

# Decatur hurdler recovers for gold

## Trammell recently injured, still wins

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**Indianapolis** — Everybody knows two-time Olympic silver medalist Terrence Trammell is a fast hurdler.

Apparently he's a fast healer, too.

Trammell won his first U.S. outdoor national title Sunday in the 110-meter hurdles despite suffering a mild tear in the abductor muscle in his trail leg on June 2.

"It took a long time for me to even be able to walk without major pain," said Trammell, 28, of Atlanta. "The diagnosis was 6-8 weeks to recover, and this is week 3. I wasn't supposed to be here."

But Trammell, known as "Tram-dog" since his days at Southwest DeKalb High School, had to compete — and do well — at nationals to qualify for the World Championships later this summer in Osaka, Japan.

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MICHAEL CONROY / Associated Press

Two-time Olympic silver medalist **Terrence Trammell** is first in the 110 hurdles as former Olympic and world champ **Allen Johnson** is seventh.

# Track: Decatur medal count climbs

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Trammell had felt the muscle tear while running the fastest race of his life in the Reebok Grand Prix in New York, just before the seventh hurdle. He eased off and lost to Chinese Olympic champion Liu Xiang, but still equaled the seventh-fastest time in history, 12.95 seconds. If not for the injury, Trammell said, he could have broken Liu's world record of 12.88 seconds with a time of 12.84 or 12.85 seconds.

Instead, his hurdling then came to a complete halt.

"I did therapy, just about all day, every day," Trammell said, "Acupuncture, micro current, hot laser, hyperbaric chamber, chiropractic massage, you name it, I did it, as long as it was legal. It was very tedious, very stressful."

When Trammell stepped onto the Georgia Tech track last Tuesday, he hadn't gone over any hurdles in 17 days. An entire Summer Olympics takes 17 days. He advanced from the first round as the 15th out of 16 competitors, slowly gaining confidence.

In the final, Trammell led wire to wire to win in 13.08

seconds with American record holder Dominique Arnold second in 13.17.

Although Trammell won the 2004 Olympic Trials, he had four runner-up finishes at outdoor nationals and a World Championships silver in 2003 to go along with his silver medals at the 2000 and 2004 Olympics.

"I've had my share of silvers and I want to be able to get a few golds now," he said.

Trammell is the fourth athlete from Decatur to win a title at this U.S. Outdoor Championships, joining former training partner Angelo Taylor (400 meters), DeeDee Trotter (400 meters) and Dwight Phillips (long jump).

"I just felt like I had to hold up my end," Trammell said.

He also wants to continue the U.S. hurdles tradition and become the third Georgian to win a gold medal in the event, joining Spec Towns (1936) and Roger Kingdom (1984, 1988).

Trammell's rivalry with Liu is "causing a big media frenzy," he said. "At this point I clearly think we have the hottest event in all of track and field."

Tyson Gay might dis-

agree. He added the 200-meter title Sunday to the 100-meter crown he won Friday, blazing to his second-fastest time in his• tory of 19.62 seconds.

Wallace Spearmon Jr. was second in 19.89 seconds while 400-meter specialist Jeremy Wariner was loud! in 20.35.

"I was hearing breathing the whole time and I didn't know if it was me or him," Gay said of Spearmon.

Allyson Felix won the women's 200, barely edging Sanya Richards, who redeemed herself after placing fourth in the 400 meter and missing a spot on the U.S. World Championships team in that event.

"I wasn't sure if I had it I didn't want to go on the track and not race fast," Richards said. "I have 1"; family members here; the all told me. 'Girl, you have nothing to be ashamed of. You gave it your best. Go out today and try again."

Alan Webb broke Stew Scott's 25-year-old meet record by one-tenth of a second in winning the 1,500 meters with a time of 3:34.82. Webb dueled Bernard Lagat, who had already won the 5,000 and finished third.

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