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Age Not A Hurdle For Olympic Hopeful

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Regie Thornton, a 41-year-old personal trainer, fitness guru, and local television host will attempt to make Olympic history by becoming one of the first men in his age group to participate in the 400-meter hurdle at the 2008 Olympic trials after qualifying on August 3rd in Virginia.

Thornton ranks third in the nation in his age group in the 400-meter hurdle event. To qualify for the 2008 Olympics Trial, Thornton needs to qualify by May 2008. If Thornton qualifies he will break the world record for his age group of 52.6 seconds and be one of the oldest 400-meter hurdlers ever to compete at the U.S. Olympic Trial.

“The difference between now and when I was younger is that now I have nothing to lose, the world isn’t going to end if I don’t win a gold medal. It’s just about having fun,” said Thornton.

Thornton is well known from his televised work out program, *Gospelrobics* produced by **Double R Productions**, a communications firm located in DuPont Circle. This exercise program set to Gospel music airs Saturday mornings on Howard University TV channel 32 WHUT a PBS affiliate. **Double R** and Thornton are also launching a new work out program *Fitness to Go*.

Thornton has been intensely training for the last seven months in order to reach his ultimate goal. Off the track Thornton is a personal trainer for Yohnnex Sports in Fort Washington where he specializes in weight management and is a personal fitness consultant. Additionally, Thornton has previously coached at Eastern High School (football), Eleanor Roosevelt High School (track and strength conditioning), and Hopewell High School and Franklin Roosevelt High School (girls varsity basketball).

Double R Productions is a full service communications firm, specializing in film, television and all manner of media production in Washington, DC. Projects include original programming, public service announcements, non-broadcast productions for corporate/non-profit organizations and government agencies as well as video news releases and commercials.