

Eddie Hart All In One Foundation Newsletter

About Eddie Hart

By Laurie Phillips, Contra Costa Times

In His Own Words: Eddie Hart

WHO: Eddie Hart is a 57-year-old Pittsburg native who won a gold medal in the 1972 Munich Olympics. He is a member of the Creative Arts Building restoration committee, the Pittsburg Historical Society and the Pittsburg Unified School District committee overseeing a \$40 million bond to build a new elementary school and junior high school. In addition to being an unofficial concert emcee, he organized a track-and-field camp this summer that drew a dozen former Olympians and about 150 kids.

ON WHAT PITTSBURG MEANS TO HIM: "It's my home, and for many different reasons. This is where I did all my schooling, elementary school (at Village), junior high (at Central), high school (at Pittsburg High). It's where the majority of my friends are, it's where all of my family is and, of course, many, many, many people I grew up with."

Please see *In His Own Words* on page 2

INSIDE THIS ISSUE

- 1 Training Tip of the Week
- 2 About Eddie Hart
- 3 About Eddie Hart All In One Foundation
- 4 Kids Korner

About Eddie Hart All In One Foundation

By: Antioch Press, Press Correspondent

Fun running through Old Town Pittsburg

Olympic Gold Medalist and Pittsburg native Eddie Hart combined his love of running with his love of fruits and vegetables in October's Old Town Pittsburg Farmers' Market.

The First Annual Farmers' Market Fun Run, held in conjunction with the Farmers' Market was, in Hart's words, "an opportunity to promote healthy living." Hart is a 1972 Olympic Gold Medalist and President of the Eddie Hart All In One Foundation. "As obesity becomes an increasing problem in our society," he added, "this forum promotes health, education, and athletics. It is important to teach our youth that fruits and vegetables are healthier choices to fast food. Starting the healthy eating education early, combined with aerobic and cardio activity, leads to a healthy lifestyle."

Please see *EHAIOF Articles* on page

3



*Eddie Hart's
Training Tip For the
Week*

*"Remember when
walking or running at full
speed always use your
arms."*



Eddie Hart with youth participant
1st Annual Farmer's Market Fun Run

KIDS KORNER



Go to Kids Korner on
Page 4 for more details

In His Own Words: Eddie Hart *cont.*

ON WHAT MAKES PITTSBURG UNIQUE: "It's history. At one time it was obviously a very thriving, booming town. It's a town that I think dealt with, as well as any town, its ethnicity -- there were the Filipinos and Italians, of course, and there were the black kids, the white kids. Pittsburg is now in a rebuilding process. I think that right now we're trying to bring back the glory."

ON HIS OBSERVATIONS ABOUT CHANGE: "I think it's good, you know? We moved here in 1957, so I've been here 50 years. I remember (when) there was one stoplight in town. No freeway, no Highway 4, just a little road coming in from Port Chicago, one lane in, one lane out. Almost as how styles cycle, I see that happening with Pittsburg. I think we're not immune to any society's ills, and we're working on them, whether it's drugs or violence or crime. I think the more we do to bring the community together, the better off we are, and I'm willing to give my support how ever I can. I think we've been lying dormant for a while, but now we're playing catch-up. And I think we can do it."



Eddie and Gerald Tinker 1972 Gold Medalist interviewed and photographed by the Contra Costa Times

A "Hart" of Gold

By Felicia D. McDaniel, Sports Editor

Over 150 Bay Area kids hit the track field at Pittsburg High School last Saturday to take part in the Eddie Hart Olympian Track/Education Clinic. The clinic was a reunion of sorts for the half-dozen Olympians who came from as far as New York not only in support of their fellow athletes, but to teach boys and girls ages 8–18 about the fundamentals of running and the importance of education.

The Olympians taught the kids a crash course in events including the long-jump, hurdle, high-jump, discus and shot-put. "The clinic is my way of giving back," said Hart, a Pittsburg native and NCAA champion in the 100 yards in 1970 and gold medal winner of the 4x10 meter relay at the 1972 Olympics. "Something like this has never been done."

Although the kids had their share of fun, they also learned about the importance of setting goals and having self-value. Hart ensured that representatives from Bay Area community colleges were on hand to provide information packets to parents. "I want them to understand the importance of what it means to get a good education," said Hart, a UC Berkeley graduate. "By providing such information, they will be prepared when they head into high school and college. Too many of our kids are not aware of the scholarships available, and sometimes don't have the grades needed to receive them."

