

Ducks sweep OTC titles despite rain

Hill, Hayes motor to win

By Steve Turcotte
Of the Emerald

CRESWELL — Instead of calling it the Oregon Track Club Cross Country Invitational, meet officials should have called it the University of Oregon Invitational.

Sunday at Emerald Valley Golf Course on a wet and windy morning, the University of Oregon men's and women's cross country runners made mincemeat of their competition as each posted team titles. The Ducks' Jim Hill and Kathy Hayes both grabbed individual titles in their respective races.

Hill, who has really never been healthy for a full year of collegiate cross country, is beginning to make his mark. The Duck junior stayed close with the lead pack, then blew them away at the halfway point in winning the 10,000-meter men's race in a course record of 29:09.8.

"I felt really good about the race," said Hill, whose time eclipsed the old mark previously held by ex-Oregon star Bill McChesney of 29:35. "The first half of the race felt fast, especially the first 300-400 yards. But after that we settled down and ran a good pace. I ran my own pace the last half of the race."

Hill's mid-season condition has Oregon Coach Bill Dellinger all smiles these days. Ever since



Photo by Kevin Clark

Kathy Hayes (second from right) looks to be a bit tied up, but she was able to put away the field, running to the women's title. From left to right, Rosa Gutierrez, Eryn Forbes and Regina Joyce push Hayes.

last year, when the Ducks failed to qualify for the NCAA championships for the first time in many years, Dellinger has been worrying about how to get the Ducks back to the national championships. He need not worry any longer — Hill and Oregon's depth are probably the answer.

"I was pleased to see Jim run

very well," Dellinger said. "He is in super condition and my hope is that he can stay healthy. Injuries have really bothered him in cross country the last couple of seasons."

Hill, too, is hoping for an injury-free season.

"I haven't been in cross country shape the last two seasons because of various injur-

ies," Hill said.

"Injuries always kind of scare you."

After Hill, the next four Ducks to finish were John Zishka in fifth, Greg Erwin in seventh, Vance Blow ninth, and freshman Harold Kupchaldt in 16th.

The Ducks easily won the team title, scoring 38 points. Athletics West was runner-up

with 56.

Kathy Hayes, Oregon's sophomore running sensation, waited a little longer than Hill to clinch her race.

Running easily with teammates Eryn Forbes and Rosa Gutierrez and Washington's Regina Joyce, Hayes began pulling away with about a half-mile to go. She swept past Forbes, Gutierrez and Joyce to win in a course record time of 16:13.5.

"I felt pretty strong the entire way around," Hayes said. "Luckily, the first mile felt pretty comfortable. That really helped later on in the race."

Hayes, who just recently recovered from an achilles injury, appears to be recuperating nicely.

"Kathy is amazing," Heinonen said. "She hasn't been able to do some training because of the injury, but she still ran a minute faster than last year."

What also impressed Heinonen is that Hayes beat Joyce, who was said to be in a very fit condition.

It's quite an achievement for Kathy to beat Regina because I had heard that she was probably in the best shape of her life," the Oregon coach said.

Other good performances were turned in by Oregon runners. Freshman Kim Roth from Sprague High School, finished sixth, Lisa Martin ended up in 13th, Claudette Groenendaal wound up 15th and Allison Snow finished 17th.

The Ducks scored 28 points to wrap up the team trophy.

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| <p>April 1983</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> </table> | S | M | T | W | T | F | S | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | <p>May 1983</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> | S | M | T | W | T | F | S | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | | | | | | <p>June 1983</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> | S | M | T | W | T | F | S | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | | | | | |
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Month of March
BUY TWO FILET-O-FISH SANDWICHES, GET ONE FREE
Present this card at McDonald's. It entitles you to one of our tender Filet-O-Fish sandwiches, served with cheese and tartar sauce all on a steamed bun.
GOOD ONLY at Participating McDonald's listed below:
Villard St., near campus
expires 3-31
One coupon per customer per visit.
Operator, for reimbursement send to:
Redemption Value 1/20 cent. © 1979 McDonald's Corp. R.T.

Month of April
BUY ONE BIG BREAKFAST — GET ONE FREE
Present this card at McDonald's. It entitles you to a delicious breakfast — two light and fluffy Grade A eggs, a country pork sausage patty, hash browns and a toasted English Muffin with our compliments.
GOOD ONLY at Participating McDonald's listed below:
Villard St., near campus
expires 4-30
One coupon per customer per visit.
Operator, for reimbursement send to:
Redemption Value 1/20 cent. © 1979 McDonald's Corp. R.T.

Month of May
BUY A QUARTER POUNDER, WITH CHEESE SANDWICH AND ANY SIZE FRIES, GET A FREE SUNDAE
Present this card at McDonald's. It entitles you to try one new, cool & creamy McDonald's Sundae...any day! Ask for your choice of toppings: hot fudge, hot caramel or strawberry.
GOOD ONLY at Participating McDonald's listed below:
Villard St., near campus
expires 5-31
One coupon per customer per visit.
Operator, for reimbursement send to:
Redemption Value 1/20 cent. © 1979 McDonald's Corp. R.T.

You deserve a break today®