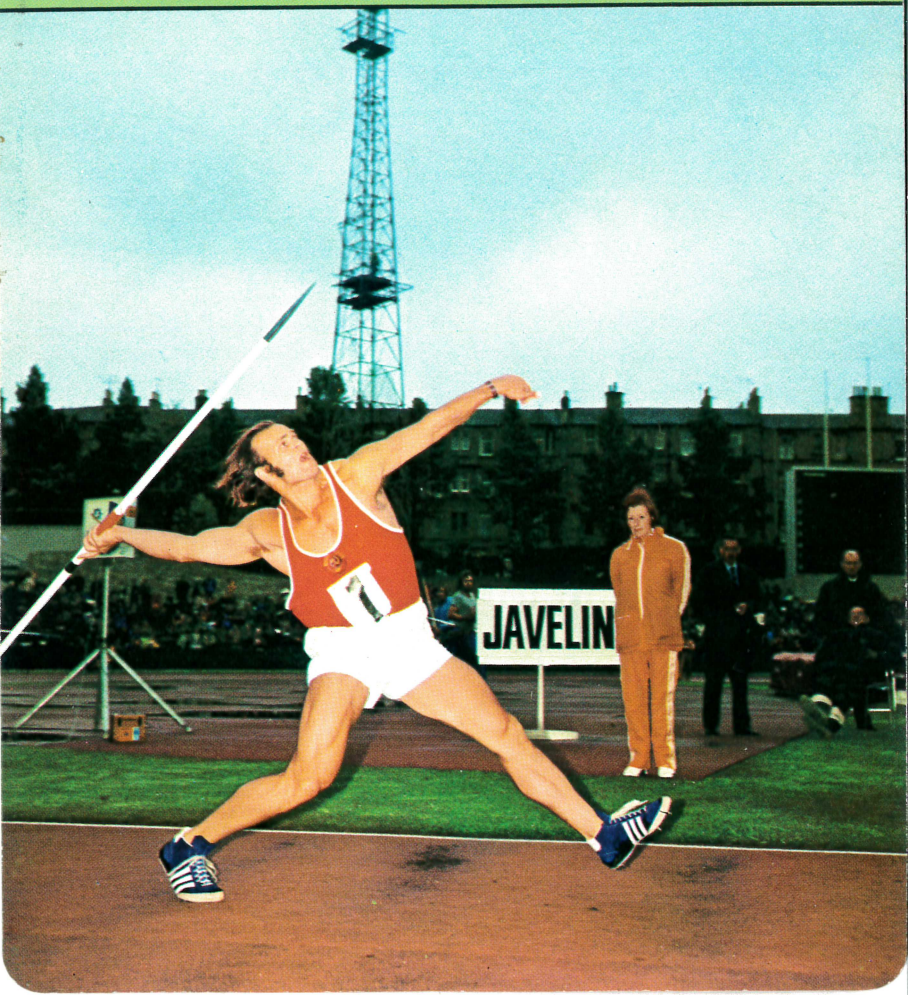


# Track and Field



*Janis Lusiš*



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## Janis Lūsis

### *An Exceptionally Long Career*

In 1957, when Janis Lūsis, fresh from his native village, presented himself at the Riga Institute of Physical Education, he was advised to consider a career elsewhere. With his rather frail appearance (5'9" for 150 lb) he did not look in the least like the stuff of which future sports teachers are made. Who could have foretold then that he would go on to dominate javelin throwing for more than a decade and that he would become one of the finest specialists ever known? His countless successes in a sport which always owes a lot to imponderables were achieved by sheer hard work.

He systematically applied himself to improving his technique and developing his physical and mental resources by practising the triple-jump (the sport with which he began his career), the decathlon—a discipline in which he once gained a total of 7,483 points—weightlifting, cross-country running and gymnastics, for which facilities were available in the Army to this young lieutenant.

His hard work paid off, to the extent that many other athletes soon began to try and copy the style set by this young man with the bulging muscles. At the peak of his form, he measured 5'11" and

weighed nearly 198 lb. From the time of his first, not particularly spectacular throw of 44.52 m (146 ft) when he was 17 years old, he improved regularly until 1973, the year which was to mark the beginning of his decline. With age, he started to put on weight, with the result that his style lost something of its speed and purity.

He married Elvira Ozolina, a former javelin champion, and, as a result of studies undertaken relatively late in life, succeeded in becoming a teacher of physical education—not the least of his successes.

#### JANIS LŪSIS

Born May 19, 1939, in Jelgava, Latvia

#### AWARDS AND RECORDS

1964 OG: bronze medal (80.57 m)

1968 OG: gold medal (90.10 m)

1972 OG: silver medal (90.46 m)

1976 OG: 8th (80.26 m)

European championships: 1st in 1962 (82.04 m);

1966 (84.48 m), 1968 (91.52 m), 1971 (90.68 m),

6th in 1974 (83.06 m)

Twice world record-holder:

91.98 m on May 23, 1968, at Saarijärvi, Finland

93.80 m on June 6, 1972, in Stockholm

*J. Lūsis's classic style resisted the Nordic assault for many years*