

Bob Arello Named USATF – New England’s Athlete of the Month for August 2014



Frank Poulin Photography

BOSTON – **Bob Arello** age 55, who competes for the Twilight Throwers, has been named USA Track & Field – New England’s Athlete of the Month for August 2014. At the US Masters Throws Championships held August 2-3 at the College of the Holy Cross in Worcester, MA, Bob won three gold medals. His national titles were in the M55-59 throws pentathlon in which he scored 3962 points, the superweight throw, which he tossed 9.12 meters, and the ultraweight pentathlon in which he scored 4120 points. Bob lives in North Oxford, MA and Lakewood Ranch, FL, as he runs Hydrograss Technologies, a multi-state business that has him commuting between branches in Massachusetts and Florida.

Arello ranks first in the world in his age group this year in the throws pentathlon and the superweight throw, and is also in the top 5 in the world in the shot put, weight throw, and hammer throw. At the World Masters Athletics (WMA) Indoor Championship held in Budapest, Hungary, in late March of this year, Bob won the gold medal in the M55 Shot Put with a mighty throw of 14.79 meters (48’6”), more than 5 feet beyond second place.

Bob began his track & field career in high school at Worcester Academy where he threw the shot put, discus and javelin. He continued at Utah State University, where he focused on the shot put and hammer.

Although his throwing career didn’t resume until 2007 when he entered the U.S. Masters Championships in Orono, Maine, Bob states that he has always lifted weights and that the years of Olympic and power lifting kept him strong and fit and made for a natural transition to masters competition.

In describing his approach to training, Bob’s enthusiasm and his attention to detail are both obvious. Typically, he throws three days a week and lifts two days a week, a training plan that incorporates a high-intensity weightlifting workout every 5 or 6 days. He thrives on finding ways to get better, whether through strength and power training, or through technical improvements.

Although the chance to compete again is what drew Bob to masters competition, he speaks highly of the camaraderie with his fellow throwers, not only his teammates in Twilight Throwers, but also those he has met around the country and in international competition. He describes his fellow competitors as classy, good-natured, and self-disciplined people and enjoys socializing with them.

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

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