

DUCK TRACKS

By Tom King
Emerald Sports Editor

They say that athletes are a funny lot, and that they live a funny life. Well, we weren't exactly convinced, so we decided to go and find out for ourself.

Now Walt McClure, Oregon's leather-lunged half-miler, is an athlete, and a pretty good one, too. So we figured we'd follow him around the clock for a day, from sunrise to bedtime, and just see what kind of curious existence these somewhat curious athletes lead.

Walt is no late sleeper. He climbs out of the sack at 6:15 a. m. sharp and gets a big jump on a busy day. Home to Walt is 531 14th street E., although he is a member of the Alpha Tau Omega fraternity.

Taking the spin of the hour hand piecemeal:

6:15 to 7: Walt's first routine is to shave and clean up. Then he hunches over his desk and studies until his mother lets him know that breakfast is ready.

7: Walt's mother, and her cooking, are, as he tells it, "the best." So he settles down for a well balanced meal every morning and takes it all in. Eggs, bacon, and fruit juice—which Coach Bill Bowerman recommends heartily—are about average. Walt also tries to get a healthy share of sugar to build up his wind.

Walt Takes Lunch in Three Separate Localities

8 to 12 noon: Classes run straight through during this period for Walt, a PE major who is bent on a coaching career.

12: He lunches at ATO three times a week, eating at the Order of 'O' meeting on Tuesday and at home Thursday.

1: Time to take a breather, so Walt lounges around and chews the fat with his buddies in the fraternity house. Then, almost before he can turn around, he realizes that it's—

2:30: Off he goes to the dressing room in McArthur Court for his afternoon workout. Walt

weighs in and also visits the training room before going out each day. He usually lets a teammate give him a light rub down; he can do it himself if necessary.

3: By now he's on the track, and the first things on tap are warm up exercises and then some slow jogging around the oval. Walt goes through a different training schedule every day of the week. On Monday Bowerman has him run what is called "over distance." For Walt, who ordinarily concentrates on the 880, that means a three-quarter mile run.

Usually Loses Two pounds in Every Workout

He also polishes up on his starts and sprints. Tuesday he mostly just limbers up and gets ready for a 660 yard time trial on Wednesday. The shorter distance enables Walt to build up his speed. Thursday he does little more than loosen up in preparation for a busy weekend. After his workout, Walt may hang around to watch a baseball or intramural softball game, and then by—

4:45 He heads for the showers and the training room. From Thursday on Walt takes what is known as a "sponge bath." This consists of barely getting himself damp in the shower. A heavy shower saps his strength, and so he is careful to "dry himself out" pretty thoroughly as the race nears.

Walt weighs in after each drill, and normally he will have scaled down from 163 to 161 pounds during an afternoon. He'll pick that up by the next day.

5:30: It's home again for Walt, plenty tired by now, but equally hungry.

Sometimes Milk, Water Taboo—Gotta "Dry Out"

6: Chances are that he'll bury his teeth into a large portion of beef, his favorite dish, cooked by his mother. Walt avoids to a certain extent such items as gravy, and fried stuff, which will cut out his wind, and he goes easy on milk and water during the latter part of the week. This again is part of the "drying out" process. After dinner, Walt helps his folks stack away the dishes and

then he usually gives the newspapers the once-over or whiles away a few minutes with his father.

Walt's dad was quite an athlete himself, having participated in the 1912 Olympic Games in Stockholm. A distance runner, too, he takes keen interest in his son, and many is the hour the two of them spend together in a lively bull session.

Different Schedule on Day of Race

7:15: He goes back to studying again, either at home or the library. A tough physics course keeps him plugging.

9:30. Although Walt is eligible and doesn't go steady, he usually has a coke date lined up for this time about twice a week.

10: Lights out.

On the day of a race, Walt's program undergoes a radical change. Classes permitting, he doesn't rise until 10 o'clock. Usually he'll have a steak, salad, and maybe some tea, and that's the last he'll eat except for some dextrose Bowerman gives him about a half hour prior to his race.

Back to our original theme, "do athletes live a funny life?" Yes, we guess they do. We've never had the pleasure of a "sponge bath" in our life, and, as for "drying out"—well, maybe we've needed it at times, but it certainly wasn't for the purpose of zipping around a track in several seconds short of two minutes. No sir!

