

National 10K winner looks toward '88 Olympics

By Capi Lynn
Of the Emerald

Dirk Lakeman, a 27-year-old graduate student in the physical education department, took a giant step toward realizing his ultimate goal of making the 1988 Olympic track team — he recently won the U.S. national championship in the Penofin 10K race in Ukiah, Calif.

Lakeman placed third overall in the national/international race, but was the first American finisher.

Canada's Paul McCloy won the overall title, while Gerardo Alcala of Mexico finished second.

Lakeman edged out fellow American Bruce Bickford, who was ranked first in the world in the 10K last year, by two tenths of a second.

He described the victory over Bickford as "quite an accomplishment."

The race featured runners from across the country and the world. Canada, Great Britain, Kenya and Mexico were just a few of the countries represented.

"I just wanted to go in and beat my previous best (28:55 set two years ago in the Precomfort Series)," Lakeman said. "I ended up just feeling great the whole time... In fact, feeling like I was holding back a little bit."

Lakeman did just what he had set out to do, surpassing his personal best by more than one minute (he clocked 27:48).

Although he may have felt

that he (and the other runners) held back, the press conference following the race revealed different feelings from Bickford.

"I brought up the point that I thought everyone was sort of holding back and that I was waiting for someone to make a big surge," Lakeman said. "And Bickford said, 'I didn't feel that way at all. I felt like we were going full out the whole way.'"

"Then I thought... maybe I was keying on how I felt and that with a little more confidence I could have taken off earlier and maybe won (overall)," Lakeman said.

At the beginning of the race, a big pack stuck together before 10 runners broke off at around the two-mile mark, according to Lakeman.

The finish turned out to a thriller with McCloy, Alcala, Bickford and Lakeman running abreast with a little less than a quarter mile to go and a 90-degree turn to the right just ahead.

"I thought if I could get to that corner first I would have a shot at placing high," Lakeman recollected. "But I didn't think I could win; I thought they would just blow by me."

Maybe Lakeman did not win the overall title, but the pack definitely did not blow by him.

From the outside, Lakeman did reach that corner first, although McCloy was right at his shoulder with about 100 meters to go.

"I tried to react (to McCloy's

move), and I ended up staying with him — sort of surprising myself," Lakeman said. "But



Dirk Lakeman

with about 30 meters to go my legs just sort of gave out and he surged ahead."

Lakeman's showing in the Penofin race not only won him the national championship title, but some prize money as well.

He was awarded \$4,000 in cash — \$2,500 for finishing third overall, \$1,000 for being the first American finisher and \$500 for recording a time under 28 minutes.

All kinds of cash incentives were offered because the organizers of the race really wanted a world record to be set, Lakeman said.

Lakeman was more than happy with his showing, but it nonetheless came as a surprise to him.

"I really didn't do anything different," Lakeman said.

"Two to three weeks before the race I upped my mileage to 90 (a week), where I usually run in the 70s — that's why it was a surprise."

Although recruited to Oregon, Lakeman, a graduate of South Eugene High School, opted for the University of Arizona where he competed for five years on both the cross country and track teams.

Lakeman enjoyed much success while at Arizona. He qualified for the nationals as a freshman, was an All-America cross country runner as a sophomore and finished third in the Pacific-10 Conference in the 1,500-meter race as a junior.

Since his competitive days with the Wildcats, Lakeman has been somewhat idle as far as traveling to races is concerned — partly because he hasn't been with a shoe company.

In August, though, Lakeman signed a shoe contract with Reebok and has competed under their support since.

"They've (Reebok) really treated me well and flown me to whatever race I go to," Lakeman said.

Lakeman's coach, Mike Manley, has played an important role in his success as well. Manley stresses moderation, rather than coaching to overtrain, Lakeman said.

His family and friends have also been extremely supportive throughout his career.

"I look at them as sort of a foundation of my success... They're always there,"

Lakeman said.

But probably the single most important thing that has capped it off for Lakeman has been his association with Reebok.

"My confidence has increased, and the reason why it occurred was signing with Reebok," Lakeman said. "To have a shoe company believe that I'm good enough for them to support me is great."

Coach Manley, who operates a fitness consulting firm in Eugene, agrees that Lakeman's confidence has been a definite boost to his performance.

