

Ducks running for the future

■ The Oregon cross country teams took different paths this season, but will return with much experience next year

By Chris Cabot
Oregon Daily Emerald

The goal throughout the season for the men's cross country team was to improve with every race, and the Ducks' 13th-place finish at the NCAA Championships is a clear sign of their progress.

Ranked 13th in the preseason coaches' poll, the Ducks dropped to 16th in the second week and then remained near 18th most of the season. They had moved up to 14th after the Western Regionals as they headed into the nationals, where they came up with a run that lived up to their expectations.

Senior captain Adam Bergquist, the only runner the Ducks will lose to graduation this year, was pleased with the team's finish.

"Throughout the whole season, as a team we felt like we improved basically each and every race, then at the highest level, at nationals, we performed as well as we wanted to," Bergquist said.

Redshirt freshman Ryan Andrus, who said he was disappointed with his own effort at nationals, said that because the team will only lose Bergquist, it will come back even stronger next year.

"I think the rest of the guys stepped it up, and the 13th-place finish was a great accomplishment for this team this year," Andrus said. "We can obviously move up from there in the next few years."

Both Bergquist and Andrus achieved one of the seven spots on the annual Pacific-10 Conference All-Academic team. Sophomore Erinn Gulbrandsen received one of the spots on the women's team. The Ducks also placed four men and four women on the honorable mention lists.

The men's team's NCAA invitation will be beneficial in the coming years. Six runners on the squad, including two freshmen, have national experience.

On the women's side, head coach Tom Heinonen had a sub-par season for his standards, going unranked throughout the fall. Heinonen has led 24 teams to national appearances in his 27 years as Oregon head coach, with 18 of those teams achieving top-10 status.

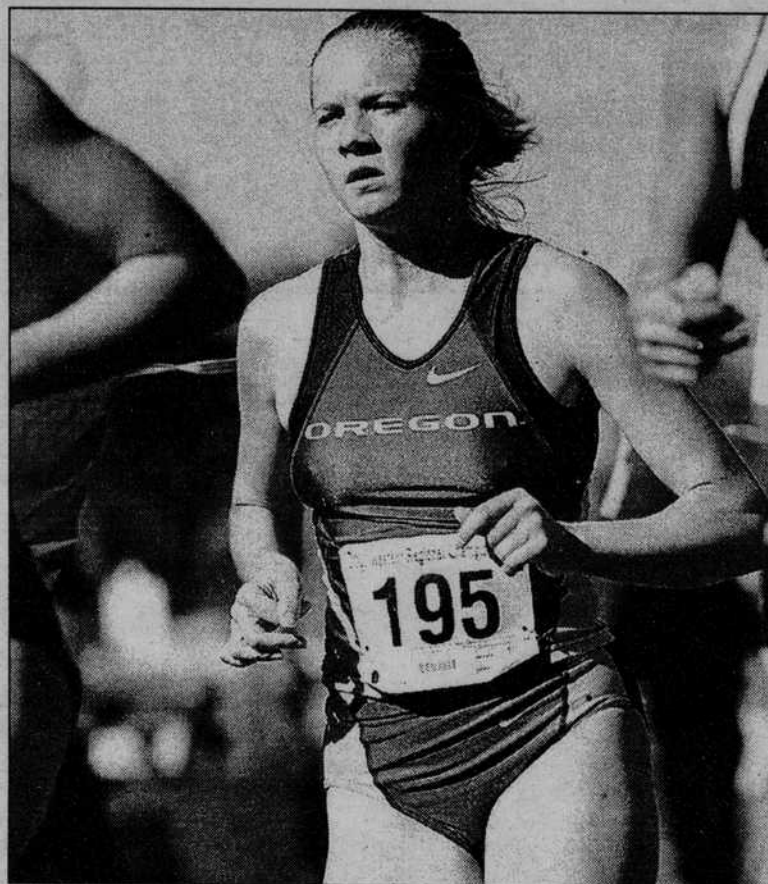
Many of Heinonen's runners were primarily middle distance track runners and had to make the adjustment to competing in longer distances.

Junior Carrie Zografos, who placed first for the Ducks in all but one of her five races, said the team used this season as a learning year for the spring's track season and next fall's cross country campaign.

"We were disappointed, but will find more success during track thanks to our experience with cross country," Zografos said. "Next year, we're going to mentally be a lot stronger."

All of Heinonen's runners will be back next year and be ready for another run at the national competition.

Emerald sports reporter Chris Cabot can be reached at chriscabot@dailyemerald.com.



Geoff Thurner Oregon Media Services

The Oregon women's cross country team returns all of its runners next year, including sophomore Laura Harmon, one of the team's top competitors.

Women's

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let a comfortable lead slip away. Texas Tech led Oregon State by 20 on Saturday with three minutes to play, but held off a late charge by the Beavers to win 64-60.

