

Smith

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rampant about what had happened, such as blaming it on an eating disorder.

"Right after I collapsed, everybody wanted some reason for what happened," Hamilton said. "It was my fault for just coming up with the quick answer and saying I was dehydrated because that was far from the truth."

Rather, despite being ailed by a broken bone in her buttocks and a tight hamstring at the time, she had collapsed because of something much more psychological than physical.

"I had a panic attack," she said. "My body pretty much shut down. I panicked because I felt like I had to win. I had lost total perspective, thinking that everybody thought I should win this race, and if I didn't win, it was the end of the world."

Last summer was the seventh straight Olympics that Dr. Pengelly had been associated with. As the media coverage has grown through the years, Pengelly has seen athletes try to cover up their mental anguish for the fear of it being uncovered.

"It leads to a greater insistence to hide it so it won't be exposed in the microscope of the media," Pengelly said. "The experience of panic is triggered by perceptions of how we perceive the world. Athletes live in a macho culture of thinking they shouldn't be feeling this way, but that's nonsense."

"It only leads to people walking around with even more of a harsh isolation."

Hamilton was in that isolation last summer, only she didn't know it. After her Olympic experience, she was confused and felt lost.

It wasn't until her father suggested it might help to seek therapy that the thought of doing so even crossed her mind. And then, it was only after she began to let some of these feelings out to someone that she began to feel better.

"I went to a sports psychologist and did intense therapy for three months," said Hamilton, a nine-time NCAA Champion while at Wisconsin. "The therapy has really helped to take off all the pressure that I was feeling. Because, believe me, I had a lot of pressure ... too much pressure for one little person to carry."

In fact, the first sign of Hamilton's panic attack from last summer oc-

curred at June's Pre Classic at Hayward Field. In the most thrilling race of the day, Hamilton was edged out by Romanian Gabriela Szabo by a mere .06 seconds. Just after Hamilton finished, she collapsed onto the track in what she now terms a "mini-panic."

Fast-forward back to the present day, and Hamilton sounds refreshed. She is genuinely excited to open her season in the Pre Classic even though she says she's only 75 percent physically healthy.

Mentally, though, she may be near 100 percent.

"I've since gained perspective and knowledge and have a new drive," Hamilton said. "I run for myself. I don't run for the world anymore, and I don't run to please everyone else."

"[The mental expectations] can totally wipe you out. It's just like having any kind of stress; your body can't react normally."

Which is why the next time you see a highlight of Ankiel struggling to throw a strike, the act of laughter should be discarded and replaced with ...

Compassion.

Jeff Smith is the Emerald's sports editor. He can be reached at Smittside@aol.com.

Sports brief

Ankiel wild again in minors

NASHVILLE, Tenn. — Rick Ankiel might be getting even wilder now that he's in the minors.

Ankiel hit the screen eight times, walked six of eight batters and threw five wild pitches Thursday night, lasting just two-thirds of an inning

for Triple-A Memphis against Nashville.

The beleaguered St. Louis Cardinals pitcher, making his third start since he was sent down, bounced his first warmup pitch, and it didn't get any better in the game.

"For whatever reason, I get too fast, and it just didn't work out," Ankiel said.

Associated Press

Men

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be the discus. Lithuanian gold medalist Virgilijus Alekna leads the entries with a personal best toss of 242 feet, four inches. Bronze medalist John Godina leads the American entrants with a personal best 229-4.

Ben Plucknett's meet record of 234-0 has stood for 18 years, but it is in danger of being surpassed by Alekna.

Another meet record in danger is Johnny Gray's 800 time of 1:44. Three athletes will come to Hayward with personal bests faster than 1:44, led by Russian Yuriy Bozakovski, who recently turned 20 years old. Two-time Pre champion Khadevis Robinson and William Chirchir come in with personal bests of 1:43. Richard Kennah and Osmar Dos Santos are

other contenders.

The 5,000 meters will be filled with battles among the 25 entrants. Former American record-holder Bob Kennedy will face off against former UCLA standout Mebrathom Keflezighi, who recently broke the 10,000-meter American record.

A large contingent of Kenyans will race in the Pre 5,000, led by meet record-holder Luke Kipkosgei.

Former Oregon runners Nick Rogers and Karl Keska will also compete. Some of their old Pacific-10 Conference competition will also race. Arizona grad Abdi Abdirahman and Stanford twins Brad and Brent Hauser are entered.