"He's just starting to think again like he did in high school (where he was an excellent runner with some of the best times in the country)... that he can beat the top guys," Manley said.

"Lakeman has one whole lot of potential and we're just starting to see it come to the forefront," he said. "He's Olympic-caliber — He's running really well, and we're working with him to try to help him make the 1988 Olympic team."

Lakeman himself is confident of his chances to earn a trip to the Olympics.

After winning the national 10K, I think it's (making the Olympic team) a possibility," Lakeman said. "As I run faster it's becoming more and more of a possibility."

If confidence is the key to success, Lakeman may very well be on his way to realizing his goal of competing in the 1988 Olympics in Seoul, Korea.

Ducks beat the worst, lose to the best in Pac-10

By Craig Harris
Of the Emerald

After winning 10 of its last 11 matches, the red-hot Oregon volleyball team had its fire squelched Saturday night by Pacific-10 Conference leader UCLA.

The Bruins, ranked sixth (NCAA) and ninth (Tachikara QR CVCA), used a balance attack to down the Ducks in four games.

Wendy Fletcher led UCLA with 15 kills, while three other Bruins recorded double figures in the kill department.

Oregon's one-two punch of Teri Kramer and Michele Krebsbach chalked up 18 and 15 kills, respectively, but it wasn't enough as the Bruins dominated in almost every statistical category.

UCLA had 68 kills and a .272 hitting percentage compared to

Oregon's 51 kills and a staggering .057 hitting percentage. The Bruins also recorded 20 blocks to the Ducks' nine.

The Bruin defense keyed on Kramer and Krebsbach, causing a great deal of problems for Oregon.

"Both Teri and Michele had a difficult time against UCLA," said Oregon coach Gerry Gregory. "A lot of their kills were dug or blocked."

Gregory said that the rest of his team had quite a bit of trouble with its attack, but also gave praise to the talented Bruins.

"The way they (UCLA) played, they were better than their ranking," Gregory said. "We tried to get a middle and right side attack, but all five attackers had a hard struggle to find the answer to the puzzle on

the other side of the court."

Oregon held leads in games one and two, but the Bruins jumped on a hot streak in both games and came from behind to win 15-9 and 15-7.

The Ducks went on their hot streak in game three and then held off UCLA to post a 15-12 win.

Oregon had the lead in the beginning of game four before UCLA went on another tear and closed out the match, 15-9.

With the win, the Bruins went two games ahead of second-placed Stanford, while running their record to 26-7 and 14-1 in the Pac-10.

Oregon's record dropped to 18-10 and 10-5 in the conference. The Ducks are tied with Arizona State University for third place.

On Friday night, the Ducks got to do what every other team does in the conference—kick sand in USC's face.

Oregon finished the match in less than an hour, crushing the cellar-dweller Trojans in straight sets.

It's been a disappointing season for the women of Troy. Last year, USC ended the season with a 26-9 record and finished third in the national tournament, beating none other than UCLA.

This season, the Trojans have been plagued with injuries, and their record surely shows it. USC is 2-24 overall and 0-15 in the conference.

Still, Oregon took no pity on USC, whitewashing them in

game one, 15-0.

"We played as close to perfect in game one as we could. There were no mistakes at all," Gregory said. "We then put it in cruise control and were good enough to win the match."

Oregon fell behind 0-8 in the second set before they woke up to down USC 15-13. In the third game, Oregon squeaked out a 15-12 win to put the match away.

The Ducks were led by the "Triple-K" attack of Krebsbach, Kramer and Lauri Krejcha in the victory. The three had a combined total of 36 kills, while posting 13, 12 and 11 kills respectively. It marked the eighth time this year the three have recorded double figures in one match.

Oregon also got a boost from freshman Stephanie Drier, as she blocked five USC attacks.

Teri Kramer moved a few steps closer in pursuit of All-American Sue Harbour's single-season kill record with her performance over the weekend.

Kramer, who moved into the number-one position in the nation for kill average last week, had 30 kills to push her season total to 587. The junior co-captain needs 101 more kills to break Harbour's 1983 record.

The Ducks return to McArthur Court this weekend when they host the University of Washington Friday and Washington State University Saturday.

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