"We realize what happened to them at Oregon State on Saturday, so we knew if we kept fighting there would be a glimmer of hope for us," said Williams, who finished with 18 points and eight rebounds.

"I'm not going to say they're not that good ... but if that is the eighth-best team in the country, we're well on our way to where we want to be."

Oregon (2-3 overall) trailed 30-25 at the half, but Texas Tech (2-1) should've been up by more, considering the 14-3 advantage on the offensive glass in the first frame.

A 7-0 run by the Ducks early in the second half tied the game at 32.

Sophomore forward Cathrine Kraayeveld scored four straight points to give the Ducks a 48-47 lead with 9:51 to play, but the Lady Raiders promptly went on a 16-4 run to give them an 11-point advantage. The Ducks then answered with their run at the end of the game, which ultimately came up short.

"Throughout 40 minutes, we played great defense and executed the game plan very well," Smith said. "They were the eighth in the

nation ... I can't wait to play the ninth team."

Texas Tech forward Plenette Pierson controlled the inside game most of the game, posting 22 points and 12 rebounds, both game-highs. The Lady Raiders also held a 48-36 advantage on the boards.

"We knew we'd have to take control in the paint," Pierson said.

Curry and Williams, who scored a combined 43 points in a 75-63 win over Texas Christian on Satur-

day, finished the game with a combined 27 points Monday.

Of the four Texas Tech players who scored in double figures, forward Jolee Ayers was perhaps the most surprising.

"(Ayers) hit a couple shots that, in two tapes, we've never seen her take," Smith said. "That's the way they're going to have to beat us, and they certainly did."

Emerald sports editor Adam Jude can be reached at adamjude@dailyemerald.com.

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Horoscope by Linda C. Black

TODAY'S BIRTHDAY (Nov. 27) - You're smart, energetic and creative this year. You're not afraid to tell the truth, even when it's not popular. You can wait till the timing is right, however. Learn to do that in order to increase the impact of your words. A smart partner keeps you challenged and motivated. Your true love keeps you calm yet intensely on course. Make a difference!

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

ARIES (March 21-April 19) - Today is a 7 - What sort of opportunities are available? Want a job overseas? How about a semester of college in a foreign country? It's possible. If you already know how to do something that's needed, you might teach. It doesn't matter how old you are.

TAURUS (April 20-May 20) - Today is a 5 - The more you can get done now, the better. Not only will the sense of urgency fade, but you'll feel like a million bucks. You might even make that much by negotiating a sweet deal, though it would take a lot of experience. Even if you don't get that far, you're learning.

GEMINI (May 21-June 21) - Today is an 8 - You're getting bold. You're letting people know your opinion, and you know what you're talking about. You're helping them make wise choices and take action. If you don't know what you're talking about, do the homework fast.

CANCER (June 22-July 22) - Today is a 6 - There's plenty of work to keep you busy. You'd better pack a lunch. The person who's barking orders at you appreciates your thoughtful compliance. You're good at that, so it's no problem.

LEO (July 23-Aug. 22) - Today is an 8 - You're hot! But don't forget that you will be held accountable for your actions. You've known that all along. What you may not have known is that it will happen tomorrow.

VIRGO (Aug. 23-Sept. 22) - Today is a 6 - Still agitated about your domestic environment? Looks like time for a big change, but it won't happen overnight. Your nest may be disrupted through most of the end of the year. Get used to it.

LIBRA (Sept. 23-Oct. 22) - Today is a 7 - Consultations are necessary before you go shopping. Figure out what you need and what you can do without. You're not the only one with a list, so you'll have to compromise. Let it be someone else's turn to get the treat.

SCORPIO (Oct. 23-Nov. 21) - Today is a 6 - If you spend a little, you might make a lot. Just a couple of new tools could make a big difference. Don't be extravagant. Make a wise investment.

SAGITTARIUS (Nov. 22-Dec. 21) - Today is an 8 - The competition doesn't stand a chance against you. Don't get arrogant, though. The promises you make today will have to be kept tomorrow. Choose your words carefully.

CAPRICORN (Dec. 22-Jan. 19) - Today is a 5 - You're been thinking a lot, and there's more of that coming. Might as well plunk down in a comfortable chair and have at it. You'll feel more like doing something tomorrow.

AQUARIUS (Jan. 20-Feb. 18) - Today is an 8 - A friend of yours is in the spotlight now, but this reflects well on you. Your input was important to this person's success, as he or she well knows. Continue to provide support and advice. It's appreciated.

PISCES (Feb. 19-March 20) - Today is a 7 - Continue to pursue opportunities to better your condition. A raise could be your reward. Don't be shy about letting others know your accomplishments. They may already know more than you think. They've been watching.

095 PERSONALS

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♥ Jenn & Annie

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Deadline to apply is 12 noon Thursday, November 29th.

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