Some of the Olympians present were current world record holder in the long jump **Mike Powell**, **Wyomia Tyus** '64 and '68, **John Carlos** '68 and **Rosie Bonds** '64, aunt of Giants slugger Barry Bonds. "Kids learn by example. It's important for them to stay focused and never give up on their dream," said Bonds, a 1964 Olympic 80-meter hurdler. She is also the American record holder in the U.S. for that event.

Re'Van Gravley, 10, who came all the way from Sacramento, said she enjoyed herself at the day-long event. She has aspirations of becoming an Olympic runner, just like her hero Marion Jones.

"Education is the key to success," said John Carlos, whose clinched fist in the 1968 Olympics will forever be remembered. "It is important to develop skills academically and athletically."



Andre Phillips 1988 Gold Medalist And Billy Evers teaching a young female hurdler



John Carlos 1968 Bronze Medalist, Eddie Hart and Mike Powell 2 time Silver Medalist and Current Long Jump World Record Holder

Running Through Old Town Pittsburg cont.

By: Antioch Press, Press Correspondent

Participants ranging from 14 to 17 hit the mark at 10 a.m. The air was crisp and the 2.75-mile course was marked. The route took them throughout Old Town Pittsburg, along its historic streets and picturesque waterfront. After 17 minutes and 45 seconds, the first runner arrived at the finish line. Awards were presented to the top three finishers in the male and female divisions.

“Supporting community events such as the Farmers’ Market Fun Run and Old Town Pasta Challenge are a big enhancement to Old Town Pittsburg, as they bring the community together,” said Mary Coniglio of the Pittsburg Chamber of Commerce. “Public participation and interest from our local businesses has increased the awareness of the businesses and happenings here in Old Town.”

Old Town Pittsburg hosts the Farmers’ Market from 9 a.m. to 1 p.m. every Saturday through Nov. 18. The market is located in the Pittsburg Historical Museum parking lot on Railroad Avenue and Sixth Street. For directions or more information, call Timi Tumbaga, Old Town Pittsburg Coordinator, at 473-0700 or visit www.shopoldtown.com.



Old Town Pittsburg Farmer's Market Flyer

Creative Arts Building 'needs love'

By Laurie Phillips, CONTRA COSTA TIMES

Eddie Hart's history is here beneath the lights of the Creative Arts Building, where on the stages of the Big and Little theaters he's sung with the choir, graduated from high school and emceed concerts as an adult.

So are the watershed moments of thousands of people since the Pittsburg landmark was built 47 years ago. From the corduroy-covered seats, students have seen assemblies and ceremonies -- and world-class performers, such as Stevie Wonder, Ray Charles and the San Francisco Symphony.

"In its heyday, it was just a glorious, glorious building," Hart said. "When it was built, there was just nothing around it that compared."

Today, the 2,000-seat Big Theater -- complete with orchestra pit -- remains the largest in Contra Costa County, but its grandeur has faded through more than four decades of wear. Until a few years ago, the black stage curtains in that venue and the 242-seat Little Theater were shredded, the carpets threadbare, the seats worn through.

At a Christmas party six years ago, a trio of Pittsburg High School graduates and residents bemoaned the building's condition and wondered how to make the theaters pristine again. The group has since grown to include dozens of volunteers and has gained the support of city and county officials, the Pittsburg Unified School District, residents and local businesses.

Through an Adopt-a-Seat program, a three-to-one dollar-matching program by the city, concert sponsorships and other contributions, Pittsburg Creative Arts Building Corp. has raised more than \$300,000 toward the restoration of both theaters.

Members of the nonprofit estimate they will need at least \$500,000 more to fix the sound and lighting in both venues, not to mention the costs associated with making them accessible to people with disabilities.

"People love this building -- they just think it's such a wonderful building that it almost sells itself," said Chuck Dybdal, a part of the restoration effort.

To again make the Creative Arts Building a regional attraction, he added, "it just needs a lot of love."

With the exception of sound and lighting, the Little Theater was finished in February 2005. A fresh coat of paint was applied to the floors and walls, new carpeting was installed in the aisles and all the seats were sent to Somerset Studios in San Leandro, where the original small-twill corduroy fabric was removed and replaced with maroon, flame-retardant polypropylene.

About half the seats in the Big Theater have been restored, and the rest should be finished by summer. New carpet will be installed immediately thereafter. All the aisle and house lights have been replaced.