The winner of the 5,000 meters will be presented with the Prefontaine Trophy in honor of the late Oregon great Steve Prefontaine.

The meet begins at 11:45 a.m. Sunday and lasts until 2 p.m.

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with the pole vault and high jump competitions.

Draglia is the highlighted performer in the pole vault, but she will be joined by the Ukraine's Anzhela Balakhonova, ranked second in the world, and America's No. 2-ranked pole vaulter, Kellie Suttle.

The high jump competition features the world's best jumper, Sweden's Kajsa Bergqvist, and America's top leaper, Amy Acuff.

At 12:20 p.m., fans can turn their attention to the track for the 1,500-meter race. Last year's most dramatic finish, the 1,500 features Favor Hamilton and Poland's Lidia Chojeka. Last year, Favor Hamilton went down to the wire with Romanian Gabriela Szabo, and the American lost by a mere .06 seconds.

Shortly after the 1,500, Devers will take on a tough field in the 100 hurdles. The event's field includes the world's fourth-, fifth- and sixth-

ranked hurdlers.

At 12:53 p.m., the meet's biggest star will shine for the Hayward Field crowd. Marion Jones, who came close to winning an unprecedented five gold medals at last summer's Olympics, will race in the Pre 200 meters. The 200 was one of four gold medals that Jones won in Sydney.

The action doesn't end there. At 1:10 p.m., Runyan will face stiff competition in the 3,000 meters. At 1:30 p.m., Eugene native Maria Mutola, who won gold in the 800 in Sydney last summer, will race in that event.

More than just big-name track stars and tough-as-nails fields, the Prefontaine Classic legitimizes Eugene as Tracktown, U.S.A. Many track fans from around the country will descend on Eugene to see the meet.

The Prefontaine Classic is such a big-time event, it's hard to describe it with just a few words.

"It's going to be cool," Malone said.

Never mind.



Stretch Your Summer

Check Out the **SEPTEMBER EXPERIENCE PROGRAM**

September 4-14, 2001

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- Looking for a unique way to wrap up your summer?
- Enthusiastic about getting a jump on fall?
- Does \$550 for 5 credits sound like a deal to you?

If you answered "yes" to any of these questions you need to find out more about the September Experience Program. Through the September Experience Program, resident and nonresident students can take a morning course coupled with an afternoon workshop* for the low price of \$550. That's a total of up to 5 credits in nine days for just \$550! The University of Oregon's September Experience Program has the courses you need, the courses you want, and the courses you ought to be in. Courses offered are listed below:

Course No.	Course Title	Instructor	Credits	CRN	Grading Option	Time	Room
ASTR 121	The Solar System	Zimmerman	4	43314	Graded or P/NP	8:00-11:50	30 Pacific
ANTH 170	Introduction to Human Origins	Nelson	4	43312	Graded or P/NP	8:00-11:50	104 Condon
ANTH 314	Women and Culture I	Halberg	4	43313	Graded or P/NP	8:00-11:50	360 Condon
CHEM 199	Math Skills for Science	Svanevik	4	43315	P/NP	8:00-11:50	102 Deady
GEOG 206	Geography of Oregon	Baldwin	4	43316	Graded or P/NP	8:00-11:50	106 Condon
MATH 95	Intermediate Algebra	TBA	4	43317	Graded or P/NP	8:00-11:50	122 Esslinger
PS 207	Intro. Contemp. Political Theory	Wahlstrom	4	43318	Graded or P/NP	8:00-11:50	122 Grayson
SOC 301	American Society	Hunt	4	43319	Graded or P/NP	8:00-11:50	123 Grayson
WR 49	Developmental Composition	Mariner	3	43320	Graded or P/NP	8:00-11:50	184 PLC
EDLD 408	Leadership	DeGidio	1	43324	P/NP	13:30-14:20	203 Chapman
CPSY 199	College and Career Success	Wilsey	1	43322	P/NP	13:30-14:20	104 Condon
SAPP 199	Drinking Decisions	Mace	1-2	43323	P/NP	13:30-14:20	107 Esslinger
WR 199	Reading, Writing, Using the WWW	Cusack	1-2	43325	P/NP	13:30-14:20	184 PLC

*Enrollment in the afternoon workshops is optional

UNIVERSITY OF OREGON SUMMER SESSION SEPTEMBER EXPERIENCE

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