

'Latin Lunge' newest tactic

Salazar, Chapa plan counter surge

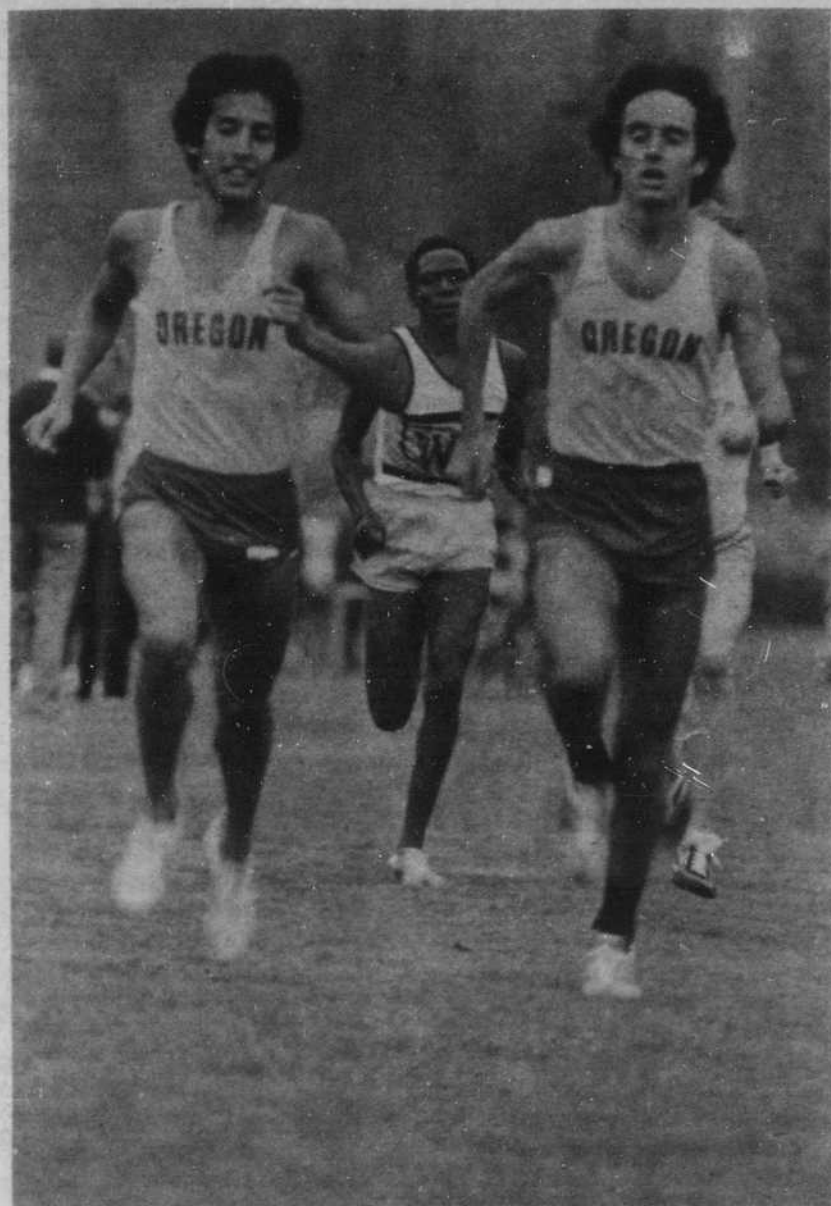


Photo by Steve Schneider

Oregon runners Rudy Chapa, left, and Alberto Salazar, shown here running stride for stride ahead of Joseph Nzau of Wyoming, are perfecting their "Latin Lunge," a new racing tactic.

Woody Hayes erupts during press luncheon

COLUMBUS, Ohio (AP) — Woody Hayes, Ohio State's 65-year-old football coach, erupted over a question about his possible retirement during his weekly press luncheon Monday and cursed a sportscaster.

A cable television audience survey, part of the filming of the nationally televised Phil Donahue show in Columbus last week, showed 56 percent of the viewers thought Hayes should retire.

Marty Reid, a sportscaster for WCMH-TV in Columbus, asked Hayes for his reaction to the survey.

