



Geoff Thurner | Oregon Media Services

Ryan Andrus, seen here last season, helped Oregon finish fifth at the NCAAs and finished 34th overall, giving him All-American status.

## ■ Duck cross country

# In the long run

*Senior Ryan Andrus wraps up his career after a two-year hiatus for his mission*

BY BEAU ESTES  
FREELANCE SPORTS REPORTER

Ryan Andrus is old school in every sense of the term.

"He's the strong silent type," freshman J.K. Withers said. "He leads by example. After he won (the Stanford Invitational 4K) he wasn't looking for any sunshine, he just went about his business."

Withers then laughed and said, "We do all call him a senior citizen, though."

At 25, Andrus is six or seven years older than most of his teammates on a very young Duck cross country team. After dominating the Utah prep scene at Mountain View High School in Orem, Andrus accepted a scholarship in 1997 from then-Wisconsin cross country coach Martin Smith.

"Coach Smith and I go back a long way," Andrus

said, recalling that Smith began recruiting him sometime in 1996, the same time freshmen Withers and Chris Winter were finishing up the fourth grade.

Andrus ran track for the Badgers during the 1997-98 academic year, then took a sabbatical from athletics to perform a two-year mission trip in Tampico, Mexico for The Church of Jesus Christ of Latter Day Saints.

"The mission was one of my hardest and best times of my life," Andrus said. "Being immersed in a life of service was very rewarding. I wouldn't be the same person I am without those two years."

Andrus returned to the United States energized but unsure of where he would resume his collegiate running. The summer before Andrus left for Mexico, Smith had been hired to

take over the legendary cross country and track and field programs at Oregon. Andrus, who decided not to worry about where he would end up until after his mission, decided to follow Smith out west upon returning.

"It was pretty clear to me I wanted to continue a relationship with Martin Smith as a coach and continue to develop with him," Andrus said.

After two years of service in Mexico, Andrus enrolled at Oregon in January of 2001.

The decision paid off. Andrus immediately cracked the varsity cross country squad in the fall of 2001, consistently scoring for the Ducks in his first collegiate cross country season (Andrus redshirted the 1997 harrier season with a stress fracture in his leg). Andrus' outstanding rookie year in Eugene continued as he was also a Pacific-10 Conference qualifier in the 1500 meters.

Andrus' excellence then began to show in his second

season in the Willamette Valley. In the fall, he helped the Ducks to a fifth-place finish at the NCAA meet, finishing 34th overall, good for All-American status. In track, Andrus finished 13th at the national meet in the 10K, one spot short of his second All-American award for the year.

Andrus' third season in the Northwest led to another All-American award (indoor track, 5000) and a spot in the Oregon record book by recording the eighth-fastest outdoor time in the 10,000 by a Duck. These feats, along with helping lead the Duck harriers to a top-25 finish at the NCAA meet, helped prepare Andrus for possibly his greatest challenge: leading an extremely young Oregon squad through possibly the country's toughest regional meet.

"We have a very young team," Andrus said. "Realistically, a team goal is to get to nationals and have that as

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## ■ Duck soccer

# Offensive struggles continue for Ducks

*The women's soccer team has been outscored 29-10 in 12 games so far this season*

BY BRIAN SMITH  
SPORTS REPORTER

A lack of offense has been one of the main factors throughout the Ducks unexpected 3-8-1 season. Despite their recent three-goal output against Wyoming, the Ducks have only managed seven goals over their 12 other contests.

"There have been a couple of things," Oregon head coach Bill Steffen said of the team's lack of offense. "One is bad luck; we've had a number of balls hit the crossbar. Second, our confidence is affected because of it. Third, our lineup has shifted because of all the injuries. Because of that, we have players trying different things and playing in different areas."

Only once have the Ducks equaled the season-high output of three goals: an overtime victory against Weber State, while scoring two goals once and a single goal twice. In total, Oregon has been outscored 29-10 on the season.

Oregon has been shutout seven times already this season, equating the number of times the Ducks were shutout in all of 2003.

The Ducks rank last in nearly every

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## ■ Women's basketball

# Oregon optimistic about 2004-05 season

*The women's basketball team lost only one player from last season and returns Cathrine Kraayeveld*

BY STEPHEN MILLER & BRIAN SMITH  
SPORTS REPORTERS

The Oregon women's basketball team walked onto McArthur Court for media day on Wednesday dressed in lighting yellow and ready to compete with some highly skilled programs across the nation.

The Ducks finished with a 14-15 overall record last season. They defeated No. 9 LSU early in the year and No. 10 Stanford at the end of 2003. Both victories came at Mac Court.

Oregon head coach Bev Smith emphasized that her team is a "dynamic group, a diverse group, and very determined this year."

The lineup includes five seniors and three juniors. Three of the four returning starters for the Ducks are seniors.

"This year you can see that we have great depth," Smith said. "Not only do we have numbers at each and every position, but we're a year older and we have some experience at each position ... I think that's going to allow us to weather a lot of the storms that teams go through each year."

Redshirt senior forward Cathrine Kraayeveld has returned with the same mentality and enthusiasm she has carried throughout her extended career.

"I think our whole team is excited just to get back," Kraayeveld said. "We only graduated one girl so we got a lot of experience back."

Last year, the 6-foot-4 Kraayeveld was sidelined after she tore the anterior cruciate ligament in her right knee during practice. The Pacific-10 Conference granted her a medical hardship after she was limited to five games.

"I'm just excited to get this extra year back and play a full season," Kraayeveld said, "I don't really see anything different than I did



Nicole Barker | Photographer

Oregon head coach Bev Smith introduced the 2004 women's basketball team during Media Day at McArthur Court on Wednesday afternoon. The Ducks lost only one player from last year's roster.

coming into last year. All I can do is hope for the best."

Springfield native Chelsea Wagner is back at full-strength and anticipating a successful season for the Ducks. The junior shooting guard sat out injured for the first two games last year but finished second on the team in three-point field goals made with 39.

"Things are feeling really good - (the team is) healthy," Wagner said as she knocked on the hardwood court. "We're feeling ahead of where we were last year at about this time."

This summer, Oregon traveled to the South Pacific for the 2004 Tour "Down Under" in Australia where it polished up against four regional teams. The Ducks finished 3-1 on the 12-day trip.

"This year, I think one of our focuses for this

team is that we are just trying to become a consistent team," Smith said. "We got a lot of things done ... on and off the court in terms of chemistry and communication."

Kraayeveld explained that every member of the team saw significant playing time during the tour and gained a lot of experience.

"It was just a good chance for us to play different teams from a different country," she said.

The Ducks are eager to see if the time spent in Australia translates to an advantage over their opponents.

Oregon's first challenger will be Western Oregon for an exhibition game on Nov. 5 at Mac Court.

stephenmiller@dailyemerald.com  
briansmith@dailyemerald.com