County Supervisor Federal Glover helped the group secure \$70,000 in grants from the Keller Canyon Landfill Mitigation Fund and Calpine. The Pittsburg City Council this fall approved giving the group \$3 for every dollar raised, up to \$200,000. The city so far has given \$153,000.

Auto dealer Rose Winter, a 1951 Pittsburg High School graduate, also has made a considerable contribution to the effort, although she declined to say how much. She said she has enjoyed the benefit concerts the group has organized to raise money.

Melody Baugh, a 1978 graduate, took an interest in the building's condition after noticing some of the seats were worn through to the springs. She now leads the Adopt-a-Seat project, which offers contributors an inscribed brass plaque on a seat for \$150, \$175 or \$225, depending on its location in the theater.

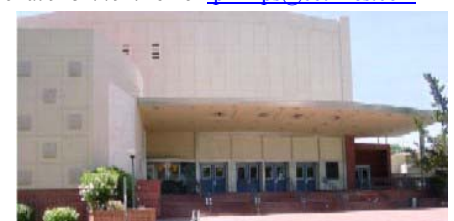
When she was younger, Baugh said, the venue "was East Bay's connection to the arts." Inside the Big Theater, she added, "you felt like you were in some place very special -- like you were in the city. No place in the East Bay offered something like that."

From the balcony of the Big Theater last week, Hart noted that is still the case. He remembers watching the venue take shape feet from his elementary school classroom, and he knows it is still capable of instilling patrons with the same sense of awe.

"It's a great building, a great, great old building," Hart said, "and I think it can be restored to its glory days."

"It's really a great theater that has gone to ruins over the years. I just wish that more people would really become involved in it."

Laurie Phillips covers Pittsburg and Bay Point. Reach her at 925-779-7164 or lphillips@cctimes.com



Pittsburg Creative Arts Building

Pittsburg Creative Arts Building 1

The [Eddie Hart All In One Foundation](#) will once again host the USA Jr. Olympic Skills Competition. We want to make the 2007 competition bigger and better than 2006. In order to make this happen we need you to come join in. If you keep winning locally and regionally you could represent your town and school at the Nationals at a United States Olympic Training Center. The EHAIOF will host three events: Basketball, Soccer, and Track & Field at Pittsburg High School.

OVERVIEW

(From 2007 Jr. Olympic Skills Fact Sheet)

- The U.S. Jr. Olympic Skills Competition is a FREE and easily administered program.
- Boys and girls ages 8 – 13* compete separately and may advance through three levels of competition.
- Every youngster has the opportunity to showcase their athletic abilities in three sports.
- **Age groups consist of 8/9, 10/11, 12/13.**
- **Age is determined as of August 31, 2007.**

Basketball: Score as many points as possible by making baskets from designated shooting areas

Soccer: Dribble, shoot, and score in the fastest time possible.

Track & Field: (Track & Field events use conversion tables to obtain a point total.)

The Sprint – Complete a 50-meter sprint in the fastest time possible.

The Jump – Jump as far as possible from a standing start.

STRUCTURE

Three levels of competition include:

- **Local Qualifying Event:** January 1 – May 31, 2007
All youngsters MUST first compete in a Local Qualifying Event.
The Champion in each age and gender group for each athletic sport will advance to the Competition.
- **Regional Competition:** June 1 – July 15, 2007
Regional Competition Champions will have their scores ranked nationally and the top three scorers in each age and gender group per sport will advance to the National Finals.*
All Regional Competitions have been broken down into East, Central, & West regions.
- **National Finals:** August, 2007
The National Finals will take place at the United States Olympic Training Center.

*All Regional Champions will be notified by the Jr. Olympic Skills Headquarters as to their advancement.

For More Information:

Website: www.eddiehartaiof.org

Email: info@eddiehartaiof.org

Phone: 925-518-81404

For National Information:

Website: www.usolympicteam.com/joskills

Check out our website for updates and events hosted by the
Eddie Hart All In One Foundation

We look forward to making 2007 an exciting
Year to Remember!!!

Eddie Hart All In One Foundation

(501 (c)(3) Nonprofit)

640 Bailey Road, #170

Pittsburg, CA 94565

Website:

www.eddiehartaiof.org

Phone:

925-518-8104

Fax:

925-252-1760

E-mail:

contactus@eddiehartaiof.org