

JOHNSON

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ever seen come through here." At Redlands High School, Johnson won the state title in the 100 and 200-meter dashes, while capturing the National Scholastic 200 title with a time of 20.83 seconds and the both the Golden West 100 and 200 titles with times of 10.67 seconds and 21.24 seconds, respectively. At the USATF junior championships in Tallahassee, Fla., Johnson finished 4th in the 100 and 3rd in the 200, earning him a spot on the national junior team's 4 x100 relay.

That talent has carried over to his collegiate career and then some. Johnson's 46.24 second 400-meter dash against Washington earlier this season not only earned him possible NCAA provisional considerations, but earned him the school's 3rd fastest time in the event. In the same meet, Johnson earned NCAA provi-

sional considerations with a wind-aided 20.66 second 200-meter dash, and ran the second leg of the triumphant 4 x100 meter relay.

Johnson's ability to adapt to so many different races is one of the things that makes him such a unique athlete.

"He has so much range... the kid can run the 100, the 200, the 400 and the 800," Walcott said, adding that Johnson's love for the sport provides for much of his success. "He has got a great work ethic and he loves to run. When someone is like that, especially having the ability that he has, they are going to do well."

In fact, Walcott said, it is sometimes hard to get Johnson to stop running and go home.

"He loves to run, plain and simple," Walcott said. "He always wants to do more. I have to slow him down in practice. If I allowed him, he would run all day, just keep going on going."

According to Johnson, that is

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- PAT JOHNSON
Oregon Sprinter

because he wants to be the absolute best that he can be.

"When I train, I don't like to stop, because when I stop, I think about someone else that I may be racing against," Johnson said. "And when I stop, they could still be practicing, and I just can't live with that."

"If I lose a race and I know I trained as hard as I could and that person is just better than me, I'm man enough to admit that, but I don't want to go out knowing that I could have trained harder."

In fact, Johnson likes to train as hard as his coaches will possibly let him.

"I like to be the last one to leave the track," Johnson said.

And as a result, Johnson's schedule doesn't allow him to sit around and think about his past performances or his upcoming opponents.

"I don't have time to sit down and think about it," Johnson said. "And it's good like that because I'd probably freak out."

As it looks right now, Johnson will probably be headed for the NCAA Championships at the end of the season, and that is just the direction that he wants to be headed.

"It feels good because I worked really hard," Johnson said, adding that he is really aiming at qualifying for the USA Championships this summer. "That's really what I'm shooting for. I sat down and I was thinking about it, and I could very well win the nationals and I might get on the USA team. It is a possibility if I work hard."

According to Johnson, however, his best is yet to come. Being a runner that doesn't like to be at the front of the pack, Johnson believes that his best times will come later in the season when the team faces tougher opponents.

"It is all piecing together right now," Johnson said. "I haven't really been pushed, so my times could drop a lot. If I'm running in the front, maybe I can be running faster, but I don't know. Without a doubt, my times are going to come down a lot as the meets progress and as the weather gets better."

METZ

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is really too bad. But it shouldn't be up to the owners and ultimately the fans to pay for the level of talent that these kind of players "should have" or "could have" reached.

While I have some sympathy for a guy like Hanson or Borders, I have none for a

liability like Bud Black. Usually spending more time on the disabled list than on the mound, Black has finally realized his correct wage scale at \$350,000 per year with the Indians, a microscopic reminder of his 1994 contract that brought him \$3 million.

As an avid baseball fan, I'll pay \$15 for a ticket to see a combination of superstar, multi-million dollar players and some of

the more average players, but it gets awfully discouraging to watch multi-million players notch sub-.500 records and .220 batting averages.

So there Danny Darwin. Take that Teddy Higuera. While we realize you're talent is necessary to round out major league rosters, we, with the ultimate help of the owners, are tired of the outrageous contracts being dished out to these over-

the-hill should-have-beens.

I'll still be paying around \$50 per game (depending on my King Dog and King Beer intake), but at least I can do so knowing that Tom Browning will eventually have to trade in his Mercedes for a 1978 Subaru just like mine.

Chris Metz is the sports editor for the Emerald.

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