

# Late additions add depth

■ A transfer, a walk-on and a returning redshirt give the Oregon cross country teams extra runners

By Robbie McCallum  
Oregon Daily Emerald

An already deep Oregon cross country roster got a depth change in the month of September.

Carrie Zografos, a junior transfer from Colorado, joined the team last Saturday at the Roy Griak Invitational in St. Paul, Minn. The Portland native and Central Catholic High graduate was Oregon's seventh runner in Minnesota, placing 119th in a time of 23:09.

On Sept. 9, Zografos competed unattached at the Pier Park Invitational in Portland. Her time of 19 minutes, 41 seconds over the 5,000 meter course placed her sixth among Oregon entrants. The race was Zografos' first since competing as a freshman at Colorado.

Additions to the men's team include a walk-on and a redshirt freshman who have already made an impact. John Lucas, a redshirt freshman from Eagle Point, was the Ducks' fifth runner at the Roy Griak Invitational, helping the Ducks secure a seventh-place finish. Lucas placed 67th out of 219 participants.

Freshman Mike Pluth, a Eugene native, has also joined the team. On Sept. 16, Pluth helped the Oregon "B" squad to the team title at the Bearcat Open at Salem's Bush Pasture Park. Pluth was the Ducks' fifth runner, placing 30th in a time of

23:16 over the 4-mile course.

## Snubbed

Despite respectable showings at the Roy Griak Invitational, both cross country squads dropped in the national polls released last Monday.

The men, who began the season ranked ninth, fell to the 16th spot. The women dropped all the way from the 12th spot to No. 24.

Considering that the women were

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Tom Heinonen  
head coach  
Oregon cross country team

without sophomore Tara Struyk, the top returning runner from 1999, and freshman Annette Moseyat Minnesota, the Ducks placed well.

The next edition of the polls will be released on Monday.

## New PR's

Senior Michael Kasahun got his 2000 cross country season off on the right foot with a breakthrough race at the Roy Griak Invitational. The transfer from Fresno City College set a new 8,000 meter personal best Saturday, running in a time of 24:48.

Running as the top Duck for the

first time, Kasahun eclipsed his old personal best by 13 seconds. He also ran a minute faster than he did last year on the same course.

Sophomore Jason Hartmann, Oregon's second runner, also ran a personal best. Hartmann ran 24:52 over the 5-mile course.

## Rocky switch to 6k

The Oregon women's first 6,000 meter race, the new NCAA standard distance for women's races, was a semi-successful one.

Although the Ducks placed seventh overall at the Roy Griak Invitational, head coach Tom Heinonen said that some of his runners went out too fast for the 3.72-mile race.

"Katie [Crabb] and Eri [MacDonald] got out really fast and paid for it later on," Heinonen said. "But I think they'll learn from this race. Katie was still 12th with a mile to go, but ended up 34th. Eri went out hard, faded in the middle and then came on strongly towards the end. Rhiannon [Glenn] was pretty solid and had a nice finish. Laura [Harmon] said she had too much left in her first college and 6K race."

The remainder of Oregon's races will be 6,000 meter races.

## Coming up

The Ducks will have a two-week break in action before their next meet, the Pre-NCAA meet in Ames, Iowa. The meet is at the same course that will be used for the NCAA Championships on Nov. 20. Iowa State will host the meet, using its home course of 10,000 and 6,000 meters.

## Huskies

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It doesn't get much bigger or much better than this, folks. To beat those arrogant Dawgs, Autzen is going to have to be

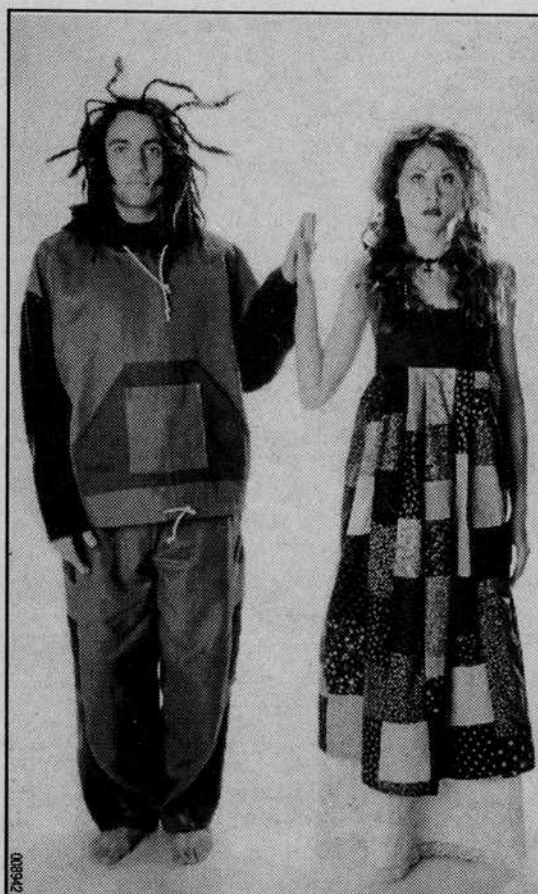
rockin' even harder than it was last week.

I haven't seen the Ducks lose yet, and I don't plan on seeing it this weekend. I not only want to gloat in front of my friends back home and laugh at my parents for not respecting the big green, but after Oregon's big win I'm going to

call that radio station again and tell 'em who really sucks.

But I'll let the football team speak for itself on Saturday.

Adam Jude is a former Seattle native who came to his senses and escaped "The Dark Side." He can be reached at ajude34@yahoo.com.



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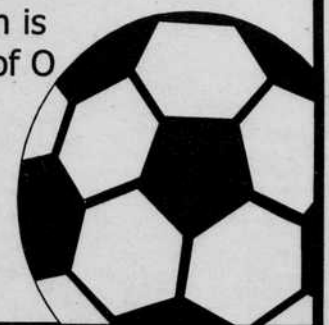
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