

Flat track awaits Duck runners in final tune-up before regional

By MARK STEWART
Of the Emerald

The women's cross country team ends its non-championship season Saturday in Redding, California at the Shasta Invitational.

The only meets left for the women after Shasta are the regional meet in Seattle Nov. 4, and the national meet in Denver, Colorado on Nov. 18.

"The goal with non-championship races is to meet good competition and to get confi-

dent with racing," coach Tom Heinonen says. "(The Shasta meet) is a chance for our runners to get on a flat course against some high-quality national class runners."

"The goal is for people to put together a strong race from start to finish so they know they can do it when it comes to nationals."

The national-class competition will come from the San Jose Cindergal Track Club and members Roxanne Bier and Anne Wotherspoon.

Bier finished fifth in this year's

AAU 10,000 and Wotherspoon was ninth in the 3,000. Bier, Wotherspoon and Oregon freshman Cheri Williams, a former Cindergal, finished 1-2-3 in a meet with UCLA last year, which the Cindergals won.

Last year's Shasta meet winner, Judy Graham and third place finisher Phyllis Olrich, both from the West Valley Track Club will also run in the three mile event.

Heinonen said all healthy runners will compete in the Shasta with doubtful entrants including Robin Baker due to a back injury, Irene Griffith, who has tendonitis in her knees, Susie Neidermeyer and Lori Alzner. Heather Tolford, who had an emergency appendectomy last week will not run in the Shasta, although she has run some in practice this week.

"All our races (this season) are preparation for regionals and nationals," Heinonen says. "If we win, that's fine. We usually do, What's different about this one is we're running on a flat course and that means the pace will be fast."

The women will have to run faster than they did last week at 4,800 foot high Scott Lake when they ran slowly against a weak Oregon State.

"They did exactly what I told them to do," Heinonen says. "I over-emphasized a conservative start. They didn't quite experience what I wanted them to experience (the effect of running at altitude), but we all know what they need to do at nationals — that's to run faster."

Longhorns given edge in battle with Arkansas

AUSTIN, Texas (AP) — From three coaches, three different views that make college football the unpredictable game it has become:

"When No. 1 comes to town they all get fired up." — Oklahoma Coach Barry Switzer whose heavily favored Sooners squeaked past lowly Kansas 17-16 last week.

"Who am I to say I should win them all? I'm not a egomaniac." — Ohio State Coach Woody Hayes, a 27-16 loser to underdog Purdue.

"Never have I expected so little from a team and gotten so much." Georgia Coach Vince Dooley, whose Bulldogs boast a 4-1 record after upsetting LSU 24-17

last week.

In trying to predict the unpredictable, the Texas-Arkansas series, which resumes here Saturday, is usually a foregone conclusion. Texas leads the series 45-14, but this year finds the Longhorns ranked No. 8 while Arkansas is No. 3. Texas won 13-9 last year, the only blemish on Arkansas' record.

The Razorbacks are unbeaten again going in, but they haven't whipped Texas since 1971. Would you believe another blemish? Texas 20-13.

Oklahoma at Iowa State: the Cyclones have their sights set on No. 1. No, not the national championship but rather... Oklahoma 33-14.

What's happening

Oct. 20		
Field hockey — San Jose State	3:30 p.m.	
Volleyball — Montana State	TBA	
Oct. 21		
Eugene Rec. bike trip to Roseburg leaves Alton Baker Park	7:30 a.m.	
Eugene Rec. canoe trip to Waldo Lake leaves River House	8:30 a.m.	
Field hockey — Oregon Invitational	9 a.m.	
Women's cross country — Shasta Invitational	11 a.m.	
Handball — Pacific in Portland	TBA	
Football — Washington	1:30 p.m.	
Men's soccer — Simon Fraser	7:30 p.m.	
Rugby — Portland Jesters	TBA	
Volleyball — Montana State	TBA	
Oct. 22		
Eugene Rec. bike trip to Wendling leaves Alton Baker Park	9 a.m.	
Men's soccer — Pacific Lutheran	2 p.m.	
Women's soccer — Whitman	11 a.m.	
Oct. 23		
Intramural tennis entry deadline	5 p.m.	
Oct. 24		
Field hockey — Willamette	3:30 p.m.	
Volleyball — Portland State	8 p.m.	

* — home game

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