

HARVEY GLANCE & DWAYNE EVANS

Their hair isn't gray, yet. They don't walk using a cane. In fact, they can beat quality athletes nearly a decade younger than themselves.

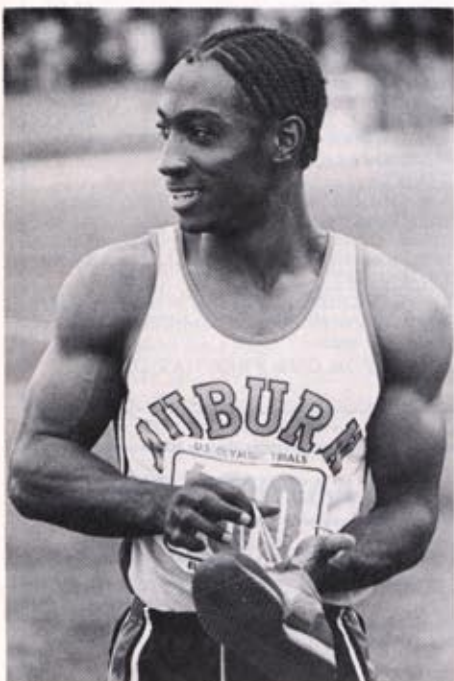
Harvey Glance and Dwayne Evans have been mainstays of the U.S. sprint corps for better than 10 years. They burst into the limelight as fresh-faced teenagers in the Montreal Olympic year of 1976.

By the time that season had ended, Glance had placed 4th in the Olympic 100 and won a sprint relay gold medal, as well as matching the hand-timed World Record with a 9.9 100 meters. He had just finished his frosh year at Auburn, and ranked 4th globally. Yet he dashed a PR 10.05 in 1985.

Evans, a prep senior in Montreal, won the 200 bronze with a 20.22 dash, then a World Junior Record and still his PR. He was named Prep Athlete Of The Year and ranked No. 4 in the world, the same slot he claimed next in 1981 after winning the NCAA 200 as an Arizona State senior.

Countless races, run on virtually every continent on earth, have slipped under the flying feet of both men since that heady season a decade ago.

HARVEY GLANCE—1976



Jim Engle

But they are still every bit as competitive as back then.

And their wealth of accumulated knowledge about the art of sprinting has made them invaluable resource figures for today's emerging stars. On the morning of the final day of the Olympic Festival, we breakfasted with Glance, Evans and coach Richard Thompson—who directed Evans as a prep and now coaches Glance. All three men live in Phoenix, where Evans is a part-time corrections supervisor and Glance works in public relations for American Express.

Both sprinters have a clear view of the past, but they also look ahead to continued success:

T&FN: We are just a few days past the 10th anniversary of 19-year-old Harvey Glance and 17-year-old Dwayne Evans winning medals in the Montreal Olympics. Yet you both remain among the leading American sprinters. To what do each of you attribute your longevity in events commonly considered the province of young athletes?

Glance: First, let me say I was gifted with a lot of God-given talent. I never could have come this far without God

HARVEY GLANCE—1986



Sallier/McManus

giving me all the tools it takes to be a sprinter.

Secondly, I feel it takes a lot of hard work, determination and sacrifice along the way. You have to maintain your health. You have to have consistently good coaching. But most important, you have to have goals.

Evans: Of course, you have to have that God-given talent. But the desire and dedication is what has kept me here more than anything else. It's the knowing that if I put forth the work and make the right sacrifices that I can stay in the sport as long as I have.

It has been hard sometimes, looking back over the years that I have been injured. That has been the one factor that has kept me from reaching my full potential. So to be dedicated to overcoming those bad times has been a bit part of it for me.

T&FN: So overcoming adversities can be a motivator, as well as the working to regain a high standing you once held?

Evans: It's a big motivation to know that you can get back to the top of your game, that you can get through injury or whatever negative things that are thrown at you. To get back to a place you once held makes you feel very good. Being able to do that really motivates me to continue to compete.

Glance: You also realize that there can be only one No. 1. But we live in a society where if you aren't No. 1, you're nobody. So that's why it's so very important to have personal goals, personal things you want to achieve.

