

Sports

Track team fares well competing on the road

by Steven Ziolkowski
Staff Writer

The bus loaded at dawn and when Coach Hodges called roll one teammate was missing. Sleepy track and field greats dozed in their seats. There was impatient chatter at the back of the bus. Finally, the missing runner sprinted into the bus and the Clackamas College Special was on the road toward the Coos Bay Meet.

"This is life on the road," said Hodges. It's a long ride to Coos Bay. As the bus hummed down the freeway and the sun climbed up the sky people awoke. One group played cards - fish. Further back, they played poker. Some read books, the sports section from the morning Oregonian was passed around. Breakfast snacks were shared.

At the first rest stop runners piled out the front and back doors stretching cramped legs. When everyone was back aboard lunch was passed out. It was 9:00 am.

"O.k., gang," Hodges said, "This is it until dinner." College box lunches held two chocolate chip cookies - worth the most in trade - an apple, and ham and cheese on whole wheat. The Umpqua River rolled past outside the bus windows. A conversation started about salmon and steelhead fishing. Someone traded a sandwich for two cookies.

At North Bend High School, home of the Bulldogs, Southwestern Oregon Community College Track Coach Hunter Fales greeted participants. The day was windy and sunny. Too windy for some. "Maybe we'll get one good day for running this year," said Eric Christen, Clackamas team member.

Runner Jackie Harper was back in the race after recovering from a knee injury in the triple jump two weeks ago. She placed first in the 800-meters. Greg

Suiter, also from Clackamas, took first in the 800.

Jim Baker, Clackamas Freshman pulled down a first in the shot put, discus, and hammer throw. Teammate Brian Johnson placed third in the hammer throw, second in the javelin, and for a first time ever competition in the shot put placed third.

Erin O'Donohue, Clackamas team member placed fourth in

by Christa Caraher in the 1,500.

Eric Christen took first in the long jump and Rick Flemmer first in the high jump. Keith Kimberlin bucked the wind for a first in the 110 high hurdles. Ken Griffin placed second in the 100 meters and teammate Jeff Faust placed third. Clackamas men took the 4x100 and the 1,600 relay.

Back aboard the bus again, showered and dressed for dinner, everyone commented on the amount of wind and sun they had gotten - mostly wind. "This time of year, it's always cool and the wind always blows. Later in the summer the wind drops and then the temperature really rises," said Hodges.

After dinner the team visited the Simpson Gardens, planted on the ocean front nearly one hundred years ago. Hodges talked about past history and current history in Coos Bay, "Most of the old growth has been logged out now and workers, the ones who have jobs, travel much farther to work."

Then it was onto the beach for some serious wading and tide pooling. Along the rocks pools contained sea urchin, anemone, and small crabs. An unsuccessful attempt to dump Raddles in the surf - she was too fast - capped the adventure.

Not to outdo the fine time in Coos Bay, the tour included an unscheduled rest stop in Curtin, while the bus company sent another bus from Canby. Mechanics diagnosed a cracked block. The waitress at the all night diner patiently poured coffee. Luckily there was a row of seven pay phones, filled to capacity while folks called home. Two and a half hours later sleepy track and field greats dozed in their seats. It was dawn when the bus pulled into the College.



Photo by Steven Ziolkowski

Jackie Harper placed first in the 800-meters, after recovering from a knee injury.

the women's discus and Dena Raddle took a first in the women's 3,000-meters. Raddle was joined in a first place finish

Staff conditions



Photo by Von Danie

Goal: Mt. Hood
Members of staff pedal pushing in the mountain climbing conditioning program.

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Assistant Track Coach Marilyn Wynia shouts above the William Tell Overture telling staff members to rotate their circuit training stations.

Like a game of musical chairs, everyone chooses a different seat. Circuit weight training is only part of the program in the Mountain Climbing Conditioning for the Staff Development class.

"It helps people taking the class to have a goal and the Mt. Hood climb is a great goal for people to get in shape," Wynia says. "It's also an opportunity for staff that normally don't have the opportunity to participate together to get to know the new people." She says that about 32 staff members expressed interest in the class.

Circuit training is not the only conditioning exercise. The staff meets Monday, Wednesday, and Friday for one hour of jogging and walking and stepping up the bleachers.

"There's great cooperation, because they want to improve themselves. On the whole I don't have to coax staff as much as students," Wynia says.

Wynia is pretty motivated herself. "I was interested in structured exercise. Inside there are bench steps and bicycling besides the circuit weight training stations. Outside there leading the class and I want the experience of the climb. This conditioning is a start for some and a continuation for some. It's a good beginning for some who may want to continue for a later climb."

The enthusiasm in the weight room is contagious. One faculty member says gleefully, "I've dropped a few pounds already since I started this class."

"Many people also work on their own. Some run, swim, bicycle, but everyone will have to make the Larch mountain hike in May."

Climb leaders Chuck Adams and Gary Nelson offer two night courses in safety, equipment and technique. "If they can make the Larch Mountain hike, they can go ahead with the climb," Wynia says seriously. "We'll also have snow practice day on Mt. Hood."

The conditioning coach says that the goal is developing endurance or aerobic capacity, strength, abdominal strength, flexibility (particularly in the hip) and an iron will to keep going. "It's going to take an iron will to make it," says Wynia.



Marilyn Wynia leads staff conditioning class, preparing for Mt. Hood climb.

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