







At the age of 12, my mother, grandmother, sister, and I moved from Topeka, Kansas, to Berkeley, CA. On June 14, 1957, I graduated from Berkeley High school. Four months later, I joined the US Marine Corps. I served in the Military Police/Special Weapons Division. In 1962, I served a year at Bien Hoa Airfield in Saigon, Vietnam. My next stop was a

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Nuclear Missile Base in The Marshall Island. After 18 months in the National Department of Defense, I received an Honorable Discharge from USMC and returned to Berkeley.

From 1964-1967, I was a Correctional Officer at San Quentin State Prison. In Approximately 1970, I first learned about the Games, and in 1971 I entered Track & Field – 110m Hurdles. The Games were a way for me to stay job-ready. I was hooked after the first year.

From 1967-1972, I was a Police Officer at UC Berkeley Police Department. I went back to school using the GI Bill, obtained my BA Degree in Criminal Justice at the University of Sacramento, and promoted to Sergeant.

In 1972 I became a Police Officer for the BART Police Department. I obtained a Master of Arts Degree in Education at the University of San Francisco and then graduated from the FBI National Academy, Class 136 at Quantico, Virginia. I was then promoted to Lieutenant. I retired from police service in 2003 after 30 years of service. I planned to retire from the Games after Chengdu, after 48 years of competition and 82 years old. In 2012, I had a left knee replacement and had to find another event since Track & field was out. I made the switch to Bench Press and Body Building. The bad part about retirement is the people you won't see and the lack of travel.

If I can get this right shoulder to act right, I may come back in the mix this year.