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## Preacher man Paulen wins four golds at national masters track meet



Bob Paulen runs hurdles on the Cape track. DAVE FREDERICK PHOTOS

By Dave Frederick March 29, 2024

**Bob Paulen** - A great guy, athlete, and 86-year-old Yale Doctor of Divinity, Bob lives in downtown Dewey Beach, which seems a bit incongruous. Bob's not a street preacher, not the proselytizing padre, as he is too busy training on the Cape track. I recently got this email from Bob: "Just completed participation in the 2024 USATF Indoor Championships held in Chicago this weekend. There were 1,147 athletes representing 123 teams plus unattached individuals. The Potomac Valley Track Club, of which I am a member, won the team title. I contributed gold medals in each of the four individual events I entered – pentathlon, triple jump, hurdles and high jump. The outdoor championships will be held in Sacramento in July." I recently covered the Shamrock Shuffle 10-Miler and 5K, and what caught my attention was that I was the oldest person at the venue, but at least I didn't have to run to get a bagel and banana nub.