One of my goals when I first started running wasn't to be the fastest man in the world but rather to be one of the highest-quality sprinters who ever lived. I feel I have fulfilled that dream and I want to keep adding on to that dream.

If you look at my athletic resume, you will see some very impressive things on there: medals in major championships, including the Olympic Games; World Records; captain of U.S. international teams, including the champion World Cup team last year; things like that.

Even though there might not be a lot of No. 1 rankings, I have been able to keep driving forward and striving by aiming to be the very best I can be. That means striving to be No. 1 every time I race.

But even if I don't win every race doesn't mean Harvey Glance is a slouch, a nobody. I've had this attitude for years and will continue to have it until I hang up my spikes, because I have those personal goals. They provide my motivation.

T&FN: If Harvey's prime goal is to be No. 1, whether in a particular race or an entire season, what are your particular goals, Dwayne?



Paul Sutton/Duomo

DWAYNE EVANS—1976

Evans: To try to reach my full potential and to be healthy over a consecutive number of years. That will give me the opportunity to grow. Last year and this season are the first times I have been able to put together consecutive healthy years.

To have those years has enabled me to train fully to reach my potential, which is the main thing I want to do. Whether that potential is 20.2, 20-flat or faster, I want to reach it and the only way I can do that is to stay healthy.

T&FN: *Is the catch for young athletes that they haven't established any goals yet?*

Glance: Exactly. They are just coming on the scene. I tell people that it's so much easier to climb the ladder to the top than it is to stay on top of that ladder. You don't have anything to distract you; you can do no wrong; everything you do is right and everything is working for you.

Yes, you are very focused on getting to the top. You know the people you have to beat to get there. Once you build a name for yourself, the complexion of the situation changes.

People want to be a part of you. They want to know where you came from; how you did it. How did this miracle happen? So you start to think, but really there is no one answer.

T&FN: *Once you reach the top, how great is the challenge to refocus your goals, especially if you make it big at a young age?*

Evans: The hardest thing is that it seems like everything suddenly comes so fast. You put in the hard work, but the goal you set for yourself came so quickly that you don't have time to readjust to what you have done.



Conrad McCarthy

DWAYNE EVANS—1986

That was one of the hardest things for me to do. My big goal was to make the team in '76 and then after I did that, the ultimate was to win a medal. Once that happened it was a thing of, "I have to re-adjust now. What do I do?"

After I made the Junior national team in '75, we set the goal of me making the Montreal Olympic team. I also felt, though, that if I didn't make that team, there would be other Olympic teams I could make. But I did it all and then I had to find a new goal.

T&FN: *How long did it take you to focus in on new goals; you had some injury problems, but you also went to Arizona, then dropped out, then went to Arizona State.*

Evans: The hardest thing for me to adjust to was being injured. I had never been hurt to the point an entire year had been wiped out. The '77 and '78 seasons were totally taken away from me by injuries.

But in '79 it actually was easy to sit down and reschedule our goals. We just wanted to have me get healthy so I could run at my best. We set the goal of winning the TAC 200—and I eventually did win it.

T&FN: *So is the most difficult thing to find a new goal, a new challenge, after you have achieved a previous one?*

Glance: We have talked about the adjustment after you get to the top. I don't feel that you ever really come back down. If you come back all the way down, you might as well get out of the sport.

Once you get to the top, you have to deal with it. If you don't feel good about yourself, the newcomers will wipe you

out—if they get to you before the veterans do. So you can be caught between the youngbloods and the old-timers.

You have to adjust from that point. You have to tell yourself, "Look, I'm here. I've set my goal and now I just have to work harder. Focus in more on what I have to do and accept that role." And as you achieve your goals, the next ones can become bigger and better.

T&FN: *The idea of maturity also must tie in with life off the track. The more stable your life is in general, the better you can concentrate on track. Houston McTear was a prime example of a very young athlete being thrown so quickly into situations he was totally unprepared for and drifting aimlessly as a result. What are the effects of an athlete's off-track life?*

Evans: The more stability you have in your life in general, the better rounded you will be. If you don't have a lot of different things occupying your time and your mind, then you can concentrate on those things you have given the highest priority.

Even if you consider track as your top priority, if there are many other things that also are bidding for that top spot, it's hard to concentrate and be dedicated to working to become the very best you can.

