

## Brian Rowles Named USA Track & Field – New England Athlete of the Month for August



*Photo by Tucker Taft*

BOSTON – **Brian Rowles**, age 42 of Acton, MA, who competes for the Mass Velocity Track Club, has been named USA Track & Field – New England’s Athlete of the Month for August 2007. Competing at the USA Masters Track & Field Championships held at the University of Maine in Orono, ME, August 2-5, Rowles won gold medals in both the long jump and triple jump in the M40 division. His winning marks were 6.28m (20’ 7 ¼”) in the long jump and 12.45m (40’ 10 ¼”) in the triple jump.

Rowles is a 1987 graduate of Dartmouth College where he jumped “about 22 and a half feet” in the long jump and 45 feet in the triple. He has maintained his fitness since his college days and competes at a high level in volleyball, but has just returned to track & field over the last two years.

Earlier this year, at the USA Masters Indoor Championships in Boston, Rowles competed in his first national championship event, winning the M40 triple jump and placing 3<sup>rd</sup> in the long jump. In July, at the New England Masters Championships at Springfield (MA)

College, he topped 20 feet in the long jump for the first time since college, as he set a personal best as a masters athlete of 6.34m (20’ 9 ½”).

Asked to compare training and competing as a masters athlete with his experience as a college athlete, Brian talked about needing more recovery time between intense workouts. He also noted that, as a husband and a father of four young children, he needs to squeeze in workouts around work and family life, a challenge he described as “a bit of a juggling act.” Looking to the future, he believes that with smart training, he can continue to improve and set new personal bests as a jumper.

Also excelling at the USA Masters Track & Field Championships were multiple winners **Susan Weimer**, age 41 of Freeport, ME, **Barbara Jordan**, age 71 of South Burlington, VT and **Bob Matteson**, age 91 of Bennington, VT. Weimer won the W40 pentathlon, the 80m hurdles and the 300m hurdles, Matteson (Athlete of the Month winner in August 2006) won the M90 400 and 800 and Jordan (Athlete of the Month winner for August 2004) had victories in the W70 100, 200, long jump, triple jump and 80m hurdles.

**Athlete of the Month**  
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designed to recognize  
outstanding performers  
at all levels of the sport.  
USATF-NE will name a  
new honoree each  
month and feature the  
athlete on the USATF-  
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