

## Joseph Benoit Named USATF – New England’s Athlete of the Month for August 2013



Photo: *Twilight Throwers Facebook.com*

BOSTON – **Joseph Benoit**, age 55, who competes for Twilight Throwers, has been named USATF - New England's Athlete of the Month for August 2013. On August 4 at the U.S. Masters Throws Championships, in Lisle, Illinois, Joe won the 25 pound weight throw with an American age group record toss of 19.01 meters (62' 4 1/2"). Joe also took first in the 56 pound superweight with a throw of 9.71 (31' 10 1/4").

On August 25, at the Ontario Masters Athletic Festival at York University, Joe extended his American record in the 25 pound weight throw with a mark of 19.10 (62' 8"). At the Ontario meet, Benoit also topped his previous best in the 56 pound superweight throw with a toss of 10.04 (32' 11 1/4"). This throw leads the national rankings in his age group for 2013 by nearly 5 feet.

Joe competed in both football and track & field in high school and then in college at Alfred University. He acknowledges that football was his favorite sport, but he excelled in both, making DIII second team All-American as an offensive guard in football, and qualifying three times for DIII track & field nationals in the discus and hammer throw.

Ten years after college, he started throwing the discus and hammer again, with a primary focus on competing in New York's annual Empire State Games. After several years of open competition, he retired and he reports that his track career was "dormant" until 2009, when he began throwing

as a masters athlete.

Joe attributes his recent success to several factors; 1) his decision to specialize on weight throws rather than the discus and hammer. He believes this specialization has enabled more improvement than if he were trying to master the very different techniques of his former specialty throws, 2) sustained high quality weight training guided by his "online coach," Mark Rippetoe whose books and videos have taught him how to lift properly to build strength and prevent injury, 3) the support he receives from his family, especially his wife Laura, a long distance runner, and 4) the support and camaraderie of his teammates in Twilight Throwers, the masters throwing club founded by Jim Chambers.

Benoit is a ceramic engineer who works in quality control for Oneida Limited. When asked about his athletic goals and aspirations, Joe said, "I want to compete at as high a level as I can," adding that this will include competing regularly at indoor and outdoor U.S. Masters Championship events as well as looking for an opportunity to travel to one or more WMA world championships in the future.