But if things are stable—the home environment, or school situation, or work situation—then the time and dedication can be there for the sport. But if those things aren't stable, then you are bound to have up-and-down performances on the track.

Glance: I have believed all along that the consistency of life off the track directly affects the consistency of an athlete on the track. One epitomizes the other. What you practice off the track will be reflected in how you perform on the track.

I have a stable, basically conservative lifestyle. I'm a churchgoing person; it's a great feeling for me to be in church. I feel the spirit is with me and that God is watching over me. Honestly, I'm amazed sometimes at the things I do but I know that my strength comes from my faith.

T&FN: *Floyd Heard said that in Moscow, you both sat down with him and Lee McRae to talk to them about competing internationally. Because of your age and experience and position, do you often find yourselves in leadership roles and do you make efforts to share your experiences with younger athletes?*

Evans: Often I do make a conscious effort to take the new guys aside and talk to them about the things that could happen to them and what they should be aware of.

I feel that Floyd Heard, for example, has his head on his shoulders very well. His perspectives on sprinting and school and just everything are really great; well beyond his limited experience.

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 — William Simon

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SPRINT INTERVIEW—continued:

they don't have the experiences that give them perspective. So it makes me feel good to be able to share what I have learned with them. And it feels good when they acknowledge that we did share things with them, because we know they did listen and think about what we said.

Glance: In the track world, I know that everyone likes Harvey Glance. Being chosen captain of so many national teams tells me that other athletes know there is more to me than just running, and those qualities are recognized by others. I may not have the big endorsements, but I have earned the respect of my colleagues and that means so much more.

I know that when I stand up to say something, people will listen. Respect is something you cannot buy.

You listen to older, more experienced people in life and it's no different in this business. When I came on the scene, I asked questions all the time. I talked to the Fred Newhouses, the athletes who had been on a lot of teams. Fred took me aside in 1976 and talked to me about every aspect of running and competing that he knew.

Now Dwayne and I do that with the young guys. I have always felt that I'm not only a sprinter, but also an ambassador of the sport and I accept that role proudly. I want the best for the young athletes, and I want them to want the best for themselves. If they make themselves proud, they make America proud.

T&FN: *What is the prime thing that carries over from track into life itself? The setting of goals and the determination to work to achieve them?*

Evans: The thought of never giving up on myself. I like to carry that into my life in general. Track & field has taught me that if you keep working hard, eventually some-

Harvey Edward Glance was born March 28, 1957, in Phenix City, Alabama, and is 5-7 $\frac{1}{2}$ /148. Graduated from Central High School in Phenix City ('75) and Auburn University ('79). Emerged internationally in 1976 with World Junior Record in 100 (10.11) and a 4th in the Olympic 100. Was 2nd in '79 Pan-Am 100. NCAA 200 champ in '76 (to complete a double), 4th in '78.

His progression (with World and U.S. Rankings in parentheses), including finishes in major meets in the 100:

| Year | Age | 100 | Major Meets | 200 |
|------|-----|--------------|--------------|---------------|
| 1972 | 15 | 9.9y | | |
| 1973 | 16 | 9.7y | | |
| 1974 | 17 | 9.5y | | 21.0y |
| 1975 | 18 | 10.3 | | 20.8yw |
| 1976 | 19 | 10.11 (4, 1) | 1)NCAA 1)OT | 20.1 (7, 4) |
| 1977 | 20 | 10.16 (x, 6) | 1)NCAA 8)TAC | 20.47 (x, 10) |
| 1978 | 21 | 10.15 (x, 5) | 3)NCAA | 20.48 (10, 5) |
| 1979 | 22 | 10.13 (3, 2) | 3)NCAA 2)TAC | 20.39 |
| 1980 | 23 | 10.14 (6, 4) | 5)TAC 2)OT | 20.46w |
| 1981 | 24 | 10.38 | 10)TAC | |
| 1982 | 25 | 10.31 | 7sf)TAC | 20.9 |
| 1983 | 26 | 10.42 | | 21.25 |
| 1984 | 27 | 10.09 (7, 6) | 7)OT | 20.42 |
| 1985 | 28 | 10.05 (x, 8) | 9)TAC | 20.76 |
| 1986 | 29 | 10.09 | 3)TAC | 21.00 |

