

Former Clackamas distance runner in trials

Alan Knoop's 2:19:06 fast enough, for now

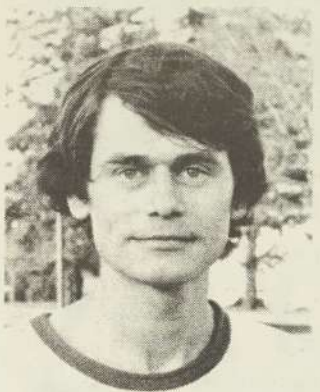
By Rob Conner
Of The Print

Former Clackamas Community College distance runner Alan Knoop is slowly making a name for himself. Slowly and quietly, that is.

Once a so-so runner at Oregon City High School, then an average runner here at Clackamas, Knoop is currently becoming a national class marathoner. Knoop, 26, learned Monday that he has qualified for the 1984 Olympic trials.

Knoop qualified the hard way, by the skin of his teeth. His time of 2:19:06, in the Nike Marathon last October, was actually two seconds slower than the 2:19:04 qualifying standard. Knoop was left to the mercy of the Olympic trial committee.

The committee took into account the fact that it took Knoop six seconds to cross the starting line, giving him an actual time of 2:19:00. Last Monday he got the good news in the mail, he is in the trials.



Alan Knoop

The '84 marathon trials will once again be held in Buffalo, N.Y., Saturday, May 26.

The fact that his qualifying time will probably be the slowest in the field does not bother Knoop. He knows he will be in the thick of things.

"I'm just going to run my race and pass a whole bunch of people. I saw the 1980 race, there were 30 people at 2:25 and above," he said.

Knoop's goal time for the trials is 2:17, a time not

'My running's been good, I've just been quiet.'
—Alan Knoop

unrealistic to the Oregon City native. In his last seven marathons he has improved each time. He has run 2:50, 2:47, 2:29, 2:27, 2:25, 2:21, and his most recent 2:19:06.

Knowing he is going to run the best race of his life motivates Knoop the most. "Hopefully there will be a pack from the middle to the end. I've always wanted to run with the best marathoners there are, and this is it," Knoop said.

Since his first marathon as a junior in high school, Knoop has won three of the 26.2 milers. He has won the Forest Grove Marathon twice, in 1980 and 1981, and his biggest triumph came in winning the 1983 Seaside Marathon, with a time of 2:21:30.

"Each year I've been improving, that's what really keeps me going. I just enjoy it, I wouldn't do it if I didn't," Knoop said.

A remarkable fact when considering Knoop's success is that he has accomplished everything with little or no coaching. He runs off and on with Clackamas' distance team and weekends with the Westhill Striders ultra marathon club.

He runs 70-75 miles per week, relatively low mileage when looking at the 110 miles or so that an Alberto Salazar does.

Knoop keeps his mileage down due to the fatigue factor and to prevent injuries, he said. "I've had every injury there is, from over-racing and over-training," he said.

Knoop alters his training schedule from day to day. "It depends on how I feel each day. I'll skip a day if I don't feel like running," he said. Knoop also works 34 hours per week, while holding down three classes at Portland State University.

Although he is 26 years old, Knoop still has two years of college eligibility left. Two years that will most likely never be used. "Some small college coaches have been asking me to come and run. I don't know why I don't do it," Knoop said. "I just run better by myself. I haven't had a coach in years."

With four months until the big race, Knoop has two races scheduled to tune up. In March, he will run the Oregon Invitational 10,000 meters and Medford's Pear Blossom, 12-miler, in April.

Knoop's goal time of 2:17 averages out to be 5:15 pace per mile, pretty fast for someone who only broke 5:00 for one-mile half way through his senior year of high school.

"I want to be on the line, fit and ready to go. The course is flat and scenic," Knoop said.



MARATHON MAN—Oregon City's Alan Knoop has qualified for the 1984 Olympic trials in Buffalo, NY.

Photo by Russ McMillen

Bench contest date set

The eighth annual bench press contest will be held Feb. 15, beginning at 6:30 p.m. in the Randall Hall Gymnasium.

Registration begins at 6 p.m., and there will be an entry fee of \$2 to cover the cost of awards. Plaques will be awarded to the champions in each division with ribbons go-

ing to second and third place.

There will be eight weight classes in each of the divisions—high school and open. There will also be a special women's division.

For more information, please call the Community Recreation Office at 657-8400, ext. 211.



CCC STUDENTS

These specials are for you only. Please show copy of this ad and your student body card for these prices.

Order baseball and softball uniforms now—Make sure you have them by league.
Bring in your reel and we will fill it for 1¢ per yard with 4 to 30 lb. trilene.
Ski hot wax special...\$2.00
Pencil lead 99¢ per 1 lb. roll.

LARRY'S SPORT CENTER & SKI HAUS

TELEPHONE: 656-0321

OREGON CITY SHOPPING CENTER
OPEN 9-9 DAILY

CCC Cafeteria

is offering:

The "Sandwich Bar" Special
a 30% discount on all sandwiches made from the sandwich bar

Regularly...34¢ per oz.

Now only...24¢ per oz.

Cafeteria located in Community Center Building

offer good Feb. 8 through Feb. 15

