

A fitting end to a toss-about season

Harmon conquers frustrations, country

The way Sally Harmon describes it, winning the AIAW national title in the javelin last Saturday was a piece of cake compared to trying to celebrate about it.

When the competition was over, she started running to her coach, Scott Irving. A low rope crossed her path. She tripped and fell.

"I fell right in front of him," she said. "I had to crawl up his leg."

Then there was the award ceremony. Some people might think that standing at the top of the winner's pedestal would be a fine place to vent some enthusiasm. But Harmon thought better of it.

"It hit me a little at the ceremony, but you're in the public eye and have to stay calm."

Finally, as the team was driving back to the hotel in Austin, Texas, assistant coach Mark Stream asked her, "Aren't you happy?"

"Sure," she said.

"So what do you do if you're happy?"

"I scream."

So, when they arrived, Harmon went into her room and screamed.

"It felt good."

One reason it took so long to sink in was where it happened. Or, actually, where it didn't happen.

"If I had done it here (at Hayward Field), it would've been fantastic, but it was not as big a deal there because not everyone knew me or my marks."

For the record, the Oregon sophomore threw 177-10 to win the championship, defeating Alabama's Sue Gibson (175-9) and Dana Olson of Houston (173-5). Harmon threw 172-5 Thursday to top the 12 qualifiers for Saturday's final.

Her previous best this season had been 168-5, which won the Northwest title in Corvallis May 9. Her personal best was 169-10, set late in her senior year at Springfield High School.

The latter mark has been a monkey on the back for Harmon, who is not the first Oregon athlete to feel the pressure of Hayward Field fans who seem to expect personal records at every dual meet.

There was also the added pressure of being the Ducks' top javelin thrower with the graduation of school record holder Patty Kearney last year.

Also, she and Irving were overhauling her entire technique.

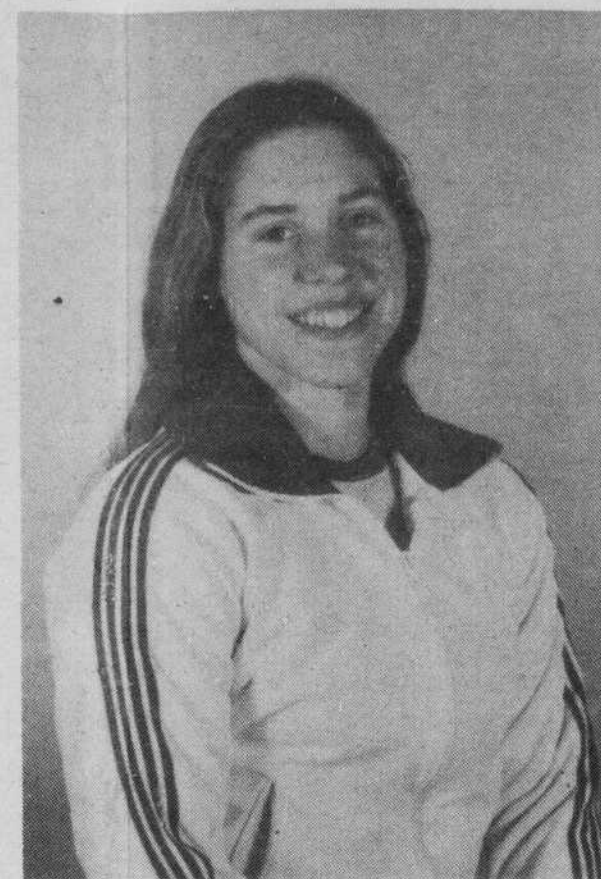
It made for some frustrating moments in the early going.

"In the first part of the season, I expected a lot, but I wasn't disciplined. I thought, 'It's my turn now,' but I didn't have a base to work from."

Most of her throws in the early dual meets were in the 150-foot range. In any other region of the country, that would be enough for a few first-place finishes. But the Northwest is filled with some of the nation's best tossers, and Harmon found herself throwing for dear life.

"It was basically a season of frantic preparation to go against great people every week, plus constant work on fundamentals. It was frustrating, because I wanted things to come around."

Things did just that — first at the Northwest meet and then at nationals.



Sally Harmon

"She's made the kind of improvement that coaches dream about," said Oregon coach Tom Heinonen, noting that the ideal athlete would peak at the big meets, which is exactly what Harmon did.

Harmon was able to relax at the AIAW competition when her first throw in preliminaries, a 164-0 effort, guaranteed her in spot in the final round, Heinonen said. Her second throw was the title-winner.

