

Everad Samuels Named USATF – New England Athlete of the Month for May



Photo: Prettysporty.com

BOSTON – **Everad Samuels**, age 50 of Roxbury, MA, has been named USA Track & Field – New England’s Athlete of the Month for May 2008. On May 10, competing in an open meet at Icahn Stadium in New York City, Samuels broke the American record for the M50-54 age group, by running 22.66 for 200 meters. Many time U.S. and world champion, Bill Collins of Houston, set the previous record of 22.79. At the Icahn meet, Samuels also ran the 100m in 11.18.

Samuels, now a U.S. citizen, was born in Jamaica and came to the United States at age 19 to attend the University of Nebraska. At age 18, he had represented Jamaica at the 1976 Olympics in Montreal as an alternate on the 4 x 100m relay team. He went on to compete for Jamaica at the Pan-American games and then at the inaugural IAAF World Track & Field Championships held in Helsinki, Finland in 1983. As an open athlete, Samuels’ personal bests were 10.14 for the 100m and 20.23 for the 200.

This past March, just several weeks short of his 50th birthday, Samuels won both the 60 and the 200 at the U.S. Indoor Masters Track & Field Championships at the Reggie Lewis track in Boston. Based on his blistering winning time of 22.84 for the indoor 200, Samuels felt confident that he could break the outdoor record once he turned 50.

“Sam” works as a supervisor at the Reggie Lewis Track & Athletic Center and considers himself fortunate to be able to lift weights and do speed work right at the Reggie before beginning his P.M. shift. He emphasizes quality in his speed training, stating that in order to race at top speed it is important to train at high intensity. He described a sample quality workout as 4 x 120m at 95% effort.

Asked how he has continued to sprint so well as he has gotten older, Samuels cited four factors; 1) staying healthy, 2) being motivated and having goals, noting that he enjoys competing in track & field, 3) preparing thoroughly and specifically, and 4) putting it all together in competition. Asked about future goals, Sam noted that there is plenty of time left in the outdoor season and that he is taking aim at the world record of 22.58 for the M50 200m held by Stephen Peters of Great Britain.

USATF – New England’s mission is to continue its leadership role as one of the outstanding associations of the national governing body in Athletics.