

Howard Brown

I was born, raised and still live in Brandon SD. I first became interested in competitive sports in Jr. High where I had good luck throwing the discus. I continued on with the throwing events at Brandon Valley High School and was runner up in the South Dakota AA High School State discus competition in my senior year. Worthington Jr. College in Worthington MN is where I competed in college. In my first year I placed third at the national meet in Houston TX. During my sophomore year I was the national Jr college champion in the discus and received All American honors. I didn't continue on with college after my sophomore year so I thought my throwing career was over. When I first heard about the South Dakota Senior Games, I couldn't wait to turn 50 as I really missed competing and throwing the discus. I have competed for 12 years as a senior and have gone to five national senior events where I have placed second, third, fourth and two fifths in the discus. I currently hold two South Dakota state senior meet records. I have previously been inducted into the halls of fame at Brandon Valley High School, Worthington MN. Jr. College and Minnesota State Jr. College. My throwing career has given me the knowledge to help local high school kids, working at many track meets and serving as head discus judge at the state high school track meet for over 20 years. The senior games are a great way to stay in shape, and to meet old and new friends. A big thank you goes out to Audrey and Lloyd Kemp and the late Al Wiesbecker for all of their help and support.

I have been married to Nancy for 37 years and we have 2 daughters and 4 grandsons.

At the Celebration of Athletes in this last national senior game in Birmingham AL, the speaker was Kathrine Switzer. I especially like her quote: "The more you do the more you can do".