

GAMECOCK MEN'S TRACK AND FIELD

Howard happy to be a Gamecock

BY MANESKA ELIATAMBY
THE GAMECOCK

Josephus "Pap" Howard, captain of the Gamecock men's track team, has seen his share of gold.

He was a gold medalist at the Junior Olympic Games in 1996 in the 4x400m relay and at the Pan-American Games in Cuba in 1997.

Now Howard wants a SEC title to go with that gold.

"I would like to set a personal record and win the SEC 200-meter dash as well as the 4x400 (relay)," Howard said. "I expect to see quite a few SEC Champions among the Gamecocks this year and a few top rankings as well."

So far, it looks as though Howard has a good chance at reaching that goal.

The senior sprinter from Round Rock, Texas, has done extremely well in 2001, running times that have automatically qualified him for the NCAAs in the 200-meters and provisionally qualified him in the 100-meters.

Howard says he is where he is today because of the grace of God and the support he gets from his family. He says his biggest fans are his parents, Oscar and Cheryl, and his four sisters, who have stood by him through good times and bad. Howard spent a lot of time with his grandfather, mowing lawns with him and going fishing.

"The time I spent with my grandfather and my cousins created a close family atmosphere for me, and also made me into a better individual," he said.

Howard's first love wasn't track, but football - a game that he excelled in. He played tailback on his high school team during his freshman and sophomore years and began playing varsity during his sophomore year. He idolized Chicago's Walter Payton.

However, after a few varsity games, Howard quit when he found that playing football wasn't fun anymore.

Football's loss turned out to be track's gain when Howard went head-on into the field of track sports. Even though he had been running track since the eighth grade, it was only once he gave up playing football that track began playing a significant part of his life.

Howard's major breakthrough came when he became the AAU Junior Olympic Champion and record

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Pap Howard
USC sprinter

holder in the 200 in 1995. He was also part of the gold-medal winning 4x400-meter relay team and the 4x100-meter relay team. Howard went on to defend his title in 1996 and clocked the second fastest time in the nation in the 200.

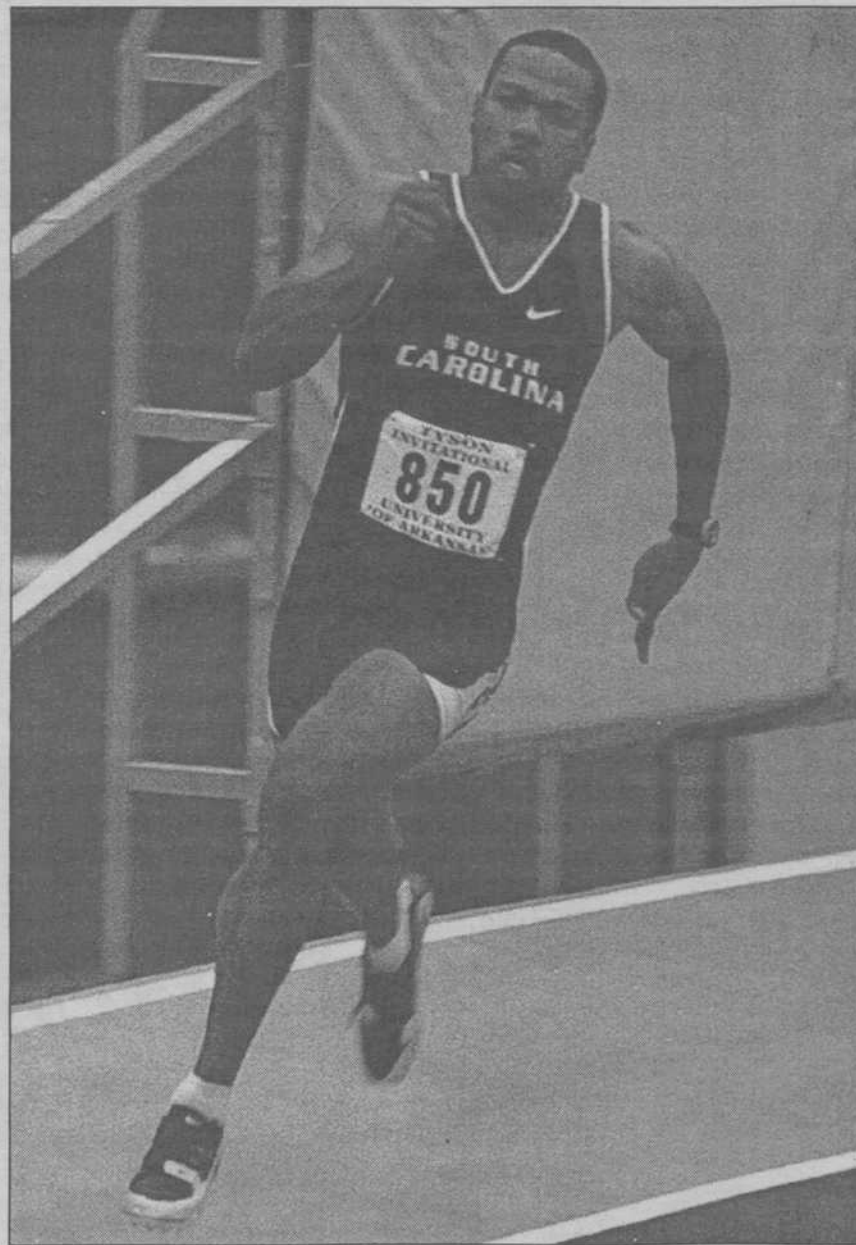
1997 turned out to be a memorable year for Howard. He qualified to be part of the U.S. team that traveled to Cuba to participate in the Pan-American Championships. He ran the second leg of the gold-medal winning 4x100-meter relay team.

