicate that this year. ~~~



**Joe Hoover**

### **Masters Calendar:**

#### **September 7<sup>th</sup> – Wichita Open/Masters Outdoor**

Contact: .....Larry Staton  
316-214-4655.....  
Email: [STCsprinter@gmail.com](mailto:STCsprinter@gmail.com)

#### **September 21<sup>st</sup> – Halstead Open/Masters Outdoor**

Call Bob Everoski at 316-835-3366 or e-mail him at [everfrs@hotmail.com](mailto:everfrs@hotmail.com)

#### **September 29<sup>th</sup> – Kansas Senior Olympics, Topeka**

<https://kansas.nsga.com/registration/123/>