UO creates noise in Indiana

■ Oregon women gain national recognition at the Pre-NCAAs, despite losing Katie Crabb to injury again

By Jeff Smith

Pollsters took notice of the Oregon women's cross country team last weekend.

Heading into Saturday's national showcase at the Pre-NCAAs in Bloomington, Ind., Oregon was receiving votes at the No. 37 spot.

Running in a field that featured 18 of the top-25 teams in the country, the youthful Ducks surprised many by finishing in a 16th-place tie with Colorado State with 437 points. No. 1 Stanford was the winner of the 32-team race with 77 points.

The successful weekend has Oregon in perfect position for its first national top-25 ranking and right on track to capture one of 13 at-large berths for the NCAA Championships, which take place Nov. 22 on the same course.

"We can be a lot better than we

showed today, and we'll have to be at regionals," head coach Tom Heinonen said. "Then we'll have to see how lucky we are in the atlarge process. It certainly helped to tie a team like Colorado State and then beat Notre Dame and Missouri, who beat us two weeks ago."



Leading the Ducks for the second time this fall was freshman Amy Nickerson who finished 32nd

overall in the 5,000-meter run with her time of 18 minutes, 1 second. It was the Coquille native's first race since Sept. 25, as she has been nursing a mild Achilles aggravation.

"Mostly, I was happy to get through it," Nickerson said. "This was my first big college race, and it was a challenge."

Finishing three places behind Nickerson was junior Rhiannon Glenn, who was coming off a race at Notre Dame that her coach labeled "listless." Glenn led the Ducks for most of the race before giving way to Nickerson in the final 800 meters. Her time of 18:02 in her first elite race has Glenn feeling better about her overall running.

"I wanted to run out as far front early as I could because I didn't get out fast enough last race," Glenn said.

Other finishers for the Ducks were: freshman Tara Struyk, who finished 86th overall (18:29) despite falling down twice during the run; freshman Eri Macdonald (148th, 19:03); senior Lisa Jansen (153rd, 19:07); and junior Kylee Wells (193rd, 19:41).

One downside continues to be the health of junior Katie Crabb. Oregon's top returnee again attempted to race with a nagging Achilles injury and was forced to drop out during the final kilometer.

"We gambled the farm here, and with Katie it didn't work," Heinonen said. "But we beat a couple teams that might help us later on and missed a few others by not much."

Oregon next takes part in the Pacific-10 Conference Championships on Oct. 30 in Long Beach,

Men run 'Fein' race, place seventh overall

Led by senior Steve Eein, the men hold their own in the Pre-NCAAs

By Jeff Smith

There was no evidence of rust

There was no evidence of rust for the Oregon men's cross country team.

After three weeks of waiting, the No. 9 Ducks went toe-to-toe with the nation's best at the Pre-NCAAs in Bloomington, Ind., and came away pleased with their 307 point total and seventh-place finish.

"We did pretty well as a team," senior Andrew Bliss said.

Oregon was just "Fein" up front as usual, with senior leader Steve Fein heading the Ducks with his 8-kilometer individual title in a time of 24 minutes, 6 seconds.

Fein narrowly beat out William & Mary's Matt Lane and Stanford's Jonathon Riley.

Fein's race-winning time ranks fifth all-time on Indiana's course. His time was only three seconds slower than the course record set in 1992 by Bob Kennedy.

The victory was Fein's second of the season after taking the title at the Roy Griak Invitational on Sept. 25.

În a field that included 15 teams in the top 25 and six of the top 10 in the country, the Ducks proved they belong in the upper echelon with their top-10 finish.

Finishing first overall in the 35-team race was No. 2 Stanford with a total of 126. No. 5 Colorado and No. 6 Arizona finished second and third, respectively. Besides Fein, four other Ducks

gained points for their runs.

Bliss continued his remarkable climb up the cross country ranks with his 31st-place finishing time of 24:52. Bliss was pleased with his performance but knows he could have done better.

"I felt kind of tired out there, and I think it's because we've been training so hard as a team," Bliss said. "I felt that I could have placed higher, but for some reason I just didn't have that extra something needed."

Following Bliss for the Ducks was freshman Jason Hartmann, who controlled the nerves of racing in his first big-time collegiate race and kept himself composed enough to finish a respectable 55th place in 25:11.

"Jason handled himself well out there," Bliss said. "He's a great athlete, and he's still adjusting and learning."

The final two point-getters for Oregon were junior Michael Kasahun (91st, 25:36) and junior Sam Hill (136th, 25:58). Other finishers for the Ducks were freshman Kris Martin (164th, 26:13) and junior Lincoln Nehring (210th, 26:56).

Oregon helped itself a great deal in its quest to attain one of the 13 at-large bids for the NCAA Championships on Nov. 22, which will also be held at Indi-

"This meet us got us some atlarge points for nationals, and that was our goal coming in," Bliss said.

Volleyball

Continued from Page 11

Erika Selsor, who supplied 40 of the Bruins' 41 assists.

Halie Mazza had six kills and two errors. Banducci matched her seven kills with seven errors. Gilmore had six kills and five errors before leaving game 3.

Although it didn't show on the scoreboard, Oregon's defense held its own against the Bruins' tough offense. The Ducks had a 28-23 edge in digs but lost the battle of the blocks 10-7.

"Some good things happened [against UCLA],"

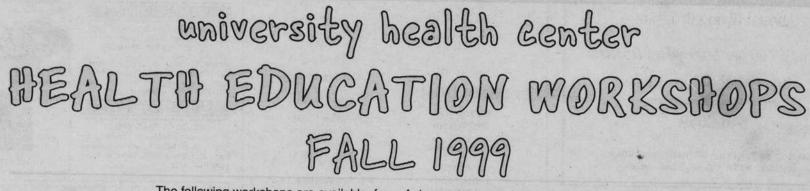
L There were some times when we had some spark.

Cathy Nelson head coach

"

Nelson said. "I liked how we started off, and I thought we had really good defensive discipline and did some good things. We've just been plagued by errors lately and that was the case tonight. There's no doubt that UCLA forces you into some of those.

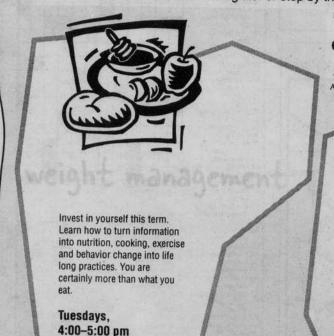
"They can be a little bit intimidating, and I felt that we were an intimidated team tonight."



The following workshops are available, free of charge, to currently enrolled U of O students.

Call 346-4456 to register or stop by the Peer Health education office on the first floor of the University Health Center.

UNIVERSITY



Oct. 26-Nov. 23

HEALTH CENTER
We're a matter of degrees

Open daily 8 a.m. to 6 p.m., except Tuesdays (9 a.m.) and Sundays (10 a.m.). Appointments and after hours: 346-2770 • Web: www.healthcenter.com

Quit smoking this term and celebrate life as a non-smoker. This five-week workshop is open to those who want to quit and who have already quit and want additional support. Identify triggers to smoke, learn to overcome urges, adapt alternative behaviors, and address fears about possible weight gain.

Mondays, 6:00-7:00 pm Oct. 18-Nov. 8



Develop personal relaxation techniques that can be integrated into your hectic college life. This workshop will explore and demonstrate a variety of stress reduction strategies.

Thursdays, 4:00-5:00 pm Oct. 21-Nov. 11

