

Runner's confidence comes from ability, Christ

By MARK STEWART
Of the Emerald

Ken Marten exudes confidence when he talks about his running ability and place in the Oregon cross country and track programs. And there's a reason — he has made a personal commitment to Christ.

Marten, a junior from Coquille via Lane Community College, said that "running for Christ" is a big thrill for him. At this point in the season, he is Oregon's number five man on the cross country team behind Rudy Chapa, Alberto Salazar, Bill McChesney and Don

Ken Marten: 'He wanted me to be with quality runners'

Clary.

Marten started running in junior high, long jumping and running a leg on the sprint relay. In high school, he long jumped as a freshman and sophomore and ran cross country as a sophomore.

His junior year, he gave up cross country to try basketball, but did continue track, eventually finishing second in the state in the half-mile. As a senior, he ran cross country again, but cut his foot with an axe the day before the state meet. He also ran in the state track

meet as a senior, finishing third in the mile and fourth in the half-mile.

Marten enrolled at Lane "because I knew it was a good junior college." Lane's good track program didn't hurt his decision either. When asked why he chose Lane, Marten said "I didn't think I was good enough for a major college."

"I went there for the mile mainly," he said. "I didn't think I'd do very good at all (in cross country). I went mainly to build my background for track."

In his first race in a Titan uniform, Marten finished first. "It surprised me. I thought I'd get killed. It surprised the team too. They saw a guy come out of the sticks to beat them." He was Lane's number one or two runner his first season as Lane finished fourth in the country at the national junior college meet.

His sophomore year, Marten and his Lane teammates had their problems.

"Going into the national meet, I had my best 10,000 and four-mile times," Marten said. "I ended up 108th — I thought I would finish in the top three." Lane, which was rated third before the national meet, finished 14th.

Marten's two years at Lane were watershed years for him. He accepted Christ and joined the Fellowship of Christian Athletes. If it weren't for those two, Marten said, his life would be a mess.

He got involved with FCA after he met Oregon runner Ellen Schmidt, who invited him to the meetings. It was through his relationship with Christ and FCA that Marten decided on Oregon. For two reasons.

"Three weeks before the (junior

college) national (track) meet, other coaches (that were recruiting me) didn't seem very good for me," Marten said. He was recruited by Washington State, New Mexico and University of Florida-Gainesville besides Oregon.

"Oregon is a good place," Marten continued, "for good fellowship and good runners." He said he wanted to get out-of-state, "to get out on my own" and see some other country, but "I had to weigh everything, to see what was good, and to find the best place for me."

"The main reason I'm at Oregon is Christ," Marten said. "I really feel he wanted me to be with quality runners. I've promised him to give my best effort. I work harder for Christ. If I have a bad race, I accept it. I won't get into a slump. The joy of the Lord is my strength."

"I'm confident that I'll make the top seven in cross country and I'm sure that I'll do well in track. I hope to make the traveling squad."

Marten said he could run the steeplechase, 5,000 meters or 10,000 meters next track season, and looks forward to running with the team.

"I look forward to establishing myself as a quality runner like the other guys," he said. "Rudy was first in the 5,000, so he knows how to run it. Alberto and Don placed (in the national meet) and they know what they need to do to improve. I'm just kind of getting fed by those guys."

While Marten looks forward to getting some on-the-track training and performing well, he said "my main purpose at Oregon is to witness and to have fellowship with the team."



Photo by Steve Schneider

"The main reason I'm at Oregon is Christ," cross country team member Ken Marten says. "I've promised to give him my best effort." Marten says he looks forward to establishing himself as one of the best runners in the country like teammates Rudy Chapa, Alberto Salazar and Don Clary.

What's happening

Oct. 11	Bowling tryouts in EMU Rec Center	4:15 p.m.
	Volleyball — SOSC☆	6 p.m.
	Volleyball — OCE☆	8 p.m.
Oct. 12	Bowling tryouts in EMU Rec Center	4:15 p.m.
	Field Hockey — SOSC☆	5 p.m.
Oct. 13	Bowling tryouts in EMU Rec Center	4:15 p.m.
	Volleyball — Portland Invitational	6 p.m.
Oct. 14	Volleyball — Portland Invitational	9 a.m.
	Table tennis — Pancho's Open in Portland	9:30 a.m.
	Sailing — University of Washington	10 a.m.
	Bowling tryouts in EMU Rec Center	12:30 p.m.
	Football — Brigham Young University☆	1:30 p.m.
	Soccer — Western Washington	4 p.m.
	Women's cross country — Oregon State University	TBA
	Men's cross country — intrasquad meet	TBA
Oct. 15	Table tennis — Pancho's Open in Portland	9:30 a.m.
	Sailing — University of Washington	10 a.m.
	Bowling tryouts in EMU Rec Center	12:30 p.m.
	Soccer — Pacific Lutheran University	2 p.m.
Oct. 17	Field hockey — OCE☆	4 p.m.
	Volleyball — Oregon State University	8 p.m.
	— Home meets☆	

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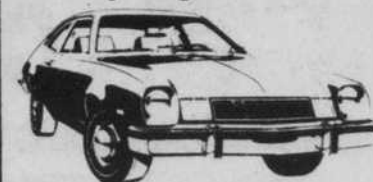
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