

# Samuels prepared to run at regional meet

## One-on-One

with Anthony Hill

Former Mt. Tabor sprinter J-Mee Samuels is already a track legend around here. The University of Arkansas sophomore almost sounds like an urban legend when discussing his past feats. I mean, his fastest time in the 100 was a 10.08. His best finish in the 200-meter was 20.32. He posted those finishes the summer before going to Arkansas.

Prior to his senior year, he captured three gold medals at the AAU Junior Olympics with first-place performances in the 100 meters (10.53), 200 meters (21.14) and as a member of the 4x100-meter relay (40.93), which he served as the anchor leg. J-Mee was a five-time North Carolina state champion. Samuels also holds the national freshman class 200-meter record with a time of 20.99 and the age 15 national 100-meter record (10.42).

He's starting to get back to his dominant form for the Razorbacks this year. I talked with the local track star to see what's been going on lately. He and I discussed Lil' J-Mee (his son), preliminary times, A.J. Nicholson and a few other things. Take a look at what else we talked about on Tuesday evening.



Samuels

**Anthony:** My man, J-Mee Samuels. What's good, dawg?

**J-Mee:** Nothing much. I'm just hanging in there and running track. That's all.

**Anthony:** I saw you get third place on TV over the weekend. I thought you should've won that race.

**J-Mee:** Yeah, I was trying. I think things will go right when it's time. Those were the SEC championships. I think I am going to be more prepared for the upcoming regionals and nationals.

**Anthony:** The regional meet starts Friday, right?

**J-Mee:** Yeah. They will be going on Friday and Saturday.

**Anthony:** What are you focused on heading into that meet?

**J-Mee:** I'm just focused on this 100, ya know. I'm just trying to stay confident and relaxed.

**Anthony:** I hear that. What's been the difference between running in high school and college?

**J-Mee:** The competition. You still see some of the older guys that were fast in high school once you get to college. They've gotten even faster. You have that to worry about. Some times people are 10 times faster once they get to college. The competition is the biggest thing. School is another big thing.

**Anthony:** You're finally starting to look like the J-Mee I remember on the track. Have you been doing something different on the track? Or, are you simply more comfortable now?

**J-Mee:** I think I'm just used to things right now. I was flurt most of my freshman year. I had to get used to a new coach this year. He does some different things with our workout. But I think I'm adjusting pretty good, though.

**Anthony:** No doubt. I see you have a new tattoo on your arm. What is that, track wings or something?

**J-Mee:** (Giggles.) Yeah, I've got the U.S. wings on me. I got it my freshman year. That helped boost my confidence up. I've got another tat too. I've got a spike with my name on it. I'm going to get that changed, and put my high school record on there.

**Anthony:** OK. Congratulations. I heard you got a new baby boy last year.

**J-Mee:** Yeah, I have a new baby. Everything is going pretty good with that. I'm loving the whole family thing.

**Anthony:** Has becoming

a father changed J-Mee Samuels?

**J-Mee:** Nah. That's a whole different part of my life. I don't let anything interfere with track or my life.

**Anthony:** That's what's up. Do you regret going to college sometimes?

**J-Mee:** Sometimes I do. But I think it was a good thing to get this college experience. People always say that it's good to get a college education. I used to regret coming to college, but that was only because of my performance on the track. Not in general.

**Anthony:** With that said, are you planning on staying in school?

**J-Mee:** Uh, yeah. I'm going to always go to school. I'll finish school even if I turn pro.

**Anthony:** (Smiles.) Boy, that was a good answer. What are you listening to before a race?

**J-Mee:** All the new stuff. I stay on Young Jeezy, T-Pain and T.I. I'm listening to that new Mike Jones right now. My favorite group ever is 3-6 Mafia.

**Anthony:** I know you're watching their show on MTV.

**J-Mee:** Yeah, I've seen it. (Both laugh.) Those are some crazy people.

**Anthony:** Let's move on. Um, A.J. Nicholson was just in the news this week for getting into a little bit of trouble. Give me your thoughts on what happened with him.

**J-Mee:** Yeah, it's crazy. I mean, you see how far people that you grew up with go in life and sometimes they make a little problem into a big problem. Everybody makes mistakes. I'm just going to pray for him and hope that he finds another way.

**Anthony:** Have you talked to your boy, Mike Loyd, lately?

**J-Mee:** It's been a while since I've talked to him. But we speak from time to time. From what I'm hearing, he's hanging in there and still trying to make it in the track game.

**Anthony:** When are you coming back to Winston?

**J-Mee:** I'm coming back this summer. I'm going to bring my son, lil J-Mee. I named him after me. We'll be coming down sometime this summer.

**Anthony:** OK. If you could change anything about your life what would it probably be?

**J-Mee:** Nothing. I've already made the proper changes in my life, to tell you the truth. Things are starting to pay off, especially on the track. I'm running a consistent 10.2.

