

JUD LOGAN



Andrew Venchurkas

Jud Logan loves to talk about the hammer. Almost as much as he loves to throw it. His throwing this spring has given him plenty to talk about.

Logan set four American Records in less than a month, the final pair at the Mt. SAC Relays when he finally exceeded his long-sought goal of 80 meters (262-5). His best of 265-4 now puts him 11th on the world all-time list—a lofty position an American last claimed almost 15 years ago (see p. 50). Logan has returned American hammer throwing to world respectability.

When the massive Ohio native speaks about his consuming passion for hammer throwing, it isn't to pat himself on the back. Of course, he is proud of what he has achieved and rightly so. But Logan and coach Al Schoterman—himself a former Olympian in the hammer—are constantly looking for better ways to train, to polish technique, to throw ever farther.

And Logan's appreciation is sincere for the support he has received from so many: wife Jill,

his family, the Canton YMCA where he supervises Nautilus training, the New York AC. His appreciation is as deep as his commitment to throwing.

As we talk, he is stretched out under a tree after winning the S&W meet in Modesto. The subject is goals and it is clear Logan isn't searching for any:

T&FN: Now that you have brought U.S. hammer throwing back to world respectability, what remains as your prime motivating force?

Logan: I just always want to throw as far as I can. When I go into a certain competition, I have a goal for that meet. But I never limit myself, either. If my goal in today's meet is 255 feet and I have warmup throws over 260, I'm not going to back down. I'm going to go for it every competition I'm in.

So every meet is still a learning experience for me. Some throwers go to meets and feel, "I've done this meet so

many times, it's boring to me." But for me, each meet is a new experience. I never take a thing for granted. I just go for the best I possibly can each time.

T&FN: You say that now you want to fill in the gaps between your 256-3 American Record at Sun Angel and the 265-4 at Mt. SAC. So that is a motivator, too?

Logan: It is. I jumped straight from 256 to 265 and that's a big gap. But it was textbook; it "should" have happened. I backed off on the weights and eased down the volume. My body felt great and my technique was the best it had been all year. Al was at the meet and we weren't going to accept anything less than 80 meters.

The thing that shocked me was what a maximum physical and mental effort like that takes out of your body. There was a big drain after that meet.

But the toll of those throws amazed me. After my first one, on my fourth

throw, I just stood in the sector and screamed, "80 meters!"

Right away, I told myself to relax because I had two more throws. My fifth was 257 and I thought I had lost it since I had let all that emotion go. But on my last throw, I was happy to come back with a really emotional—but a technically very good—throw to get the record again.

Also, the '85 season was the first full year I used four turns. The Soviets say it takes 4-5 years to really learn that technique. I hope they're right, because if I've got two years or more of improvement still to go, I'll be able to compete with anybody.

Finally, I'm most excited because I really believe I can improve 10-12 feet by 1988. There are so many areas we have information on: so many aspects of training we haven't even scratched the surface of exploring.

T&FN: *Al Schoterman has been so central in your career and your development and his importance has only intensified.*

Logan: Sure it has. And one of the big pluses for me at Mt. SAC was having Al there. The Olympic Development Committee in the hammer flew him out, the feeling being the No. 1 thrower should have his coach at the most important competitions.

I think that's great because the hammer is the most technical event in track & field and throwers need their support system at the big meets. The pole vault and hammer are on the same level; there are so many little things that can break down.

But having Al close to me has been such a motivator. He's constantly thinking of things which are of benefit to me. Whether watching me at a meet, or in practice doing things like dragging my hammers back in. Or at an airport just grabbing my bags. He just tries to do so many little things that other people don't do or don't even think of doing.

T&FN: *Is it possible he sees you as a surrogate for himself and where he would like to have been?*

Logan: I think so. Al was at a rough point in his career in that he was throwing close to the American Record, yet he was out of college and had to put food on the table. He also wanted to explore some different areas, like pro football.

So I think he was very glad when I turned down the money to play football and I feel he does see himself through my eyes. He was so emotional on that 265 throw, I thought they were going to have to bring in an ambulance to take him away. He was just shaking. He said, "You did it all," but I could see in his eyes that he knew he was a big contribution.

T&FN: *How do you explain to someone about the hold the hammer has*

on you? Or do you even try?

