

sports

McDonald toss tops 170

Discus crew thrills crowd at dreary meet

By JODY MURRAY
Of the Emerald

Karen McDonald and her discus-tossing teammates threw some sunshine onto an otherwise damp and dreary track meet Saturday as Oregon sloshed past Oregon State, 88-39, in Corvallis.

With the meet winding up and clouds parting to allow a little warmth, McDonald entered the ring for her last toss and unleashed a heave of 170-11 for a school record.

The toss was the first time any Oregon athlete has cracked the 170-foot barrier in the discus. But the effort was all the more amazing because McDonald was nursing a sore throwing shoulder and her previous throws were in the 150-foot range.

When McDonald saw the measurement, she threw her arms in the air and ran out to retrieve her discus. On the way back to the throwing ring, she stopped to embrace her coach, Scott Irving.

At the throwing area, there was a mini-celebration amongst McDonald; Quenna Beasley, who finished second with a lifetime best of 165-11; and Lori Dresser, whose 143-10 was also a personal best.

Before her record throw, McDonald sat alone to collect her thoughts.

"I sat there and talked to myself. I told myself to get my head out. I didn't know the 170 was there. I just wanted to get into the running."

Minutes after the deed was



Photo by Steve Dykes

Karen McDonald (right) embraces a teammate after McDonald's 170-11 toss in the discus.

done, she sat on a bench, dazed, her voice still cracking from now-dried tears.

"I felt like I didn't have any energy today. But I felt power on

that throw. When I let go, I was exploding."

Beasley, who has improved her discus best by more than 16

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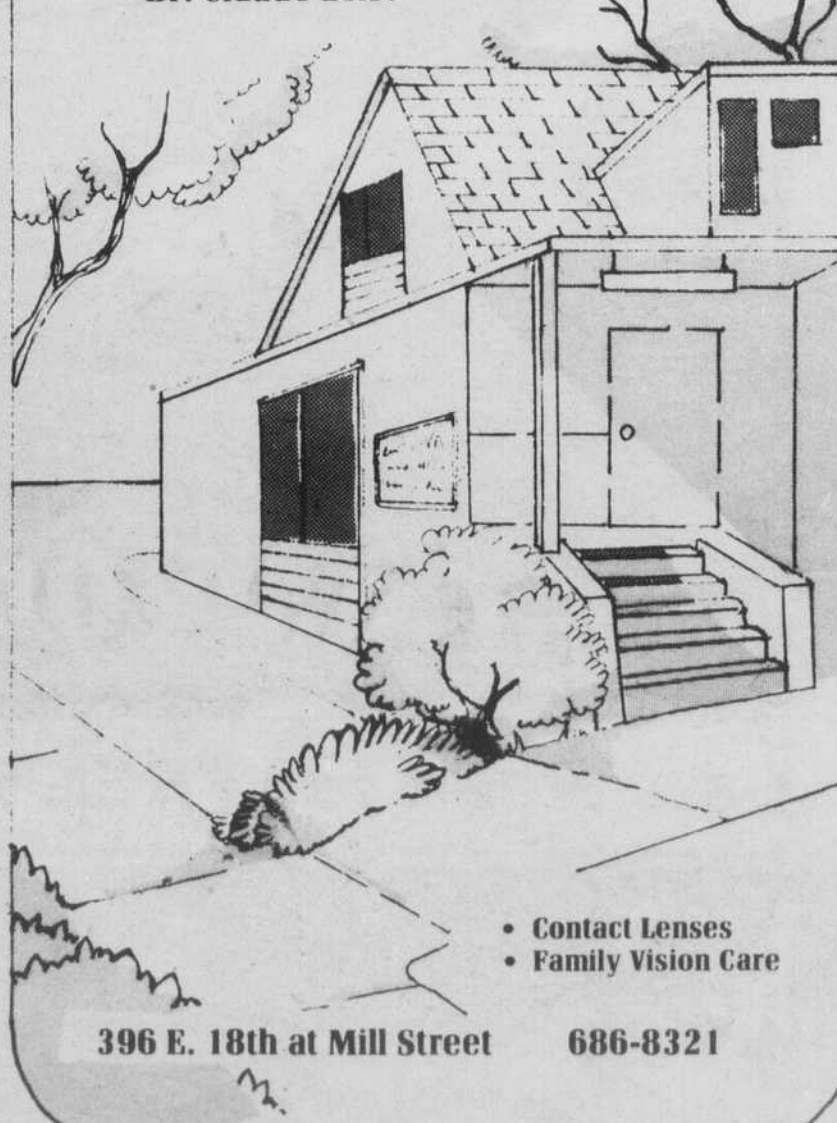
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