

Edwin Moses looks for Gold

IRVINE, CALIF.—"Watch Your Step, Edwin Moses!"

No, Moses, the current world-record holder for the 400-meter hurdles in track and field wasn't about to trip over something. In fact, he was simply sitting quietly, intently peering at a television screen as his coach, Gordon Cooper, yelled that phrase.

The two were watching something they had never seen before. . . every ripple, every tweak, every shiver in Moses' body as he was clearing a hurdle. No matter how minute the movement in his head, neck, shoulders, arms, chest, waist, legs, feet, muscles, tendons. . . whatever. . . it was there for their inspection.

It was there because Moses had just spent several hours gliding time after time over several hurdles especially set up at the University of California track.

He just shattered his own world record in the 400-meter hurdles at Koblen, West Germany, with a time of 47.02. He has won 87 of these races in a row. And the 28-year-old athlete is already a top-heavy favorite to win the 400-meter hurdles at the 1984 Olympic Summer Games in Los Angeles.

But Moses is not satisfied.

He is not satisfied because currently he takes 13 steps between hurdles. Oh, that in itself is an amazing athletic accomplishment. Only one other world-class runner is capable of carrying that stride count the entire race.

Moses figures, however, if he can cut the 13 strides to 12 strides between at least some of the hurdles, he can set yet another world record and increase even more his chances of winning a gold medal in Los Angeles.

That's why Moses and his coach were looking at the video tapes. That's why they, in conjunction with Dr. Robert Villagrana, a San Diego specialist in biomechanics, will continue to evaluate them over the next several weeks. . . measuring this, measuring that.

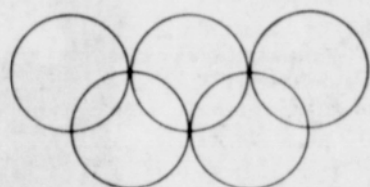
Then they may begin trying this and trying that in order to get Moses down to that elusive 12 strides between some of the hurdles.

"I don't know how far we will get with this," says Moses. "Still, even if we can't cut my strides from 13 to 12, we have already learned an awful lot about what I'm doing out there. And we're going to learn a lot more as we go along."

Moses, who has a degree in physics, has always sought out and used scientifically oriented equipment and techniques in his ever-continuing attempt to lower the time it takes for him to complete the 400-meter hurdles.

"Picking up even hundredths-of-a-second can be important," says Moses. "But I hope to do a lot more than that."

At any rate, between now and next summer in Los Angeles, Moses will be spending a lot of time in front of a television. Throughout, he will be taking great care to watch his step.



Edwin Moses: world record holder in 400 hurdles at 47.02. Ranked number one for seven years, his winning streak surpasses 87. Only 4 runners have broken 48.00; only one other has done it twice. Moses has accomplished it 26 times. Moses dominated the 1983 World Championships, winning the 100 meters, the long jump and anchoring the 4 x 100 relay.



Jeannette Bolden

World class runner and member of the 1980 U.S. Olympic Team. She is former record holder in 50-yard and 60-yard dash.

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L-R: Richard Hollis, Dan Peterson, store manager, Monica McGee, store activities representative, Debbie Schoenrock, community relations representative.

Hollis Nominated to McDonald's All American High School Basketball Team

Richard Hollis of Grant High School has been nominated to the 1984 McDonald's All American High School Basketball Team.

Hollis is one of 500 prep cagers in the nation nominated by McDonald's All American Basketball Team Selection Committee.

As a nominee, the 6'5" forward is in the running to be one of the 25 members selected to the 1984 McDonald's All American High School Basketball Team. Hollis has a 24.6-point per game and leads the Grant Generals in assists, rebounds and blocked shots. He is coached by John Stillwell.

McDonald's All American Basketball Team was formed in 1977 to recognize and honor outstanding young athletes.

Former McDonald's All Americans include such college and pro stars as Earvin "Magic" Johnson, Mark Aguirre, Ralph Sampson, James Worthy, Pat Ewing, Sam Perkins and Michael Jordan.

The selected members of McDonald's 1984 All American High School Basketball Team will participate in the seventh annual McDonald's All American Game to be held in Los Angeles on April 8th at UCLA's Pauley Pavilion. Proceeds from this unique "East vs. West" game will be donated to the Children's Division of the UCLA Medical Center.

"We're really excited that Richard Hollis has been recognized as one of the top basketball players in the country," said Dan Peterson, Manager of McDonald's of Lloyd Center. "He's an exceptionally-talented athlete and a real credit to the Grant Generals and Portland." Richard Hollis is the son of Mr. and Mrs. Hollis of Portland.

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