

Tuesday, April 22, 2003

Oregon tries to clinch winning season

The Ducks host their last non-conference games of the season with a doubleheader against Nevada today at Howe Field

Softball

Mindi Rice
Sports Reporter

Oregon can clinch its first winning season since 2000 with a win in either game of today's 3 p.m. doubleheader against Nevada.

If the No. 20 Ducks earn the winning season, head coach Kathy Arendsen will be only the second Duck coach since at least 1986 to lead Oregon to a winning record in her first season.

Arendsen is confident that her Ducks can help themselves earn that winning season.

"Our magic number sits at one," Arendsen said. "We want to clinch our winning record tomorrow in the first game, and start working toward really giving the committee no choice but to involve us in the postseason when we start winning that second game."

Nevada has welcomed back its softball program to Reno after a 13-year hiatus. The Wolfpack is 20-27 this season in the Western Athletic Conference.

"Reno's a good ballclub," Arendsen said. "They're going to come out here and they're going to battle."

"They've got everything to gain. They're kind of like we are in some of the (Pacific-10 Conference) games — everything to gain and nothing to lose because they're not expected to win, but those are the most dangerous teams. Just like



Adam Amato Emerald

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Amber Hutchison (11) and the Ducks take a break from Pac-10 play to face Nevada in a doubleheader today. One win will ensure a .500 season for the Ducks.

Zografos runs back to track

The cross country star will race on Saturday for the first time since fall term, making her debut in the 5,000

Women's track notes

Jesse Thomas
Sports Reporter

Carrie Zografos runs one of the wettest, wildest and hardest races on the track.

Not only does the redshirt senior run seven and a half laps around, but she has to clear four barriers set at 33 inches high during every lap. And the most interesting part of the steeplechase is the water pit athletes jump into on the end of the back stretch.

"The water pit is pretty hard and a pretty brutal impact on your body," Zografos said. "It's a different kind of endurance and being controlled. It's hard."

The Portland native owns Oregon's best-ever time in the 3,000-meter steeplechase at 10 minutes and 42 seconds, which she set in 2002.

Zografos is finally getting to the injury-free point after an overuse hip injury, which hasn't allowed her to race outdoors this season. The cross country star will race for the first time on Saturday at the Oregon Invitational in the 5,000 meters.

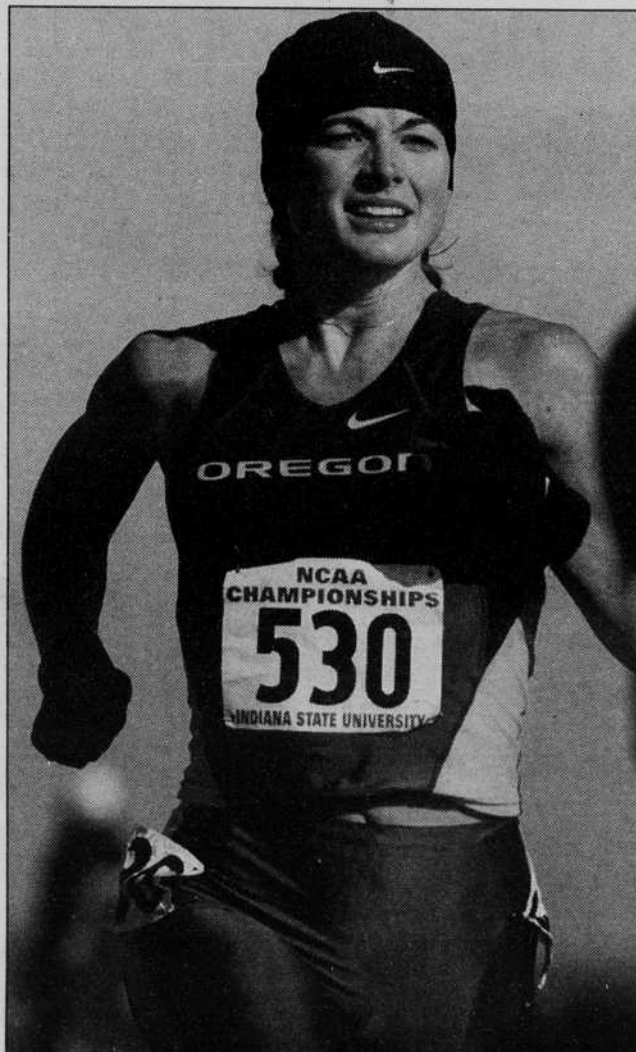
"My endurance training has been OK and I'm just going to try and salvage the season," Zografos said.

It will be the first race for Zografos since the NCAA Cross Country Championships in the fall, where she finished 33rd in 20:32.

Zografos emerged as the team's fastest runner in her final season and fellow teammate Magdalena Sandoval thinks she is underestimating herself for this weekend.

"She will surprise herself and her training has been more adequate than she probably gives herself credit for," Sandoval said. "She's driven, she wants to race, she wants to do really well and that's what she expects from herself."

Zografos' distance-running days began in her sophomore year at Colorado, her first college. The Central Catholic graduate was a sprinter in her younger days, but in college, transitioned to longer distances.



Geoff Thumer Oregon Media Services

Carrie Zografos had success in cross country, and she'll try to translate that success to the track for the first time this season on Saturday.

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Men's volleyball learns from UO's ex-varsity women

The men's Club Volleyball team found success when Lindsay Closs and Sydney Chute started roaming the sidelines after both players left the UO women's squad

Club Sports Tuesday

Jon Roetman
Sports Freelancer

A year after finishing 52nd at its national tournament, the men's Oregon Club Volleyball Team started taking advice from coaches who know a thing or two about the sport.

Smart thinking.

Behind the tutelage of ex-Oregon volleyball players Lindsay Closs and Sydney Chute, the Ducks improved to a 25th place finish at this year's National Intramural-Recreational Sports Association Tournament.

"We improved 180 degrees," junior club Coordinator Levi McClain said. "We came together as a team and started to trust each other on the court."

McClain said having coaches like Closs and Chute, who have competed at the varsity level, share their knowledge with the team improved the Ducks immensely.

"We really value their insight to competitive college volleyball," McClain said. "Their experience boosted overall team morale."

Closs said coaching the men, rather than playing, had its advantages and its challenges.

"You get to have fun when you travel instead of resting," Closs said. "You're giving information instead of receiving it, but it's hard being a girl coaching guys."

One challenge Closs faced was the difference between men's and women's volleyball. The main difference is the pace of the

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