Logan: I think that people outside the sport, people who don't know me, probably just look at it and say, "He's doing well, but look how far he is away from the World Record."

"The Superstars And Wrestlemania: My Big Goals Outside Of Track."

Those aren't the people I'm concerned with. The people I'm concerned with are my peers in the sport, and my family. They realize what a strong hold this thing has on me. They have seen it grow with me from a hobby to a way of life.

They have come to appreciate it as I do. My wife wasn't too crazy in the beginning about me traveling all over. Now she sees the positives, like the possible financial rewards. She has gotten to go to many places that she wouldn't have otherwise. My entire family was at the Olympic Games, and I plan to make the World Championships team next year and they want to go there.

T&FN: *If your wife didn't identify with the sport much in the beginning, does she more now? Has it become more important to her?*

Logan: Oh, it has. While I'm in the papers a lot at home and people know who I am, it has turned out that she is the one who fields many of the questions from people.

She works in my parents' sporting goods store and people ask her about me, what I did last week, how I'm throwing. Jill carries around her little notebook and she flips it open and tells people the latest.

She even sees each new issue of *Track & Field News* before I do! She has it read cover to cover before I ever see the magazine.

We just found out she is pregnant; our baby is due around October, which is great timing since I can be at home for the first 4-5 months before I have to do any major traveling.

T&FN: *The hammer is the major focus of your life right now, but what do you do when you want to get away from it?*

Logan: There are times when I'd like to get away from it, even for just a little while. I'll be thinking about a project I want to do around the house we just bought, but someone will want to hear

about Mt. SAC. Or the story of how the wire stretched here at Modesto last year. Sometimes I get tired of telling stories for countless times to me, but the first time for other people. I just try not to put myself above anyone, and be patient with everybody.

But there are days my wife works late and I'll have several hours alone at home. I love country music, so I might listen to that.

And I love movies, every conceivable kind. We have a VCR and a big-screen TV and I love to throw in a movie and relax that way. My wife says I would be lost without a TV.

In fact, in college I studied to become a film critic. Things never went in that direction, but I still like to critique films. Yeah, I'm the Siskel and Ebert of track & field.

Plus, I love to watch all the big-time wrestling. I especially like Hulk Hogan, and the way he gets psyched up before a match—or show, or whatever you want to call it.

T&FN: *So the "Hulkmania" shirt you wear sometimes is out of admiration?*

Logan: Well, I feel I'm a very good athlete and I would love the chance to show it. I would love to compete at the Superstars and show what kind of an athlete a hammer thrower really is.

Then there were the pro football guys who were in Wrestlemania. Well, I'd love for them to decide to use track guys—it would be great to be a tag team with Hulk Hogan against Bill Green!

The Superstars and Wrestlemania: my big goals outside of track!

T&FN: *So if you could have three wishes, would that be one or two of them?*

Logan: I think that would be two of them! Really, No. 1 would be to throw far. Nothing that I didn't think I deserved, but just having the one throw that was at 100% of my physical capabilities. The one ideal throw where I put everything together. □

Judson Campbell Logan was born July 19, 1959, in North Canton, Ohio, and is 6-4/278. Graduated from Kent State in 1981, where he began throwing the hammer as a soph. Now competes for the New York AC and lives in North Canton with his wife, Jill.

Has set 9 ARs: 74.56/244-7 ('84); 76.80/252-0, 76.88/252-3, 76.90/252-3, 77.24/253-5 (all '85); 77.66/254-9, 78.10/256-3, 80.26/263-4, 80.88/265-4 (all '86). Indoors, he has set 6 ARs with the 35lb weight, and has an outdoor best of 73.82/78-1% ('86). His current AR is 23.71/77-9% ('85). His progression (with U.S. Rankings in parentheses):

Year	Age		Major Meets
1979	19	48.46 159-0	
1980	20	56.08 184-0	
1981	21	59.64 195-8	dnq)NCAA
1982	22	64.06 210-2	17)TAC
1983	23	67.66 222-0	12)TAC
1984	24	74.56 244-7 (2)	1)TAC 2)OT dnq)OG
1985	25	77.24 253-5 (1)	1)TAC
1986	26	80.88 265-4	

by Jon Hendershott