In the same year, he ended his freshman season at Texas Tech by finishing third in the 200 at the NCAAs.

Howard met USC head coach Curtis Frye for the first time at his first college meet when he was a freshman at Texas Tech. It was only in the summer of 1999 that he decided to transfer to USC.

"I saw how well the team was doing, and I prayed that I would be able to become part of the Gamecock track and field team," Howard said. "Here I am today, doing well surrounded by good people."

Howard is working on his master's in business information systems and said he would like to run professionally after the end of the year. He also said he would like to work with children in the field of sports some day.



Special to The Gamecock

Sprinter Pap Howard, a transfer from Texas Tech, has already qualified for the NCAA Indoor Championships in the 100 and 200 meters.

The sports desk can be reached at gamecocksports@hotmail.com

HEAD COACH



Curtis Frye
5th year at USC

2001 SCHEDULE

INDOOR			
February 17	Gamecock Indoor Invitational	USC	Columbia, SC
February 17	George Mason Invitational		Fairfax, Va.
February 18	SEC Championships	Univ. of Kentucky	Lexington, KY
March 1	Florida Fast Times	Univ. of Florida	Gainesville, FL
March 2-3	USATF Indoor Championships		Atlanta, GA
March 9-10	NCAA Indoor Championships	Univ. of Arkansas	Fayetteville, AR
OUTDOOR			
March 17	University of Miami Invitational		Miami, FL
March 23-24	Weems Baskin Sprint Relays	USC	Columbia, SC
March 31	SEC Quad	Univ. of Georgia	Athens, GA
April 6-7	Duke Invitational		Durham, NC
April 11	SC State Championships	USC	Columbia, SC
April 12-13	Sea Ray Relays	Univ. of Tennessee	Knoxville, TN
April 20-21	Texas Team National Championship	Univ. of Texas	Austin, TX
April 26-28	Penn Relays		Philadelphia, PA
May 5	Jesse Owens	Ohio State	Columbus, OH
May 10-13	SEC Championships	USC	Columbia, SC
May 18-19	Georgia Tech		Atlanta, GA
May 31	NCAA Outdoor		Eugene, OR
June 14-17	USATF Championships		Eugene, OR
TBA	Junior Nationals		
August 3-12	IAAF World Championships		Edmonton, Canada

THE ATHLETES

James Adkisson	Fr.	6-4	Sprints, Jumps	St. Louis, MO
Corey Alexander	Fr.	5-9	Sprints	Mooreville, NC
Scott Alsup	R-Fr.-Tr.	5-10	Throws	Haverhill, MA
CJ Anderson	Sr.	5-8	Hurdles, Jumps, Multi	Lakewood, NJ
Adam Bishop	R-Fr.	6-5	Throws	Crossett, AR
Matt Carroll	Jr.	5-9	Distance	Northville, MI
Clint Crenshaw	Jr.	5-9	Sprints, Hurdles	Decatur, GA
Deandre Eiland	Fr.	6-0	Sprints	Tupelo, MS
Brian Elam	Fr.	6-0	Sprints	North Augusta, SC
Jared Farabee	R-So.	5-11	Pole Vault	Butler, PA
CJ Frye	Fr.	6-3	Throws	Columbia, SC
Otis Harris	Fr.	6-1	Sprints	Edward, MS
Josephus Howard	Sr.	5-11	Sprints	Round Rock, TX
Mark Howell	Sr.	6-1	Distance	Sumter, SC
Jared Johnson	Jr.	5-9	Hurdles	Spartanburg, SC
Sean Krawicki	Jr.	6-0	Multi	Toms River, NJ
James Law	Jr.-Tr.	5-10	Sprints	Buffalo, NY
Otukele Lekote	Fr.	5-10	Middle Distance	Ramotswa, Botswana
Trayor Lesnock	Fr.	6-1	Middle Distance	Washington, PA
Chris Machol	Jr.	6-1	Multi	Newington, CT
Garry Martin	Jr.	6-0	Multi	Marshfield, WI
Langston Moore	Fr.	6-1	Throws	Charleston, SC
Britt Newman	Fr.	5-10	Distance	Sumter, SC
Graham Newman	Jr.	6-0	Distance	Sumter, SC
LaMonte Pennington	Sr.	6-3	Middle Distance	Durham, NC
Gerald Pressley	Jr.	6-0	Sprints	Mauldin, SC
Shane Ricker	Sr.	5-11	Distance	Columbia, SC
Shamus Singletary	So.	5-9	Sprints	Orangeburg, SC
Matt Staub	R-So.	6-0	Throws	Lexington, SC
Chris Steddum	So.	6-0	Sprints	Houston, TX
Corey Taylor	So.	6-1	Hurdles/Sprints	Decatur, GA
Dustin Thomas	Jr.-Tr.	5-9	Sprints	Ridgewood, NJ
Andre Totton	Jr.-Tr.	6-0	Sprints	Hartsburg, PA
Frederick Townsend	Fr.	6-2	Hurdles/Sprints	Baton Rouge, LA
Chris Vanderbrink	R-Fr.	6-1	Throws	Indian Harbor Beach, FL
Ben Yocum	So.-Tr.	5-10	Decathlete	Huntersville, NC