

Nugen stumbles onto the decathlon; now it's his

Breyne Print
Nugen, a second-year man at the College has a lot of "flack" about like Bruce Jenner, the decathlon winner. The thing is that Nugen is to Jenner.
Nugen's goals are much the Jenner's were. And, get Nugen eats his Wheaties morning for breakfast.
Nugen is my hero. You have him a lot of credit," said. "He had to score points in some events to win
was the first decathlete at the College to go to National and this year I'm going
My best performance, points at Blue Mountain, in about tenth place in standings from last year's he said.
feel like it's there," Nugen and so does Les (Tipton, track coach). I'm not going compete at Regionals and going to try and relax of Nationals."
Nugen will travel straight to and have a lay-over before going to Champaign, of the meet.
ten decathlon events in the long jump, pole vault, jump, high hurdles, discus, 1,500 meters, 100 meter put and 400 meters.

"I have averaged six hours a day on workouts since January and before that I got in at least three or five hours. My main problem is getting a coach out there. It seems like I spend a lot of time out there by myself," he said.

"Putting in more mileage has really helped with my running. I ran cross country this year and it really picked up my wind in the 400 and 1,500-meter races," he said. "Now, I need to work on my style."

"I think if I had a six-hour a day coach I could make it to the 1980 Olympics. If I can't have one I'll just have to make do. There's only room for improvement," Nugen said.

Nugen first got into track in high school competing mainly in the long jump, pole vault, javelin, and high hurdles. Former head track coach, Buck Monroe first talked to Nugen about competing in the decathlon.

"He asked me if I'd like to compete in the decathlon meet at Linfield last year. I had three weeks to prepare so I worked on the events that I had never done before, which was almost all of them," he said. "I missed qualifying at that competition by 200 points. I knew I could do better if I worked on it. Three weeks later at Pendleton I did qualify."

"My family isn't into a lot of sports," Nugen said. "They always wish me luck, and my mom holds dinner for me while my dad watches to make sure I get enough rest and everything."

"I have to search out the equipment I want to use when I

go to practice. Nobody really does anything for me. If I'm there the coach takes it from there. But, I have to make the effort," he said.

"The team gives me a lot of support. At Blue Mountain a couple of the guys came down and it really helped me. I hope they are there at Nationals," he said.

Nugen has been contacted by a coach from Willamette University, Salem, but is leaning toward a mid-Western school such as Arizona. According to Nugen he has lived there previously and his best friend of ten years still does.

"Most of the schools just send one or two guys to the major meets. A school that is strong in the decathlon could actually be a hinderance because of that," Nugen said.

"I'm not really outstanding in any one thing but I do them

all pretty well. Experience rules all," Nugen said. "I'm basing what's going to happen to me in the next few years on potential."

"Last year I finished 21st at Regionals but I worked out really hard right before the meet," he said, "and it really hurt me."

"The decathlon standards have increased but I think that I could be the first junior college athlete over 7,000 points. I still have a few cobwebs to sweep out but I know that I can do it."



The long jump is one of Nugen's specialties because he has been competing in that event since high school.



Nugen, a second year athlete at Clackamas, is pre-paring to compete at the National meet in Champaign, Ill. Here, he throws the javelin, one of the ten decathlon events.

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