

## SPORTS

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Best bet  
San Diego at Atlanta  
4:30 p.m. Tuesday, TBS

Tuesday, August 12, 2003



Jesse Thomas  
Go the distance

## Running until he's hauled off the track

When Max Springer stepped onto Hayward Field Friday afternoon in his old-school New Balance shoes, calf-high tan socks, white T-shirt and neon orange running hat, he was ready for his 400-meter race.

Just prior to the race, the men's 40-year-old 1,500 meter preliminaries had finished. And although Springer had already fought in the days of World War II before those men were born, he toed the second lane, awaiting the gun.

His stride shorter than Tim Montgomery and his explosiveness off the line toned down compared to Marion Jones, Springer crossed the finish line through the crowd's applause in a time of 1 minute 52 seconds.

"That's pretty bad," Springer said of his race at the U.S. National Masters Championships. "I would have considered 1:45 very good for me today, but 1:52 is acceptable."

Keep in mind, Springer is 89 years old.

And that was just one of his races in the four-day event that took place at Hayward Field this past weekend. Springer also raced in the 200 meters (45.83), 800 meters (4:37.66) and 1,500 meters (10:02.95).

Springer has been competing on the Masters circuit for nearly 15 years and only began the sport of track and field at age 64. He was slightly out of shape and looking for something to stay active, and now has been walking or running three miles every other day for two and a half decades.

So what keeps an 89-year-old man going year after year?

"The real benefit is to feel better," he said. "Most 89-year-olds sit on the couch and watch television, if they're around."

Not only that, but he credits it to his healthy lifestyle.

"I never smoked," Springer said. "If you want to guarantee you won't live to be 89, just smoke. And that will also guarantee you can't run."

Springer has accomplished a lot in the latter part of his life. As he sits beside a fellow competitor, 86-year-old Les Leyland, Springer tells of being world champion in the 800 meters at age 85.

"That was the high point of my life," he said.

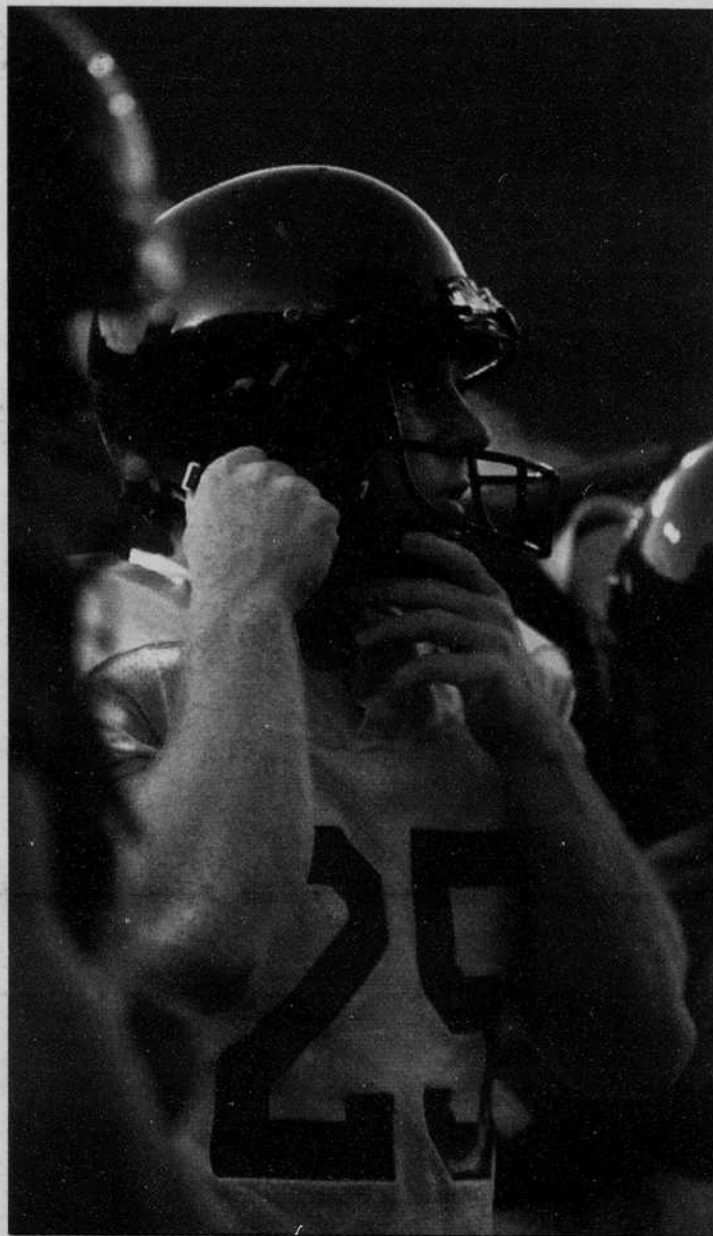
Just last month, Springer finished third in the World Championships in Puerto Rico, but became World Champion in the long jump and triple jump.

Springer is not a big man and never did sports like baseball or football in his younger days. But while at the University of Missouri in 1934, Springer was a member of his college rifle team, which finished as national champions.

Born in 1913, Springer would occasionally run five miles to high school, but his real running days didn't begin until the army, where he served four years — two of

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## Siegel's sequel



Jessica Waters Emerald

Place-kicker Jared Siegel was nominated to be on the Lou Groza Award watch list.

The junior place-kicker looks to improve upon last season's success and is again nominated for the Lou Groza Award

By Jesse Thomas  
Sports Editor

For junior Jared Siegel, the search continues:

The search for the perfect form, the longest possible kick and the chance to be crowned as the nation's top place-kicker.

"In ideal weather conditions, being optimistic, I could probably hit (from) 65 (yards) if there's a breeze," Siegel said. "It's a matter of opportunity and conditions."

