

Weightmen vie for notice in runners' paradise

By KIM SPIR
Of the Emerald

Think of Oregon track and distance running immediately comes to mind. Ask the head coach what he thinks of the season and he might tell you his distance strengths or how much he'll depend on the sprinters in a tight squeeze against Washington State University or Arizona State.

But what about the weightman? "We're kind of the determining factor in dual meets against teams like Arizona State or UCLA, but sometimes people really take us for granted," said Ray Burton, shot putter and the Ducks' top discus thrower.

"Sometimes they really only notice us when we screw up and they say 'well, we lost the meet in the field events.' It's kind of sad, but we've learned to put up with it," he continued. "We all knew when we came here that Oregon was known for its distance running."

"I wouldn't be here if it weren't for Frank Morris, Oregon coach."

Morris is the driving force behind the Duck's weight program. A full-time assistant coach for Oregon since 1974, Morris is one of the finest weight and field coaches in the world according to his squad.

"He's written quite a lot of articles on track technique and of course he's known the world over as Mac Wilkins' coach," said Howard Banich, Oregon's top shot putter. Wilkins, a 1973 Oregon graduate, holds the world discus record at 232-6 and won the 1976 Olympic gold in that event.

"Frank knows all the physical body laws," noted Banich, "and his technique reasoning is based on those laws. He's got a justification for every move and it's kind of hard to argue with him from that standpoint. But he's gotten more recognition in Europe than he has over here."

The throwing events emphasize weight lifting and throwing technique, with more technique during the competitive season. "Ray sleeps discus technique," quipped hammer thrower John McArdle. "He spins all night, yeah, they call him 'Pinwheel Ray.' They've even added three stripes to Ray's PJ's."

Physically we train for two to four hours a day, but mentally, we go all day long," said Banich. "In the shower, on the floor, walking down the street..."

Throwing events are more mental than physical according to the weightmen. They describe it as controlled intensity.

"In the classic distance race you can see the battle head to head but in throwing it's mental," said Banich.

"You've got to stay relaxed but you've got to be intense. And in 12 throws in two events the intensity is so great it just drains you," noted Burton.

The competition is tough, too. Placing in the top three or four in the Pac-8 means a probable

chance of placing in the top four or five nationally, according to Banich.

"Size has an advantage, too, at least in the javelin, and I'm at a constant disadvantage because I'm littler than everyone," said Jim Smith, decathlete and javelin thrower. Jim's slingshot throw

ranks him third in the Pac-8 this season with a personal best 235-8.

But sometimes personal bests go unheralded in the wake of distance mania. Freshman Jeff Stover broke the eight-year-old freshman record in the shot put with a 59-4 put, a record previ-

ously held by 1976 U.S. Olympian Pete Schmock at 57-9.

"That really indicates potential," noted Burton.

Howard Banich's 60-6½ put against the University of Washington "was probably the most awesome thing that happened in that meet," said Burton. "When he'd been trying for three years to break 60 feet and it went virtually unnoticed until a couple days later... It's times like that when a guy spends so much time at something and doesn't get any recognition for it that it kind of eats you up."

"It's also very upsetting to have an event that only gets three scored duals this year, even though it's a recognized NCAA and Pac-8 event," said McArdle of his event, the hammer.

"We usually end up throwing exhibition and giving up nine

points in each meet because other schools like ASU or UCLA don't throw it."

"It also kills me when they advertise that the track meet always starts at 1 p.m. with the first running event," commented Burton. "The hammer starts at 12:30 and by the time people start coming around 1 or 1:30 we're almost done." Still, the weightmen are proud of what they do. McArdle wears a tee-shirt emblazoned with "Hammer throwers are people, too" at every track meet while Banich says, "I want people to know we're not the grunts everyone thinks we are."

"Just because we scream our heads off before every throw, well, it's just the way weightmen do things."

Banich laughed. "We're kinda like distance runners when they froth at the mouth."

