

*"I didn't play much defense in high school because you can relax on the other end of the court and still get your 30 points."*

BRYCE TAYLOR | Oregon guard

■ Outdoor recreation

## Running for his Life

*Veteran runner Joe Henderson is utilizing his expertise to write books and columns on the sport as well as train other runners*

BY ASHLEY GRIFFIN  
OUTDOOR RECREATION REPORTER

Some people see running as a chore, while others use it to burn off their latest caloric indulgence. For veteran runner, sports writer and marathoner Joe Henderson, running has become something more — a necessity.

"For the last 25 years, it's been the first thing

I've done in the morning," Henderson said. "Not running would be like not brushing my teeth or not eating breakfast."

Henderson's running career started by default. As a young man, he wanted to play attention-grabbing glamour sports, and tried them all. He didn't run until his freshman year in high school, despite the fact that he came from a family of

collegiate runners.

Henderson started running and competing in the first week of his career. As a freshman, he qualified for the state track and field meet, and after high school he accepted a four-year athletic scholarship to Drake in Des Moines, Iowa.

Henderson said he learned quickly that his personality was more suited to the solo sport of running than contact sports where athletes "knock heads" with one another.

"In running, it's you against yourself, the clock and the elements," he said.

Now, 47 years after his first race, Henderson's pace is still going strong. He has run more than 700 races and finished 48 marathons.

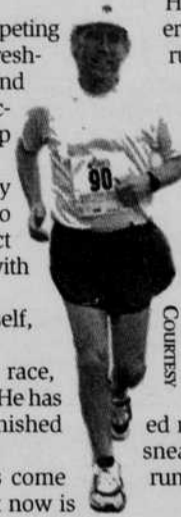
"I've seen generations of runners come and go. The thing I'm proud of most now is having had all these years (of running)," he said.

Henderson's favorite local run is at Alton Baker Park along Pre's Trail. He estimated he has run there at least 1,000 times.

His favorite race is the Boston Marathon.

"I like the Boston Marathon because it's Boston. It's the most historic marathon in the world and not just one anyone can run. You have to qualify," he said, modestly mentioning that he's a four-time finisher.

For the last five years, Henderson has also taught running at the University. He's challenged the school's running elite and novice newcomers in his Jog-Run, 5K and 10K training classes that meet twice a week, early in the morning. For the dedicated runners who wake in time to lace up their sneakers, the class can greatly improve their running abilities.



COURTESY

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■ Men's lacrosse

## Men's Club lacrosse splits two-game homestand

*The Ducks ended a six-year losing streak against Chico State before falling to Simon Fraser*

BY LUKE ANDREWS  
DAILY EMERALD FREELANCE REPORTER

This weekend marked two key games for the Oregon men's Club lacrosse team.

The eighth-ranked Ducks attempted to break a six-year losing streak against Chico State on Friday and battled Simon Fraser on Sunday, a rematch of last year's championship game.

After shellacking Pacific Lutheran 23-3 to begin the season, the Ducks knew this weekend would prove to be a better indicator of needed improvements.

"We knew coming into this weekend that we were not playing a team like Pacific Lutheran," team coordinator Justin Cooley said. "We knew we had to play at our full potential to win."

Friday Oregon hosted Chico State, a team it had not beaten in six years. The Ducks started quickly by taking a 3-0 lead, but the Bulldogs settled down and responded to tie the game at five after two quarters.

The lead changed hands several times, but seven Oregon goals in the final two quarters were too much for the Bulldogs to overcome as the Ducks clinched the 11-10 victory.

The Ducks' ability to contain Chico State's Dan Yob in the second half was a key factor. Yob finished the game with five of the Bulldogs' 10 goals. He also had one assist.

Oregon midfielder Julian Coffman had two goals and two assists, and Chris Nelson and Alex Parker also pitched in two goals for the Ducks.

"The curse of the Bulldog has been broken," Oregon head coach Josh Barbour said after Friday's victory. "I am thrilled to have that monkey off our back."

The win gave Oregon a 2-0 record heading into Sunday's A Division opener against Simon Fraser. It was in search of revenge after the Ducks defeated Simon Fraser 19-9 in last season's Pacific Northwest Collegiate



A trio of Oregon Club lacrosse players chases junior midfielder Daniel Weber in the Ducks' 7-5 loss to Simon Fraser on Sunday in Eugene.

