

Predictions

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in the Pac-10 last year. It was so horrendous that the Beavers finished ninth in the Pac-10 in total offense despite leading it in passing.

For the entire season, OSU could manage just seven touchdowns and 400 yards rushing, an average of less than 2 yards per carry. Opposing defenses could key on Wilhelm, and they did to the tune of 22 interceptions (compared to just 8 TD passes) and 328 yards on losses.

The result was an offense that could move at will between the twenty-yard lines, but couldn't score on a bet. The Beavers were dead last in scoring offense in the Pac-10.

Kragthorpe has made the Beavers a better defensive team. OSU defensive backs have led the Pac-10 in interceptions each of the past two seasons, and All-Pac-10 senior Lavance Lorthington returns to reclaim the crown he won in 1985, when he snared seven pick-offs.

Eight starters return on defense, including the entire defensive backfield, two-thirds of the linebackers, and half the down linemen. Unfortunately, the Beavers' schedule is tough and won't allow them to sneak out any wins on the strength of their defense alone.

10. Washington State Cougars

Projected Record: 2-9 (0-7)

The Cougars have apparently thrown in the towel on fielding competitive Pac-10 teams in any major sport. My sympathies go out to new coach Dennis Erickson, who must try to get a rise out a team that was abandoned by its former head coach and athletic director.

The Cougars return little defensively and nothing on offense. That is even less encouraging in light of the fact that WSU finished last year with the conference's worst

rated overall defense and average offense.

The Cougars will be the Pac-10's lone holdover to the once-prevalent 4-3 defensive scheme in 1987, and three down linemen are back along with two linebackers. WSU lost heavily to graduation in its secondary, so teams will look to throw the ball first against a green defensive backfield.

The offense will be lucky to be on a first-name basis when the season opens. The Cougars lost their leading rusher, passer, scorer and their top three receivers from last season.

Running back Steve Broussard averaged 5.3 yards per carry in limited action last year, and Timm Rosenbach will run the offense, which Erickson promises will be pass-oriented. They will be supported by potential all-star tight end Chris Leighton and receiver Victor Wood, who averaged nearly 18 yards per catch as the Cougs number-two deep threat in 1986.

Runners

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"It's a very difficult goal," Heinonen said. "I mean that's running pretty fast. But it's possible."

Graves has had roadblocks of her own.

She struggled as a freshman attempting to compete in 800 meters and experimented with throwing the javelin and running the 1,500. She started running cross country the next fall only as a means to improve her endurance.

In her first season she surprised everyone by becoming the team's number-two runner and finishing fifth at the conference championships and sixth at regionals.

"I never tried cross country in high school, so I didn't really know what kind of a runner I really was, a track runner or more of a cross country one," she said.

Despite her success, Graves had to fight off a case of the sophomore blues.

The cross country season ended in disappointment when she caught the flu and had to withdraw from the NCAA championships. The following track season was particularly frustrating as she was unable to meet the NCAA qualifying standard of 9:25 for the 3,000 after she clocked a 9:27.81 for the distance her first meet of the season.

Last fall a surprised Graves watched her performance blossom. The team's undisputed number-one runner, Graves won every race she com-



peted in except one, the NCAA championships where she finished 13th.

She became the first Oregon woman to win a Pac-10 title (it was the first season the Ducks competed in the conference). All this and only in her second cross country season.

Her success continued in the 1987 track season as she qualified for the NCAAs in the 1,500, 3,000 and 5,000. Graves was slightly nervous when the season began, remembering well the frustration of the previous spring, but at the first meet of the season she qualified for the NCAAs in the 3,000 and reduced her PR by 12 seconds with a 9:16.21.

Graves lowered her time to 9:12.15 for the 3,000 and to

15:58.01 for the 5,000. Her PR of 4:18.57 in the 1,500 won her the Pac-10 title in the event.

"I met some goals I wanted to," Graves said. "Going to nationals and coming back with something was a main goal of mine. I found it a really satisfying season."

The season, however, ended on a bad note with a poor performance at the The Athletics Congress in San Jose, Calif., last June. Graves said her body was telling her that it was tired and needed a break.

Now Hand and Graves are tuning up for the season and shooting for the NCAA championships, which will be in Charlottesville, Va., this fall. The Oregon women finished fourth at nationals last fall, and all of the team's five runners that competed there are returning.

Neither has set specific time goals but only hope to continue improving and winning races. Hand and Graves want to return to nationals and better last year finishes.

The U.S. time trials for the 1988 Olympic team will be held next summer and Hand and Graves would like to be there. Hand has met the trial's qualifying standard of 9:10.72 in the 3,000 and Graves is only 2 seconds shy of it.

Making the olympic team would require dramatic improvement for both. But with their intense training friendship fueling them, it isn't out of the question.

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