

# Sports

## Hammering up a storm

### Landerholm assaults record book

By Doug Levy  
Of the Emerald

Track meets at Oregon are always a hot item. Everybody, it seems, knows about the Alberto Salazars and the Dean Crousers. Fans turn out in droves to watch them.

And while people flock to the stands to watch the events at Hayward Field, a few guys adjacent to the track swinging a ball around their heads and unleashing it toward 18th Street go practically unnoticed every week.

One of those guys is Kent Landerholm, the Oregon school record-holder in the hammer with a toss of 221-7. Not many people trek to the hammer circle to watch Landerholm, but maybe they should.

"It would be nice to have people watching me — I suppose everyone likes atten-

tion," says Landerholm, a 22-year-old senior for the Ducks. "The few times the hammer (competition) is out in the middle of the track, I get really excited about having people watch me.

"But if I really wanted attention, I wouldn't be throwing the hammer," he adds.

Indeed, the hammer has never been one of the glamour events in track, although "a lot more guys are throwing it now," says Landerholm.

The hammer was certainly not on Landerholm's mind when he came to Oregon.

"I came here as a discus thrower, and I came in with Dean," recalls Landerholm. "It became obvious that Dean would be the discus thrower, so Frank Morris (Oregon State coach and then an assistant at Oregon) came up to me and asked me to throw the hammer. I'd never done it, but I'm naturally built for it and it came really quick."

Still, Landerholm wonders about what could've been. He also starred in football and basketball at Columbia River High School in Washington, was recruited for football by

several colleges, and played basketball constantly.

"Basketball, that was my favorite," he says. "I used to play seven or eight hours a day. Me and my friends would get up, play basketball, eat, and play more basketball.

"But I was just too damn short." Landerholm is 6-2 and 235 solid pounds. "It's too bad — everyone else in my family is tall, I'm kind of bummed out about being short."

So, being "short", Landerholm accepted the hammer. And he improved quickly. He threw 158-0 while redshirting his first year, and then zoomed to 192-0 his freshman year. He also made a big change in technique, throwing off of three turns instead of two.

"Most two turn throwers, like John McArdle (ex-Oregon record-holder in the hammer), are huge, and three turn throwers tend to rely more on quickness and speed. Those are my strengths," says Landerholm.

Landerholm leveled off at 191-0 his sophomore year, then finished fourth in the Pac-10 with a 188-0 throw.

Then, before his junior year, injuries struck. Landerholm had every injury problem under the sun — ankle problems, torn muscles, injured tendons, back problems and the biggie, shoulder problems.

"I fell behind technically, but mentally is where I really lost it," says Landerholm about the flurry of injuries. "I started being afraid of being hurt. I never used to admit that, but I was, and I never had been before — I'd never even been injured before."

Attempting to deal with his injuries, Landerholm again failed to improve much his junior year, although he did throw 201-0 the summer after that season.

It was after his junior year that Landerholm made the decision which he claims led to his emergence as a premier thrower.

"I got some money from my parents, took some that I had, and went to Europe," says Landerholm. "I hoofed it everywhere and had a great time, but I also worked on my throwing. I'd decided that I either needed to improve or pitch up the tent."

He spent three weeks in Norway and two more in Scotland, where he met United States Olympic Committee hammer coach Stewart Togher. Togher, says Landerholm, was the kind of meticulous coach he needed to help him improve.

"He watched everything I did," says Landerholm. "And he had me keep a diary of my progress. When I got home, I took a few weeks off, and I knew exactly what I needed to do."

"I want to win the Pac-10 pretty bad," says Landerholm. "It'll be between me and Tore, and I think it'll take 230."

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### Landerholm log

SEASON	BEST
1979	158-0
1980	192-0
1981	191-0
1982	199-0
1983	221-7

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