Cross Country

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keep working together."

The team's pack running strategy and the runners' compatible personalities aid in the success in the team, Holts said.

"We benefit from each other and learn from each other," he said. "Chasing down everyone together — it's more of an adrenaline rush."

The group is steadily preparing for the Western Regional Championships on Nov. 10. Smith's practice routine is the same as it has been since the first day of practice, and Lucas described the workouts as "business as usual."

Running with a mission

Bergquist, a fifth-year senior and the captain of the Oregon team, has scored in only one other race, a "B" squad race, this season for the men's cross country team. Last weekend at the conference championships he finished 11th overall and second on the Ducks' squad.

In his last year of eligibility, Bergquist has yet to make it to the NCAA Championships. Many people thought last year's squad should have received an invitation, but the Ducks were withheld from the race much to the disappointment of the runners.

"We benefit from each other and learn from each other."

Brett Holts
cross country runner

"Adam's whole career here he hasn't been able to make it to the show, or nationals, and last year we were denied, so he is on a mission to get there because it's his last chance." Holts said.

Waiting for Regionals

After a performance at the Pac-10 Championships that the women's team would like forget about, the Western Regional meet on Nov. 10 will provide the Ducks an opportunity to place a positive punctuation mark on the season.

Laura Harmon is off the antibiotics that she was taking for a kidney infection, which adversely affected her performance in the last two races. Everyone else, other than Tara Struyk, who has been out the entire season, is healthy. With Regionals still more than a week away, the harriers have plenty of time to think about the Pac-10 race. Junior and top runner on the team Carrie Zografos had what head coach Tom Heinonen described as "an off day" and said that she knows that she can run a better race.

"It would be easy to blame our performance on the temperature," said Heinonen, adding that he knows Washington State, whose runners also train in colder temperatures and weren't used to the heat of the Arizona desert, beat the Oregon runners by a margin of 55 points.

Football

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great confidence."

Holding the Cougars to 17 points also moved the Ducks scoring defense up a spot in the statistical rankings to No. 3 in the Pac-10, allowing 22.8 points per game. UCLA is No. 1 at 16.4 points per game.

In allowing Onterrio Smith to rush for a Oregon-record 285 yards and giving up 446 total yards on the ground, the Cougar defense moved from No. 1 against the run to No. 6. Prior to the Ducks' visit to the Palouse, Washington State had allowed just 93 yards per game on the ground.

The statistics, however, would be irrelevant if the Ducks had not prevented a potential second-straight fourth-quarter comeback. Down two touchdowns to start the fourth, the Cougars rolled up two scores in the final 10 minutes.

"We had some breakdowns defensively in the second half that were unfortunate, but we kept battling back and kept them out of the end zone," head coach Mike Bellotti said.



vs. Arizona State

WHEN: 7:15 p.m. Saturday
WHERE: Autzen Stadium
BROADCAST: Fox Sports Net

And with 1:36 left on the clock, Oregon punted the ball back to Washington State inside the Cougar 20-yard-line. Quarterback Jason Gesser drove the Cougs to the Oregon eight-yard-line to set up a potential overtime thriller.

But with two seconds remaining in the game, Oregon linebacker Wesly Mallard, covering Washington State's 6-foot-6 receiver Mike Bush, broke up a fade-pass into the corner of the end zone, securing the Oregon victory.

"I give a lot of credit to Wes Mallard," Bellotti said. "He did a great job.

So what's next for Mallard and

Pac-10 Football 1. Oregon 7-1 Washington St. 4-1 7-1 Washington 4-1 6-1 Stanford 4-1 5-1 5. UCLA 6-1 6. Oregon State 3-4 USC 3-5 8. Arizona State 1-3 4-3 9. Arizona 3-5 California

the Oregon defense? Try Arizona State, statistically the fourth-best offense in the conference. Not to mention Jeff Krohn, who has taken over Gesser's former title as the most efficient passer in the Pac-10.

Mallard, however, said the Ducks are more concerned about Sun Devil tailback Delvon Flowers, who is averaging 87 yards per game this season.

"We have the same game plan, which is to stop the run," Mallard said. "I think we showed (against Washington State) that we have the potential to be a good defensive team. We feel we can do that every week."

Soccer

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With UCLA falling in the national polls, Stanford jumped to No. 2 in the NSCAA poll and to No. 4 in the Soccer America poll. Stanford will need to get past UCLA to win the conference crown, though, as the two teams square off in the final game of the season in Palo Alto.

Fouling, Shooting, Saving

Oregon may be tied for last place in the Pac-10, but the Ducks lead the conference in a few areas.

For one, Oregon sure can foul. The Ducks pace the Pac-10 in yellow cards, with 16. The team ranks fifth in the conference in fouls per game, as they average 12.27 fouls per game.

Oregon sure can shoot, too. The Ducks average 19.67 shots per game, which ranks just behind UCLA (21.6 per game) for the conference lead.

Finally, Oregon sure can save legitimate scoring opportunities. The team ranks second in the conference with 5.2 saves per game. Junior goalkeeper Sarah Peters ranks third in the Pac-10 in saves and saves per game, and ranks eighth in the Pac-10 in shutouts.

Believe in Baysa

With three assists and a goal against the Arizona schools two weekends ago, Oregon senior forward Chalise Baysa moved into a virtual lock to be the team's points leader this season.

If she hangs on, Baysa will be the first Oregon player ever to lead the team in points in all of her four seasons in a Ducks uniform.

When Baysa was introduced over the loudspeaker at a ceremony honoring Oregon's seniors Sunday, the announcer said she was "perhaps the best Oregon player of all time."

Among Baysa's notable achievements: She is the school's all-time goals and points leader, she is the career leader in shots, she is the career leader in game-winning goals and she has missed only one start in four years.

