

## WOMEN'S TRACK

## Goode was the 'lone sister' in the javelin throw

For four years, Kimmy Goode may have been considered somewhat of an oddity in college track and field.

Goode, a recent graduate of Hampton University, had to be one of the very few black females competing in the javelin throw. Further, she was the only female black college performer in that event.

In her final collegiate campaign, Goode ended things on a positive note by finishing second (155-11) in her specialty at the NCAA Division II nationals to achieve All-America honors.

The Asbury Park, N.J., native had waited three years to get back to the nationals. She earned a trip to the prime time meet as a freshman, but a nagging knee injury prevented her from performing at maximum level. In between her freshman and senior seasons, she was never able to produce the kinds of performances she had during her first college season.

The memory of the '86 nationals haunted her until this year.

"At the start of the season, my goal was to make the nationals," Goode said. "I figured that I could do it if I just worked hard enough at it. The way things turned out, it all paid off."

Goode is the first to admit that she was a rare breed among javelin throwers. But she never viewed it in a negative way. In fact, she made it work to her favor.

"In most meets we competed in, I was always the only black thrower," she said.

"So that helped me to concentrate

events like the hurdles, sprints, and jumps.

Goode gravitated to the javelin as a teenage performer at Monmouth

The more she competed, the more she liked the idea of tossing a spear for distance. However, she almost didn't meet the qualifying standards

necessary to go to the '89 nationals. Actually, she wasn't sure that she'd make the cut at all. On her final throw in the CIAA Outdoor Track & Field Championships, Goode came up with a throw of 157-2, which exceeded the qualifying standard.

"My last year was very satisfying," said Goode, "because I really had to do most of the work all on my own. Since we didn't have a coach who knew much about the event, I had to work out all the details concerning technique."

Technique, Goode explained, is the essence of what doing well in the javelin is all about. Strength is vital, but strength by itself doesn't guarantee success.

"There's much more to it than brute strength," she continued. "There's a lot more technique involved than most people believe. You don't have to be big and powerful. When you look at this year's national champ (Durell Schimek of Cal-Poly Pomona won the title with an effort of 166-9 1/2), that's all the proof you need. She's muscular, but not excessively large. She just gets the most out of her technique and she gets maximum results."

- Roderick Hardison



Photo by Max Dunhill

Goode enjoyed her most productive season ever by placing second in the NCAA Division II nationals in late May.

more because I didn't have a lot of people to talk to like most of my teammates who competed in other

Regional High School. She despised the running events, so she took to the javelin so she wouldn't have to run.

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