**Anthony:** (Smiles.) You ran a 10.3 this weekend, though.

**J-Mee:** Yeah, but I ran a 10.2 in the prelims. I ran a 10.3 in the finals.

**Anthony:** You're always killing the prelims. You need to kill the finals, man.

**J-Mee:** (Giggles.) Yeah, I know. I'm doing a lot of the little things now. I'm doing my little ab workouts and all. I don't know if it's showing, physically. But it's showing on the track.

**Anthony:** Let's close out with free association. Um, J-Mee Samuels.

**J-Mee:** That's me.

**Anthony:** T.K. McMiller (high school teammate and best friend).

**J-Mee:** Best friend.

**Anthony:** Winston-Salem.

**J-Mee:** Home city. I will always love it.

**Anthony:** All right. Arkansas Razorbacks.

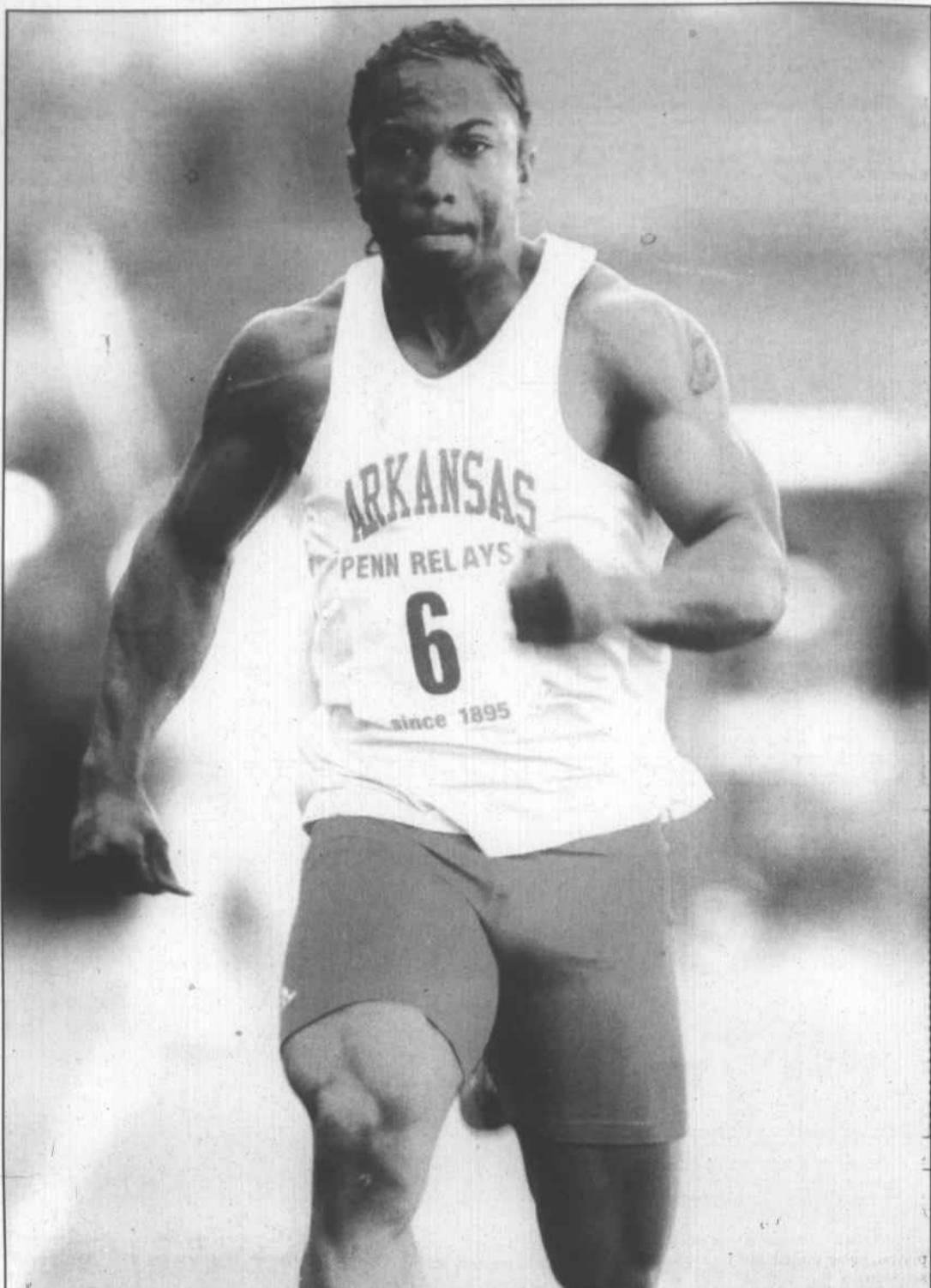
**J-Mee:** Great track program.

**Anthony:** Lil' J-Mee.

**J-Mee:** My other best friend.

**Anthony:** I hear that. Hey, we're done. I'll talk with you later, man.

**J-Mee:** All right.



Arkansas sophomore sprinter J-Mee Samuels is a former standout at Mt. Tabor, where he also lettered in football.

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