

Thrower of the Week!



On Sunday May 20th Breux Greer set his new AR at 90.71M. On Monday he set a new Mac Throw Video download record at **2432 hits** within a one day time span. **Congratulations Breaux!**



Adidas - Shot Put Report

Not going without due notice was the fabulous **21.96M** second round effort by the mighty Christian Cantwell who appears to be in great form this year. Following closely was the apparent season opener for Adam Nelson at **21.47M** and the ever consistent Reese Hoffa with **21.36M**. The other member of the active 70ft shot put quartet Dan Taylor had only one legal throw.

The 2007 season is young and the promise of long throws ahead remains strong.





Werfertage Halle Discus

Ludwig Peetroons sent in several video clips from this outstanding discus competition. The strength of Mac Throw Video remains with our content partners sharing video worldwide. Thank you .

- Rob Suelflohn sent in tape #4 with rare shot put video from 1977– 1978 - 1979 - 1984 it's loaded on the home page <http://macthrowvideo.com/>
- Mac Throw Video will report on the USATF Nationals in Indianapolis, Ind. Friday 22nd - Sunday 23rd.
- **Geek Talk:**
Mac Throw Video now operates off three servers to balance download demands. The new VPS server is dedicated for new files with x5 faster downloads. Less than plain sailing has been seen with the new server but at this point the issues have been corrected. The VPS provider is on watch though and will be replaced if problems persist.

Norton Ghost software was added this month to back up all files including programs and the operating system to an external drive. This is a smart move in the event of hard drive failure or virus corruption.

A battery back was hooked up **after** my power supply was zapped by lightening. It looked like my PC would be down for a while but with some luck it reset after several hours. A battery back up protects against such events and seals the system from spikes and low power events. This was a wise investment which in retrospect I should have made earlier.

Throw Far - Throw Loud!
MAC