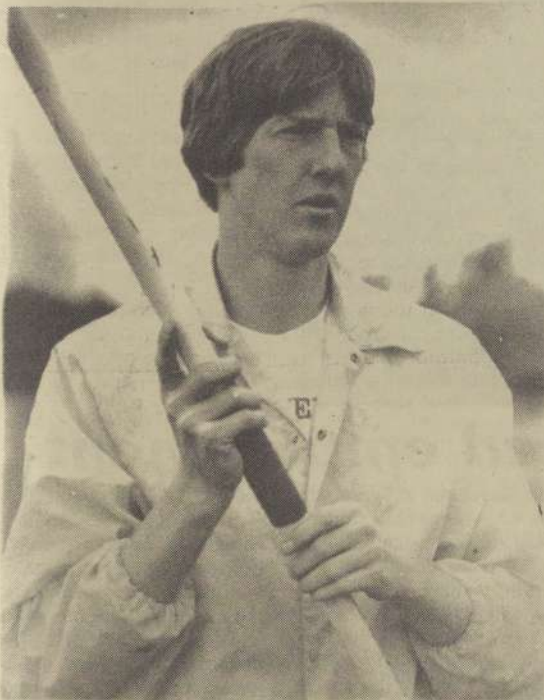




Decathlon success worth the work for Holmes



First comes the concentration (above), but once Jim Holmes lets it fly, it flies (top photo). In collecting the second highest decathlon score in the nation, 7041, Holmes tossed it 170'7".

"I'm a much more disciplined athlete now. I have learned sacrificing my body toward the idea of pain for gain," stated decathlete Jim Holmes.

Story and photos
by
Sue Hanneman

For Holmes it is paying off, as he totaled up 7,041 points in the recent Oregon Community College Athletic Association (OCCAA) conference and regional track championships held at Linn-Benton Community College.

The point total gives him the second best score in the decathlon in the United States this year. Holmes marks in the 10-event decathlon are as follows: 11.6 in the 100-meters, 20'8" for the long jump, 38'9" in the shot put, 6'1" in the high jump, 52.1 in the 400-meters, 15.5 in the high hurdles, 125-0 for the discus, 170'7" in the javelin, 4:23.5 in the 1,500-meters and 14.3 in the pole vault.

In high school at Lake

Oswego, the pain and work really didn't seem worth it to Holmes. But now he sees the light, so to speak. "It's the real thing now, I'm not just playing around. It means business." These words come at the end of the second-place finish in the regional championships behind Swede Connie Silfuer from Ricks College, who totaled 7,150 points. Holmes surpassed his personal best of 6,693 by 348 points to capture the second-place and earn a ticket to San Angelo, Texas, where he will compete at the national meet May 21-22.

Holmes, in his second year here at Clackamas, takes on the view that a good decathlete requires speed, coordination and adaptability. "Adaptability, I believe, is my greatest asset." Along with adaptability, Holmes has been training hard to increase his speed and coordination. Physically maturity, too, plays its role in improvement. During his high school years, Holmes had what he termed "a boy's body" and although he remains at the same height (6'2"), he has gained 40 pounds and now possesses the body of an adult.

To put the finishing touches to the overall picture, Holmes works out twice a day. He runs and lifts weights in the morning with a distance runner at the College. Then he works out again in the afternoon on individual technique events.

Being the sole Cougar decathlete doesn't seem to affect Holmes. Although, he does believe that working with other decathletes would be of benefit. Homes says he has the self-motivation and discipline to train on his own. "I enjoy the stuff I do. It's kind of fun, not grueling like some track events," Holmes' view seems to aid him in designation and working out the long hours needed for the 10 events. "It's like playing, not working," he said. "I do the decathlon for self-accomplishment toward my goals."

What the future has in store for Jim Holmes he does not quite know. Although he has made no set plans for college, he is considering the states of California and Arizona. He is waiting at this point, waiting to see what the future may give him.

Women's track and field

It was a fifth-place finish in the Region 18 Track and Field Championship for the Cougar women who collected 66 points as a team behind Linn-Benton with 74, Southern Idaho, 80, Lane, 127, and Mt. Hood, 129½.

Individually for the Cougars, Shavon Dennis took first place in the 400-meter at 55.5, immediately followed by teammate Sue Hanneman who ran a 56.6 second-place finish.

The Cougar relay team managed a second-place finish in the 400-meter relay with a time of 49.1.

Second place was taken by Nancy Reynolds in the 5,000-meter at 18:21.8, as another Cougar, Jackie Beaudry, nabbed fourth at 19:08.4.

College runner Debbie Simon achieved a third-place finish in the 800-meter event at 2:18.8, as did Cougar Carol Ziemba, heaving the shot put 37½'.

College runner Beth Kokesh was fourth across the finish line in the 1,500-meter event with a time of 4:52.8.

Fifth across the finish line were Cougars Kelly Howard at 13.6 in the 100-meter, and Reynolds in the 3,000-meter at 10:39.1.

College javelin thrower Cyd McCormick gave the fifth farthest toss of the day getting her spear 134'3".

Men's track and field

The Cougar men's track team returned from Linn-Benton Community College in Bend as the fourth best men's track team in Region 18.

The College tracksters topped eight other teams to give Dan Martin, Larry Psick, Jeff Johnson and Daniel West the opportunity to compete in the 400-meter relay at the National Junior College Athletic Association Championships on May 21 and 22 in San Angelo Texas. The Cougar relayers' time in the 400-meter event was 42 flat for a first-place finish.

Cougars also set a new school record in the mile relay with a time of 3:16.4.

Other exceptional performances were displayed by College athletes in the 100-meter event, as the team came in second, third, fourth, and fifth. Cougars also finished second through fourth in the 800-meters.

Some College tracksters didn't compete in the regional meet to allow other Cougars to gain a national berth, as did the 400-meter relay team.

Other Cougars who will be joining the relay team in national competition are Jim Holmes in the decathlon, Jim Colgan in the steeplechase and Mike Miller in the 800-meter event.

