

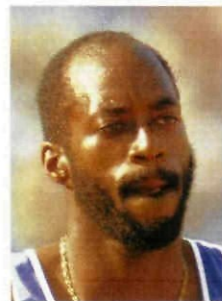
## Edwin Moses?

**Born:** 31 August 1955 in Dayton, Ohio (USA)

**Event:** 400m Hurdles

**Titles:** Olympic Champion in 1976 and 1984  
World Cup Winner in 1977, 1979 and 1981  
World Champion in 1983 and 1987

**Personal best:** 47.02 sec. (World record, 1983)



**NSA** **When and how did you become involved in Athletics?**

*My mother was a graduate student when I was young and during the summer I used to go to the university with her and hang around. While she was in class with my younger brother, I'd run around the track. That is probably the first thing I remember about Athletics.*

**NSA** **What were the most thrilling moments in your career as an athlete?**

*The Los Angeles Olympics (1984). That was probably one of the great ones. Other thrilling moments include my first world record at the Montreal Olympics (1976) and my world record at the Meeting in Koblenz (1983).*

**NSA** **What were the most disappointing moments in your career as an athlete?**

*I didn't actually have any real disappointing moments. Perhaps, at the Seoul Olympics in 1988, I could have performed a much better race. But I think my bio-rhythms and physiology were not right that day. It was possible and under my control to run under 47 sec that day, but it didn't*

*happen. I still ran 47,56 sec and that was a very bad race for me; probably the worst race I ever ran.*

**NSA** **What is your profession today?**

*I was working at a Wall Street company, an investment bank, as a financial consultant for five years in Atlanta. I went back to graduate school after I finished my Masters in business. So, I have been interested in the realm of finance and investment. Today I am independent; I have my own business in financial investment.*

**NSA** **How did you manage the change from practical Athletics to your profession?**

*It wasn't a problem for me. I studied physics and became an engineer very early in my Athletics career and I used to work as a test engineer in California. During my time as an athlete I learned a lot about business in track and field as a result of negotiating about contracts and finances.*

**NSA** **Are there any qualities you gained from Athletics that are useful in your current profession?**

*A lot of my business experience came from negotiating with the US Track and*

*Field authorities when I tried to generate financial support to offset training expenses and earn some income for the athletes.*

**NSA** **Do you have a family? Do you encourage your family to practice Athletics?**

*Yes, I have a family but I am not married. I have a five year old son. He lives with his mom in California. He is too small to be interested in Athletics but he does know how to hurdle already. At about three years of age, after he saw a video of me, he tried to run over little pillows maybe six to eight inches high.*

*If he wants to run it will be his decision. I would never ask him to do it or force him to join a club.*

**NSA** **What are your hobbies and interests?**

*My all time biggest hobby was track and field. Some time ago I enjoyed working towards my pilot's license to fly private aircraft, but I'm not doing too much of that right now. I like scuba diving and collecting art.*

**NSA** **What sport are you actually practicing?**

*I'm not practicing anything much right now. I injured my back while running track and that slowed down my running. I figured out that I ran 26000 miles in my life and running is not the best thing for a bad back. I haven't been training seriously for about five years to give my back a chance to heal. Just last year, for first time since 1986, I had a pain-free year. I'm starting to feel like I'm ready to do some serious running, again.*

**NSA** **Are you still involved in Athletics somehow or do you follow international Athletics?**

*Not really. I used to be heavily involved with the US Track and Field governing body, but then I decided to concentrate on myself and my career after sports. I always had a*

*lot of interests outside of track and field. I never really let that be my whole existence. I have had a much fuller life because I've met so many different people from so many different areas. I was never a "classic" track athlete of the sort that, after a competitive career, goes into coaching and stays involved.*

**NSA** **How do you judge the current state of international Athletics?**

*It is difficult to judge if you live in the United States. You don't see it on television and to get any news on it is very difficult. When I was running, Athletics competitions were on television all the time and they were certainly in the newspapers. But now you can't find it anywhere. From my perspective, I ran during the "golden age" of track and field. In the mid-seventies to the mid-eighties, when I was running, Athletics was very big in the United States. In those days we had fifteen to twenty American superstars that everybody knew. Now we have four superstars. It is totally different today.*

**NSA** **What advice would you give to young athletes (and their parents) if they are considering becoming involved in Athletics?**

*One concern I have is putting young athletes into the sport too soon, before the body begins to mature. I have seen kids being pushed to do track and field at seven and eight years of age. The parents and the coaches are enthusiastic because these kids do have talent. By the time the kids are eleven, twelve and thirteen they are being pushed into world-class training sessions and the body is not ready. They will probably never become good because they'll hurt themselves. Training for young kids should be very gradual. The focus should be on having them learn slowly what conditioning is all about, on helping them avoid injuries and on allowing them to have fun. To be world class and get a shoe contract should never be the first thing a kid thinks about.*