

Sports

Cougar places first in Invitational

By Dave Holmes
Of The Print

"I didn't know I could be at the top of the field," said Sue Spriggs through a blushing smile.

Recognizing potential is something that's becoming increasingly familiar to Spriggs, number one runner on the College's womens' cross country team.

Spriggs is a 1985 graduate of LaSalle High School in Milwaukie who says that the transition from high school to college athletics has been pleasant. She gives womens' coach Marilyn Wynia credit in helping her to make that change.

"I like the way she's coaching," Spriggs said of Coach Wynia, "I used to push myself overly hard during workouts in high school. She's showed me that I don't have to out-do myself every time I go out."

Long, slow morning runs have become a staple to Spriggs, who hadn't run them as part of training previous to this season. "They (the long

runs) help to get me loosened up before the speed workouts

in the afternoons," Spriggs said.

Earlier in the season, Coach Wynia said that Spriggs has the potential to do some "great things". And great things she already has done. Spriggs has placed first in three junior college meets this season. Her times have shown

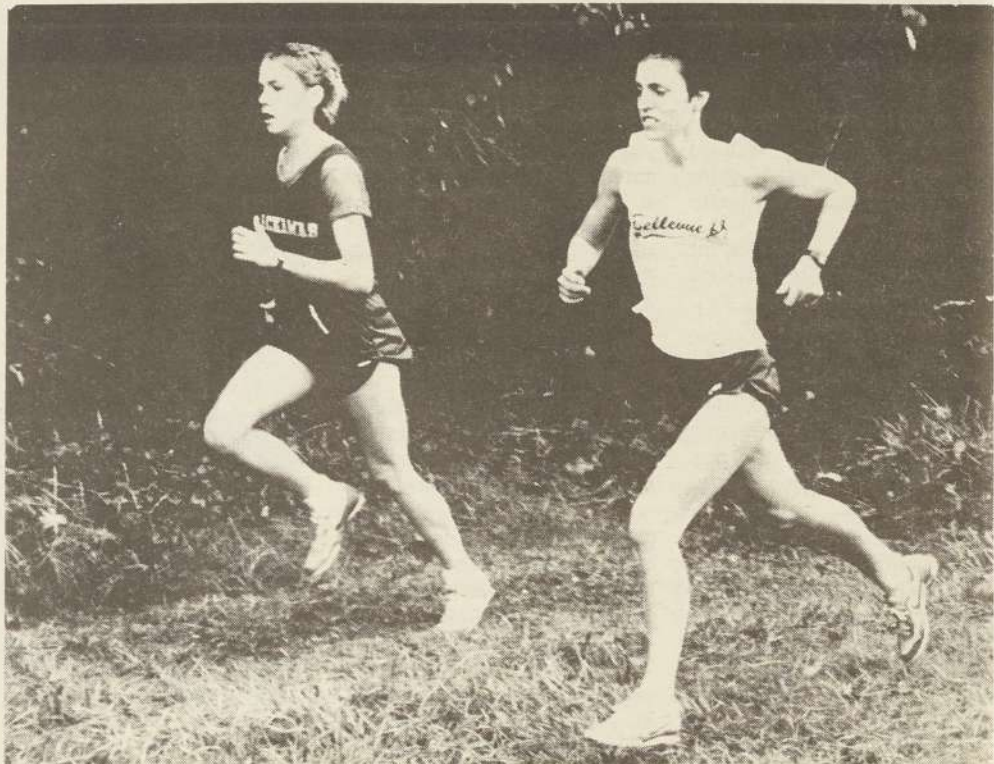
consistent improvement as she has raced her way to five consecutive personal records, the latest being a time of 18:21.1 at Melver Park during the

Clackamas Invitational Cross Country Meet last Saturday, which was also good for first place honors. While running

is a big part of her life, Spriggs is anything but one-dimensional. "I'm really interested in art," she said, "especially design and commercial art." Other interests include horseback riding, "hanging out with my friends," and dancing.

Another of Spriggs' interest is travel, something she knows a good deal about. Last December, Spriggs was part of

an international sports exchange team made up of



SUE SPRIGGS (LEFT) fights for first place with Tammy Olson of Bellevue C.C.

Photos by Dan Wheeler

double-A high school athletes from the West coast. The team spent 12 days touring and running in the People's Republic of China.

"It was a lot of fun and we were treated really nice by everyone," said Spriggs, "though in Canton we had to stay in the tour bus. Security

was very tight." Spriggs placed in the top ten at a 4.7 kilometer Youth Friendship race sponsored by the exchange program, the only Oregon runner to do so.

During this last summer, Spriggs worked at The Foot Locker in the Lloyd Center where she met many people, including a few marathon run-

ners. "I hadn't given it much thought until then, but I might want to run in a marathon someday," she said, "It was a great job because I got to meet a lot of people, which is something I like to do."

Spriggs will have an opportunity to meet a lot of people not unlike herself in the upcoming Regional Championships. A more confident and

self-aware Spriggs than the one that raced earlier in the season says she is ready for the competition.

"I've improved and I think I'm prepared for the race," Spriggs said in a serious fashion. She said nothing for a moment, then, she looked up and, blushing slightly said, "Is that all? I really can't think of anything else to say."



ROB DURKEE (RIGHT) is congratulated by mens cross country coach Jim Kisse after placing 3rd.

Classifieds

FEMALE GERMAN SHEPARD (free) pure bred with papers approx. 14 months old. Leave message (206)574-5521.

BEAUTIFUL, FEMALE CALICO cat, 1 yr. old, spayed. Free to good home. Call Andrea ext. 284.

FOR SALE: 5-yr.-old mare. 13-13½ hands. Gentle. Excellent for older larger child or small women. \$300 obo. call 824-2354 ask for Dale.

FOR SALE: LARGE davenport, plaid design; Excellent condition. \$75 obo. Call Suzy at 656-8677 after 5 p.m.

FOR SALE: 4 Chrome MAG Wheels and Tires (ideal for truck or van)--formerly on Bronco. \$75. Call Suzy at 656-8677 after 5 p.m.

1979 AUDI FOX, G.T.I limited edition. Silver, black interior, stereo, am/fm radio, sun roof. Fantastic cond, one owner. 79,000 miles. Call: 636-7972.

RHAPSODY
The Arts and Literature Magazine of Clackamas Community College

The editors of *Rhapsody* are interested in reviewing your latest poetry, short fiction, social commentary or art work for possible publication in the winter edition of the magazine.

Please submit your work to Erik Conrad in Trailer B before November 20. For further information, call the Student Publications Office at 657-8400, ext. 309.

