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Education 346-4456 for more information.

Sponsored by Student Health Center Lifestyle Planning Program

BOISE

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in the 400 this weekend.

Freshmen Patrick Khoo (400) and DeWayne Ingram (100) have also made the grade for the Pac-10s, and Khoo is just off a qualifier in the 200.

Surprisingly, neither relay team has qualified, but this weekend could be their best chance because everyone seems to be healthy and running at top form.

Ingram, Khoo and Harris will be joined in the 4x100-meter relay by LaMont Woods, who ran a 10.4 last weekend in a warm-up competition. Khoo, Pierce, Harris and Grady O'Connor will run in the 4x400.

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BECK

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vidual has been more important for the Oregon team this season. The Ducks are loaded with sprinters, distance runners, and jumpers, but Oregon has only two shot and discus athletes.

"There is some pressure on Tonia (Roth, Oregon's other thrower) and I because we don't have any back-ups," Beck said. "With no depth in the throws, we have to get as many points as we can."

Even though her events may leave her out of the media spotlight, Beck, a junior majoring in landscape architecture, said she truly "loves to throw."

"I've been throwing all of my life. Throwing makes me feel good about myself," Beck said. "And it's not just the throwing; I enjoy the mental and physical commitments that are part of the training. I've always had fun with it, and I'm glad I'm able to do it."

Beck's first "official" throws were in the seventh grade in her hometown of Tomah, Wis. Beck went on to capture three Wisconsin state high school titles and was named a high school all-American.

Back in Tomah, Beck is a "hometown hero."

"I still have a good support group that keeps track of me," Beck said. "It's pretty big news in a small town when some-

one gets an opportunity to compete at a school like Oregon."

Beck's first visit to the West Coast came when she visited the Oregon campus on her recruiting trip.

"When I made my recruiting trip, there were two feet of snow at home," Beck said. "I thought, 'This is nice,' and decided to take a chance and go for it."

Although Beck enjoys throwing both implements, she said she is having a better season in the discus.

"I'm a little burned out on the shot put right now," Beck said. "That's how it goes though, you go back and forth from one event to the other. Hopefully though, I'll be peaking in both events at the end of the season."

Beck gave a little advice to track fans on how they could help improve the throwers performance.

"We get pumped up when the crowd's behind us just like any runner or jumper," Beck said. "People have a stereotype that we're mean, 'beasty' people just because we're not small, petite runners. But throwers need the crowd's attention and energy, too."

Beck, along with the rest of the Oregon women's team, travels to Boise, Idaho, this weekend for an internationally scored meet with Colorado State, Weber State and host Boise State.

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