TIM BOBOSKY | PHOTOGRAPHER

Lacrosse League's championship game.

"Simon Fraser has turned into a huge rivalry for us," Barbour said. "We knew they were not push-overs, and we knew we were not going to beat them by 10 goals like we did last year."

Simon Fraser started the game strong with two early goals and managed a 5-2 lead at halftime.

The Clan added another goal in the third to take a 6-2 advantage. Oregon stormed back, however, scoring three goals in the fourth, but the Ducks eventually fell 7-5, suffering their

first loss of the season.

"I thought we played better team defense against (Simon Fraser)," Barbour said. "Unfortunately, the ball was not dropping for us, and we were not able to finish."

Oregon managed an impressive 57 shots on goal, but Simon Fraser goalie Aaron Pascas had 27 saves to preserve the victory for the Clan. In addition to Pascas, Mike Christians gave the Ducks trouble. He accounted for five of the Simon Fraser's seven goals.

For Oregon, Danny Ernst had an assist and

tossed in two goals.

"This game shows that we have a lot to work on if we want to be one of the elite teams," Barbour said. "It let us know where we stand. We did a lot of things well, but we have a long way to go."

The Ducks take on Gonzaga and Washington State this weekend in Spokane and Pullman, Wash.

"The good news is that this loss came early in the season and really gives us motivation to get better," Barbour said.

### IN BRIEF

#### Skipper finishes second at national indoor event

Sophomore pole vaulter Tommy Skipper took home the silver at the USA Indoor Championships on Sunday, finishing behind former Washington vaulter Brad Walker. Walker, ranked second in the country heading into the event, cleared 18 feet 6 1/2 inches, besting Skipper's top mark of 18-2 1/2. Walker, now competing for Nike, and Skipper met in the NCAA Indoor Championships last March. Walker topped Skipper in that meet as well, earning his second

NCAA Indoor championship.

Skipper entered the event as the top-ranked collegian and tied for fifth overall in the country with 2004 Olympic silver medalist Toby Stevenson.

At the Mountain Pacific Sports Federation Championships, junior Eric Mitchum, a returning Indoor All-American, won the 60-meter hurdles with a time of 7.81 seconds. Mitchum, who entered the Seattle meet with the nation's fifth-fastest time, was .11 seconds off the NCAA automatic qualifying mark.

Sixty-meter sprinter Richard Del Rincon also won dash events for Oregon. The junior transfer finished the Sunday final with a 6.74 sprint, narrowly edging out Washington State's

James McSwain (6.74). Del Rincon needs to run a 6.71 to break into the nation's top 20 times.

Finally, the Ducks' 4x400-meter relay team, Travis Anderson, Kedar Inico, A.K. Ikwuakor and Matt Scherer, blazed to a season-best 3 minutes, 6.08 seconds time en route to a first-place finish. The Duck sprint team beat runner-up Washington by almost a full second (.98) and climbed into the national rankings (eighth).

— Beau Eastes

#### Men's golf finishes last at Ashcroft Collegiate

A sloppy final round at the Ashcroft Collegiate Invitational left the Oregon

men's golf team in last place of 15 teams with a total score of 921 after the three-round event. Junior Justin St. Claire led the Ducks in the final round with a 1-over 72. However, his combined score of 228 left him in a tie for 52nd place with teammate Matt Ma, who only managed an 83 in the final round after solid first- and second-round scores of 73 and 72.

No. 23 Tennessee (852) took home the team title, but had to endure a late run made by No. 10 Brigham Young, which came up short of the Volunteers by two strokes. The Cougars finished with an 854 followed by host No. 8 Southern California (861), Georgia Southern (865), California (870) and Washington (878). The

Ducks finished the tournament nine shots back of 14th-place finisher Washington State (912).

Oregon's final-round score of 305 at the 6,742-yard, par-71 North Ranch Country Club came by way of the Ducks carding individual scores no less than 72. Sophomore Eric Hastings recorded an 82 to finish in a tie for 72nd. Freshmen Joey Benedetti and Derek Sipe finished 74th and 80th.

Aron Price (203) of Georgia Southern shot a final-round 1-under 72 to grab the individual title. He defeated Ross McGowan (208) of Tennessee.

The Ducks take the links March 21 when they host the Oregon Duck Invitational in Eugene.

— Scott J. Adams