The Sacramento, Calif., native will be watched for leadership by his teammates in the upcoming season. The nation will watch him, too, as Siegel was recently placed — for the second straight year — among a list of players to watch for this year's honor as the nation's top collegiate place-kicker.

It should be no surprise for Siegel after being a finalist last year. Yet each of the three finalists from 2002 return, now among the 30 preliminary candidates for the 12th annual award.

The Jesuit High School graduate is one of four players from the Pacific-10 Conference to be added to the watch list for the Lou Groza Collegiate Place-Kicking Award, presented by the FedEx Orange Bowl.

"Being nominated and added to the watch list is recognizing your season before and acknowledging that you had a successful season," Siegel said. "The nomination itself is an honor and I'm grateful to receive the recognition. There's a lot that has to occur between Mississippi (State) and Oregon State before any real consideration to occur."

The next three months will prove whether Siegel can make the cut as one of three finalists who will travel to West Palm Beach, Fla., on Dec. 9. Siegel, who earned first-team all-conference accolades a year ago after hitting 20 of 24 field goals and 49-50 PATs, is joined on the watch list by last year's winner Nate Kaeding of Iowa, as well as fellow finalist Mike Nugent of Ohio State.

Oregon strength and conditioning coach Jim Radcliffe has seen significant improvements in the off-season for Siegel, both in the weight room and in overall power, which should help to secure another solid year.

"He's always been an animal in training and he's improved in every area," Radcliffe said. "He's improved in his power clean probably 25 or 30 pounds. It shows and he knows it too, because he says, 'You know, I have so much more power than when I first got here.' He's got to apply it to the field every Saturday now."

After Jose Arroyo's departure, Siegel will have to apply more than just his strength on the field this season as he is the Ducks' sole veteran kicker.

"We all pretty much look up to him because he's the only one that's been experiencing the games," freshman Paul Martinez said.

Radcliffe sees Siegel in needing to take up that role and show the younger players a solid work ethic and how to be an all-

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## Eugene gets revenge against Spokane

The Eugene Emeralds finally take control in a 4-1 win against Spokane, now head to Everett

By Jesse Thomas  
Sports Editor

Left hander Sean Thompson took it personally Monday night in the Eugene Emeralds' 4-1 victory against Spokane.

In his first start against Spokane this season, Thompson was determined to not let the Ems lose their third game in a row and fourth of the series. So Thompson (5-1) left the first two batters looking en route to nine strikeouts in his five innings pitched.

"I knew each one of the hitters and I knew what they did," Thompson said. "I was up there with a point to get back at them and a point to know that these guys are not unbeatable."

Thompson didn't allow Spokane its first hit until the fourth inning where the Ems had already jumped out to an early 3-0 lead.

Third baseman Billy Hogan gave the Ems the spark they needed in the bottom of the second after hitting one over the left wall for a home run. Hogan had previously only hit .200 against Spokane, and although it was his only hit of the

night, it was one Eugene needed.

"Whoever scores first and scores early always has an advantage," Manager Roy Howell said. "You get on the board early and that puts pressure on other guys, then you pressure their defense."

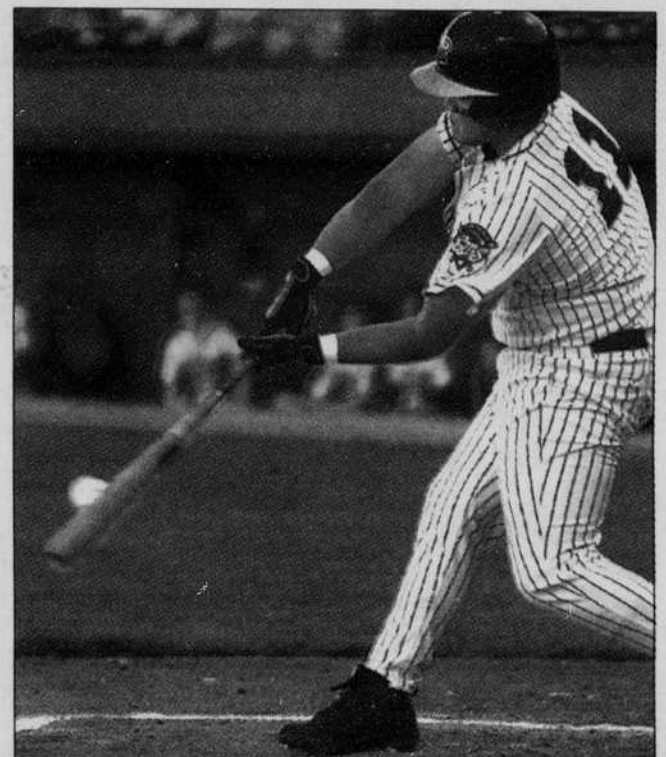
The Ems did just that as Thompson struck out two more batters in the third before Eugene put two more on the board. After left fielder Brian Wahlbrink bunted, second baseman Peeter Ramos drove one to center that turned out to be a double after Spokane center fielder Adam Bourassa bobbled the ball.

First baseman Fernando Valenzuela came up next and left his shot tainting the right field line as the ball barely stayed fair, along with scoring Wahlbrink and Ramos. Valenzuela had one of Eugene's 10 hits on the night, as opposed to Spokane's two.

After Thompson had no trouble ending the fourth with three strikeouts, Eugene would score its final run in the bottom of the fourth to secure the victory, moving one game closer to .500 at 26-27.

"Sean's a tremendous competitor, that's his plus," Howell said. "Obviously, he's got a good arm and he's got good stuff. He threw well; good changeup

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Jessica Waters Emerald

First baseman Fernando Valenzuela hit a line drive up the right field line in the third inning to score two runs and give the Ems a 3-0 lead.