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Eielson's Janay DeLoach still getting used to new long jump approach

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Janay DeLoach competes during the women's long jump event at the U.S. Olympic Track and Field Trials, Friday, July 1, 2016, in Eugene Ore. (AP Photo/Charlie Riedel)

Charlie Riedel

FAIRBANKS — Janay DeLoach won a bronze medal in the long jump at the 2012 Olympics while jumping off her left leg.

Now, she's trying earn her second Olympic medal while jumping off her right leg.

"I'm still a baby at it. It's new to me," DeLoach said by cellphone on Friday before she was inducted into the Alaska Sports Hall of Fame in Anchorage.

"It'll always be a little odd to me," DeLoach said of jumping off her right leg.

The former Eielson standout, who still holds the state girls long jump record, is set to compete in the same event at the Olympics in Rio de Janeiro, which begin Friday

The women's long jump preliminaries are scheduled for Aug. 16, with the final taking place the next day.

DeLoach, 30, spent her career jumping off her left leg but was forced to switch her takeoff leg last year because of injuries.

DeLoach said she is heading back home after the hall of fame ceremonies before leaving for Rio in about a week.

"I'm just ready to get over there and get training," said DeLoach, who lives in Fort Collins, Colorado.

DeLoach was inducted into the hall of fame with Anchorage runner Don Clary. Anchorage's Matt Carle was inducted in the moments category for winning the Hobey Baker Memorial Award in 2006. The 2001 Special Olympics World Winter Games in Anchorage and the Native Youth Olympics were inducted in the events category.

DeLoach won bronze at the 2012 games in London and says she has learned from those games as she gets ready for her second Olympic appearance.

"It only takes one jump," DeLoach said. "I'm going to give it six one jumps."

The one jump mentality worked for DeLoach at the U.S. Olympic Track and Field Trials in early July. The former Colorado State jumper and runner sat in seventh place at the trials entering her final jump.

DeLoach's final jump was just long enough to move her to third and secure a spot on Team USA.

“I don’t have any expectations. I’m just going to enjoy the experience,” said DeLoach, who added her family will be in Rio to watch her compete. “I just want to live in the moment. I’m going to enjoy everything I do and the people I meet.”

Brittany Reese and Tianna Bartoletta are the other members of the U.S. women’s long jump team. Reese won gold at the 2012 games while Bartoletta won the long jump at the International Association of Athletics Federations World Championships in Beijing in August

Along with the Alaska high school girls long jump record (19 feet, 5 inches), DeLoach holds three women’s indoor track and field and two women’s outdoor track and field records at Colorado State.

DeLoach also was named an All-American four times during her time with the Rams.

DeLoach hasn’t ruled out making a run at the 2020 Olympics in Tokyo.

“I usually go by how my body feels and I haven’t felt bad,” DeLoach said. “If I feel great, I’ll keep going. If I don’t, I’ll stop.”

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