Phi Delts, Sigma Nu, PiKPhi, Sigma Chi, TKE Win in I-M

TODAY'S SCHEDULE

3:50

ATO vs Beta Theta Pi

DU vs Legal Eagles

SAE vs Pi Kappa Alpha

4:55

Phi Psi vs Campbell Club

Delts vs Phi Kappa Sigma

Theta Chi vs Yoemen

Five softball games went under the rope yesterday, as the intramural race rolled on in perfect weather. Phi Delta Theta beat Phi Sigma Kappa in a close one, 1-0, Sigma Nu grabbed a win from Kappa Sigma by a 5-3 count, Pi Kappa Phi rolled over Sigma Alpha Mu, 21-5, Sigma Chi beat Chi Psi 3-0, and Tau Kappa Epsilon beat Phi Gamma Delta, 1-0.

Omega Hall forfeited to Sigma Phi Epsilon in the only other scheduled game of the day.

Phi Delta Theta and Phi Sigma Kappa had an old time pitching duel with Bob Taggesell and Russ Hawks participating in their game. The Phi Delts finally squeezed by with a 1-0 score, by virtue of a run in the third inning.

Few balls got past the infield in the game, with Taggesell giving up two hits and Hawks allowing eight. Making up for the difference in blows was the Phi Sig infield. Outstanding for the Phi Delts was their pitcher Taggesell and Catcher Will Urban, while Gordy Miller played a superb game at third base for the Phi Sigs.

SIGMA NU saw the score change several times in their match with Kappa Sigma before they came out on the long end, 5-3. The Sigma Nus led at the end of the second inning, 2-1, but the Kappa Sigs came back to lead 3-2 at the end of the next frame.

Both teams showed good fielding, but the Sigma Nus looked better with their bats, to spell the difference in the score.

Ducklings Take Linfield JV, 9-2

Lloyd Falgren's Oregon freshman baseball team converted ten hits into a convincing 9-2 victory over the Linfield junior varsity nine yesterday at McMinnville.

Frosh pitcher Jim Courtright allowed the Linfield nine only seven hits, while the frosh bunches their blows in the second, fourth, and sixth innings. The Ducklings scored three runs in the second, adding four in the fourth and two in the sixth.

Outfielder Norm Welch homered for Linfield in the eighth with one mate aboard to score the two jayvee runs.

Line score:
Oregon Frosh 030 402 000—9 10 0
Linfield JV 000 000 020—2 7 5
Courtright and Segura, Flatt, Stark (7) and Polaheck, McCaig (5).

The Webfoot frosh have a game scheduled with Paul Valenti's undefeated Oregon State Rooks here Saturday afternoon. The Beaver Babes whipped the Ducklings, 7-4, in the series opener at Corvallis last weekend.

Don White, ex-prep star from Washington high of Portland, allowed the Ducklings only seven hits and struck out eleven.

FFM

Pi Kappa Phi went wild in their game with Sigma Alpha Mu to come out on top with a 21-5 win. The Pi Kappa Phis had a big day with the sticks.

Dale Dempsey started the run-around in the first inning with a home run, but his mates trailed at the end of that frame by a 4-3 count before their pitcher, Bill St. Helaire settled down.

THE CONTEST looked like a batter's duel in the opening frames, but Sammie pitcher Eddie Arztz had trouble with his control throughout the game, while St. Helaire walked men only in the first two innings.

Sigma Chi ran a score over the plate in the fourth inning, and two more in the fifth of their game with Chi Psi to come out on top, 3-0.

Sigma Chi pitcher Perry Hollo-man got into trouble in the first frame when he gave up two hits, but got out fresh to end the inning with a 0-0 score.

CHI PSI Jim Hayden pitched a fine game all the way, but his support fell down just long enough in

two innings to allow the winning runs to cross the plate.

The losers threatened in the last inning, when they got three men on base with one out. Jim Calderwood saved the day for Sigma Chi when he stopped a hard fly and caught the man on second off base for a double play. It was the second of two double plays for the winners, with one catching the Chi Psis in the fourth inning.

TKE catcher Fred Moore banged out a home run in the last inning of his mates' game with Phi Gamma Delta to account for Tau Kappa Epsilon's 1-0 win.

The two clubs went scoreless for the entire game until Moore stepped up to murder Fiji pitcher Don Linstedt's fast ball.

The Fijis got two men on base in the last inning, but TKE Gordy Hill grabbed the ball for a double play to end the Fiji threats for the day. The TKEs looked weak in the field in the first inning, with several errors, but held out to keep Fiji runners from crossing the plate.



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