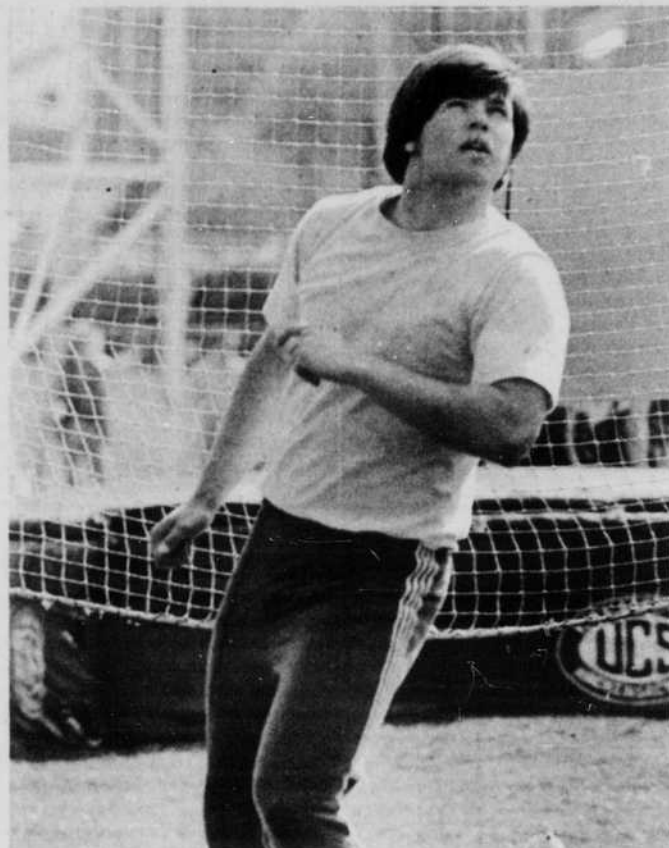


Photo by Perry Gaskill

"Hammer throwers are people, too" says Oregon hammer thrower John McArdle. McArdle will throw in a hammer exhibition beginning at 12:30 p.m. Saturday against Arizona State.

Burkey blazes to second in Glendale Invitational

BELLEVEUE, Wash. — Oregon's Ginny Burkey led the field here Wednesday with a four-over-par 77 to edge team mate Kathy Young and capture second place in the Glendale Invitational.

Burkey's Wednesday score, coupled with her opening rounds of 87 and 80, gave her a 244 total in the three day event. Burkey finished seven shots behind Patti Marquis of Washington, who carded a 78 Wednesday and won the tournament with a 237.

Burkey's 77 was the second lowest round scored in the tournament. Only Marquis, with her 76 Tuesday, shot a better round here.

Burkey's Oregon teammate Young finished in a tie for third place with Washington's Mary Mulflur at 249. Young stroked an 82.

Aside from Young and Burkey, no other University golfer finished in the top 10 in the tournament. Liz Cooper closed with a 83 for a 269 and 11th place, while Karen Henry shot a 97 for 281 to finish in

a tie for 13th with the Ducks' Cheryl Wrede. Wrede shot a 94 Wednesday.

Washington won the team competition by more than 40 strokes, finishing at 991 with six golfers ending up in the first 10 places. Oregon closed at 1033 while Oregon State trailed badly at 1060.

The three northwest schools meet next week for a three day tourney over three different courses. Sunday, the golfers will tee off at Royal Oaks Golf Course in Vancouver, Wash., while on Monday the teams will play at Portland's Riverside course. Tuesday's final round is at Colwood in Portland.

Soccer tourney opens Saturday

The Oregon soccer team will tuneup for this weekend's Cascade Invitational tournament today with a 4 p.m. date against Lane Community College at Lane.

Saturday, the Ducks take part in an eight team tournament at Autzen Stadium which will include teams from Oregon State, Washington State, Western Washington, Vancouver Community College, and private teams, St. Patricks, Lake Oswego United and Nike (Eugene).

Games begin Saturday at 1 p.m. but Oregon plays its first game Saturday at 7 p.m. against St. Patricks.

Tickets for the entire tournament are priced at \$2 for adults, \$1 for students.

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Entries wanted for Twilight track meet

A limited number of events in next month's Oregon Twilight meet will be open to women in high school, college and open divisions who can meet the qualifying standards, according to Janet Heinonen, assistant sports information director.

Women will be able to compete in the 200 meters, 1500 meters, 3,000 meters or high jump if they meet the qualifying standards.

The standards for the May 7 meet are 25.9 for 200 meters (or 26.0 for 220), 4:53 for 1500 (5:15 for the mile), 10:45 for 3,000 meters (11:30 for two miles) and 5-4 for the high jump. Standards must have been met this year.

For further information contact Tom Heinonen, women's track coach.