"She just relaxed and let it happen. Everyone started gunning for her and by the fifth round they were pushing."

Heinonen admitted Harmon's win surprised him. "You don't often see people get PRs in national events, especially in a technical event like the javelin."

Harmon could tell you about those technicalities. She and Irving have gone over them more times than she can count.

"We're working on everything, all the way down to watching the tip, keeping the palm up — things you think you would have down at this point. A complete teardown and workup."

"I've got so much to work on. It's amazing how much you can never accomplish. I'm just now becoming aware of what I'm supposed to do, but just on the surface. Right now, I'm merely being efficient."

It seems "efficiency" has taken her further this season than even she can remember sometimes. While describing her AIAW performance, she mentioned a throw that went "only" 168 feet.

Only 168 feet?

Her face breaks into a sheepish grin. "I guess that is kind of funny, isn't it?"

By Jody Murray

Coast, Cascades offer outdoor enthusiasts Trails to take hikes on

After nine months of school, summer brings visions of relaxing, sunshine and lazy days — and summer jobs.

But summer jobs don't necessarily prohibit summer fun. Beaches, mountains, lakes and rivers are only a short drive or bike ride from most parts of the state. And they can be enjoyed on a weekend, or even a single day off.

Oregonians have it better than most. The Pacific Crest Trail in the Cascade Mountain Range runs from Canada to

Mexico, passing directly through the state. Oregon's Coast Trail provides an almost continual footpath along the Pacific Ocean. And numerous backroads give bicyclists a chance to enjoy the scenery without worrying about the traffic.

Probably the best-known hiking path is the Pacific Coast Trail, which follows the Cascade ridge from Canada, south to the Sierra's and then to Mexico. While it would take four to five months to hike the entire distance, the Oregon section of the path

can be reached — and hiked — from a number of locations.

The section closest to Eugene can be reached along the Willamette Pass, which will be opened Friday, according to the State Highway Department. The path runs above the 6,000-foot elevation line and will be plagued with patches of snow until mid-June, says Dick Grace of the Willamette National Forest, which administers one section of the trail.

But the trail is travelable and it makes for an exhilarating hike. Hikers and campers should be aware of the "no trace camping" provision which operates along the trail. To ensure the natural beauty will survive the more than 4,000 people who hike parts of the trail each year, the forestry service encourages people to take out everything they bring in and to use portable stoves instead of campfires.

Maps can be obtained at the Willamette National Forest headquarters.

No trace camping is also encouraged along Oregon's Coast Trail.

The 377-mile route, which runs almost continuously from the Columbia River to the California border, is about 100 miles from completion.

Although much of the route is not officially dedicated, the public can hike on 294 miles of Oregon's planned route — traveling 87 miles on formally dedicated sections of the trail or following 204 miles of accessible open beach.

So only 86 miles along the entire Oregon coast are without a footpath.

Joe Davis, head ranger at Honeyman State Park, says the trail and the connecting beaches have provided a nice break from the usual "stay" oriented campgrounds. "People can get off the beaten path and enjoy themselves," Davis says. "Camp where no one has been for a while."

Much of the Coast Trail is used for short, one-day hikes, Davis said.

There is no statistical information on how much the trail is used each year, he says.

The main section of the officially marked trail is along the north coast — a continuous marked route that reaches from the Columbia River south 64 miles to Tillamook Bay. From there, the trail becomes scattered official trails and numerous beaches.

The trail is described in detail in a 150-page trail guide publication published by the state, designed to fit into a backpack or a jacket pocket. It details the route, indicates markers and historic and geological points of interest. "The Hikers Guide to the Oregon Coast Trail" can be obtained at state parks departments.

By Tamara Swenson



Emerald photo

Oregon's two major trails bring hikers closer to the outdoors, for a weekend or a week.

After a season reaching for the 170 mark, Sally Harmon came through with a 177-10 throw to win the javelin competition at nationals.

Photo by Steve Dykes

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6 Telefund Assistants

To call UO Alumni seeking their financial support for the 1981 Annual Fund. Some data recording involved. Assistants will work 10.5 hours a week between 6:00 and 9:30 p.m. Good communicative skills, pleasant telephone manners, knowledge of University, and fund-raising interest preferred. Program begins June 15 and finishes approximately August 20.

Applications and job descriptions available in UO Foundation Office, 148 Susan Campbell Hall. Completed applications due no later than Friday, June 5. For further information, call 686-3016.

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