"You know those 56 percent probably weren't even living when I started winning here. I'm not too interested. It's more what I want to do," Hayes began.

"I'm not going to worry about that. Sure, people are fickle. I don't much care. There's nobody around in this league or any other league that has won as many games as I have; 235 career victories.

"I'm not going to let their opinion decide the thing. If you're one of that 56 percent, I don't give a damn about you, either. Good day," said Hayes, ending his interview with the electronic media.

The Ohio State coach stalked toward Reid, raised a hand to belt level and said, "You can go straight to hell."

Reid told Hayes he was sorry the coach felt that way.

Shot back Hayes: "Yeah, I wish

you were bigger and stronger. You're young enough."

Reid again apologized.

"Yeah, yeah, yeah," countered the Ohio State coach, "Talk. That's all you can do well. Oh, yeah, you're sorry."

Hayes frequently has had run-ins with the media in his 28 seasons at the Big Ten Conference power. But he's shown remarkable restraint in 1978, until Monday.

By MARK STEWART
Of the Emerald

There's a saying, somewhat facetious, that there are two ways to run a distance either start fast and pick up the pace, or start slow and fade.

Every distance race is different, according to Oregon distance runner Alberto Salazar, so different tactics are used depending on the competition.

There are two different tactics in use today—an even pace with a kick or sprint at the finish, and the surge. Americans have been known to run an evenly-paced race for years. Only in the past few years has surging been seen here with runners from Kenya using the technique to its utmost advantage. The strategy of the surge involves employing a sudden burst of speed which puts distance between the surger and his opponent.

Vladimir Kutz, from the Soviet Union, was the first to use the surge effectively when he introduced it in the 1956 Olympics.

One Kenyan, Henry Rono from Washington State, set four world records last summer — in the steeplechase, 3,000, 5,000, and 10,000 — using the surge.

Rono and three other Kenyans running on the Washington State cross country and track teams have given Oregon distance runners fits by surging.

But this year Salazar and teammate Rudy Chapa have developed their own secret weapon, the "Latin Lunge," which is their version of the surge.

"The Kenyans did it (surge) to us for years and we couldn't keep up for nothing," Chapa says. "There's not many American runners doing it."

"The more even the pace the easier it is (to run)," Salazar says. "If we run a 2:30 half-mile the easiest way to run it is 75 (seconds) per lap. Instead of running 2:30 evenly, we would try to run 70 (seconds) on the first lap."

Chapa says that most of the late Steve Prefontaine's races were run at an even pace because it

was thought to be the best way to run the fastest time. But what worked for Prefontaine won't work for Chapa, Salazar and team against Washington State's Kenyans.

"Our freshman year we talked about it, but didn't know how to go about it," Salazar says of training for the surge. "We thought the next year we could keep up. Last year, it was late in the season before we thought about using it. This summer, from July on we've been working on it."

"We run easy in the morning to save our legs for the interval workout (in the afternoon). We rest up and run hard in the interval workout."

"The Kenyans run eight to 10 hard miles in the morning and go tired into it (the afternoon workout)."

"I think it's psychologically hard when tired to get yourself to sprint," Salazar says of the surge technique that requires bursts of speed.

Runners use the surge to put some distance between themselves and their opponents. This will break a runner's competitive spirit, according to Oregon Coach Bill Dellinger. Chapa says the surge is best to use when you know you are in better shape than the opposition.

"If you get into a race where you're not sure (of an opponent's fitness)" Salazar says, "Then it's a real battle, you can't just rely on physical fitness." "Most think about breaking someone mentally. That makes for a more competitive race."

The most important thing to do in a distance race is to break an opponent.

"One of the good things with the Latin Lunge, they (the opposition) will be surprised," Salazar says. "They will surge, and when they can't shake us, will go back to an even pace and we will take off. That will surprise them. It's a good counterpunch."

Washington State's Kenyans often trade off the lead of a race while they are surging.

"If we can run together it will help," Chapa said. "It's all mental—if you stay with another it helps (emotionally)."

Chapa admits the Latin Lunge probably wouldn't be too effective in cross country but would be better for flat races.

"In track we will use it against Washington and Brigham Young, and we'll look like the Kenyans to them," Chapa says. "We'll be a lot more ready (with the Lunge) for track."



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