

Internal motivation urges Reynolds on

By Kelly Laughlin
Of The Print

The first one-member team in the history of women's cross country, freshman Nancy Reynolds has made a fine showing under the direction of new Coach Marilyn Linsenmeyer.

Last Saturday at the Clackamas Community College Classic at McIver Park, Reynolds breezed by 61 high

school, community college, and university women to second place behind Caroline Walker, an unattached university runner. Reynolds had a personal best in the three-mile course tacking on a 18:1 time.

In pre-season competition, the Illinois Valley graduate showed 15th in a pack of 169 striders at the Gary Franklin Memorial in Eugene. Several top-seeded runners from Montana and Oregon State Univer-

sity were there to finish two slots ahead of her, as well as high school participants of whom only few came in the top 100. Reynolds had easy going at the Peer Park Invitational, placing first among University of Oregon J.V.-ers, some high schools and community colleges, amounting to 22 entrants.

Without the support of, say a dozen teammates, Reynolds has to rely on what Linsenmeyer terms "internal motivation." It kind of hurts not to have any teammates. The one-to-one contact I give her, the way I push her and such, sometimes it gets kind of old," Linsenmeyer said.

One way Reynolds has dealt with her solitary membership on the team is by building a close personal friendship with Coach Linsenmeyer. Linsenmeyer, an Oklahoma State University graduate and 1976

Olympic pentathlon qualifier, is "trying to keep Reynolds hungry," she said, but at the same time gearing her training schedule to the way the freshman feels. "There's really no set number of miles she runs everyday, it depends a lot on how she feels. We do all the speed work on the track, and hill conditioning on the cross country course, but there are days that she simply doesn't feel very well. Other times she could do a lot more work than we actually do. Through the training, though, I want her motivation to flourish," she added.

"I also work out with the members of the men's cross country team," Reynolds said. Running alongside men, Reynolds finds herself working much harder to keep up. "When I'm running with the girls, I feel like I can do



Nancy Reynolds

nearly anything they can do, and usually put out about a 60 percent effort. Against the guys, though, I give about 80 percent, but at the same time, I still miss regular teammates," she said.

Reynolds, however, is somewhat used to the experience of competing in a team sport on an individual basis. In high school she ran her own for three years. Only in her freshman year was she given the privilege of teammates and a state title. Reynold's handicap of virtually no female counterparts will, more than likely, work to her advantage, if her self-motivating efforts continue. With one-to-one training provided by Linsenmeyer, and a lot of guts, "I can win at nationals," Reynold's said. "I feel it's a realistic goal, since I have such a good friend as a coach. She works me as hard as any male coach I've had. The way it is, her goals are as high as my own." The freshman's four to five mile jaunt every morning on Beaver Creek Road at 6 a.m. may be a solitary effort, but Reynolds isn't running alone.

Intramurals

The fall intramural sports program will get underway next week with both flag football and tennis slated. Competition will be held on Tuesdays and Thursdays from 11 to 1 p.m. and teams competing should check the intramural schedule in Randall for their team's specific playing time.

In other intramural news, Intramural Coordinator Loren Swivel will be meeting with Student Activities Counselor, Debbie Baker and former bowling coach Sev Harkson regarding the addition of bowling to the Intramural Program.

Bowling is being considered for the program after the school team was dropped due to lack of participation.

Clackamas Community College

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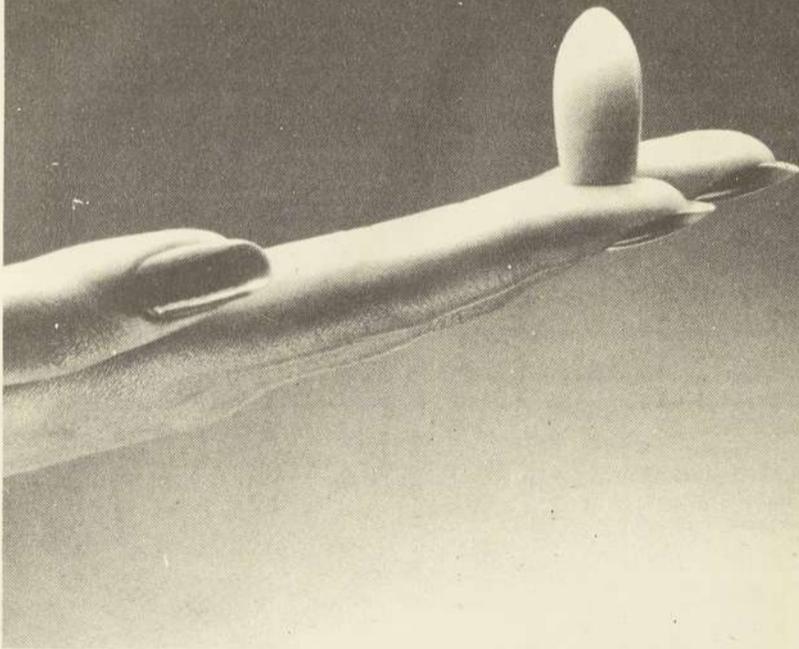
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a*	13.24	18.11	-4.34	-13.80	9.82	-33.43	34.26	11.81	48.55	-0.40	0.60	-0.75	-1.06	1.19
b*	15.07	16.72	-22.29	22.85	-24.49	-0.35	59.60	-46.07	18.51	1.13	0.23	0.21	0.43	0.28
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