

# Ducks to host UW, WSU

By Steve Turcotte  
Of the Emerald

Chris Voelz, the Oregon volleyball coach, knows that this is a crucial weekend for the Ducks.

For starters, even though Oregon is 0-2 in league, it is still early in the NorPac Conference volleyball season, giving the Ducks a chance to get a few wins under their belts before it's too late. Second, it is one of the first Duck home volleyball matches, and Voelz is hoping that volleyball fans will flock to McArthur Court

Friday and Saturday nights.

On Friday the Ducks, 7-6 overall, will take on a tall and talented University of Washington team. Saturday the Ducks will play host to Washington State. Both matches begin at 7:30 p.m.

"Washington is probably the most physically dominating team at the net that we will play this year," said Voelz. "They have real tall players. We know our coverage has got to be keen to be able to pick up their blocks."

The Duck coverage will be spiced with two new faces in the starting rotation due to injuries.



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# Hayes, Ducks to run at Salem

By Marcus Prater  
Of the Emerald

Oregon All-American Kathy Hayes will run in her first meet of the cross country season Saturday when the Ducks travel to Salem for the Willamette Invitational.

Hayes, a victim of a strained Achilles tendon that kept her from running in the Ducks' first two meets, "seemed near 100 percent," according to cross country coach Tom Heinonen.

"She ran an excellent workout Tuesday, and it's just a matter of getting back into competition," Heinonen said of the sophomore.

Another key runner for Oregon Saturday will be Lisa Martin. Martin, a two-time All-American, dropped out of the 5,000 meter race at the Garrie Franklin Classic — Oregon's season-opening meet Sept. 25. The junior did not compete in

last week's Cal Invitational.

"Martin needs to regain her competitive edge," Heinonen said.

Oregon's best two runners thus far — Rosa Gutierrez and Eryn Forbes — will sit this meet out, but freshmen Kim Roth and Gretchen Nelson are running for the third straight week.

"Most racers, if they feel good about their races, would rather run every two weeks. But it is acceptable for both freshman to run, because they were used to that in high school," Heinonen said. "Later in the year they will run every other week — which is typical."

Oregon should not be seriously challenged for the team title, even without its top runners. Oregon State, some small schools and a few members of the Oregon Track Club are expected to participate in the meet.

"We're in two different

leagues," Heinonen said of his team and the competition. "The only thing I know about Oregon State is that I don't think they signed anybody this season for their track or cross country teams. Last year we handled them easy."

The competition and the 5,000 meter course is fairly easy, but Heinonen said. "Every race is a stepping stone. This has importance, because it is the second race for most everyone. Every time a race is run it is important."

This week is also beneficial for the Ducks who aren't running. They will have a 15-day break before the Oregon Track Club Invitational Oct. 17.

"This break allows them (Ducks) to train hard and still get in a day or two of rest. If they would have ran this week there would be very little time for resting, and I like them to rest before a race," Heinonen said.



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