

Nylen throwing her way to track success

by Roseann Wentworth
Copy Editor

As an outstanding member of the Clackamas Community College track team, Chris Nylen is an athlete to watch for in the future. Nylen has greatly improved in her throwing events: the javelin and the shotput. Since track season started, her personal record in the shotput has moved up 4 feet to 39'4". Her javelin distance also boasts a phenomenal 141'3", up 15 feet.

Nylen credits her personal advancement to friends and fellow track mates which include Reese Campbell, Leona Burke who is also a javelin thrower, and Coach Mike Hodges.

"We're (members of the track team) all really good friends...even though we don't all compete in the same events," says Nylen.

When asked what one of the biggest misconceptions about track and field, Nylen says "Most people think it's an individual-based sport, but it's really team oriented...we all help each other out.

"The people that share the same event act as supporters for one another...at least that's how it is with the throwers," elaborates Nylen.

Nylen graduated last year from Clackamas High School. She was a member of the track team her junior and senior years. She decided on track over softball when her friend, Tracy Sayers (also a member of the Clackamas track

team), coaxed her to try out.

Competing in athletics is nothing new for Nylen. She began playing volleyball her 8th grade year and hasn't stopped since. Last fall, she was a prominent member of the Cougar's volleyball team, coached by Kathie Woods.

Volleyball helped her get into shape for track with vigorous physical "power workout" conditioning in which she lost 17 pounds.

When she is not at a meet, Nylen is keeping herself in shape participating in the physical conditioning that being a track team member requires.

Monday, Wednesday and Friday act as "easy days" with light running and throwing practices while Tuesday and Thursday include the ever-famous "power workouts" with hill sprinting, long-distance running and weights.

Actual track meets make Nylen intense, concentrating on her throws. She is the only shot putter on the team right now and shares the javelin event with Leona Burke.

My first throw (of either event) is usually my worst because I get so nervous. By my second (throw), I've mostly blocked everything out but my event."

"Some of the hardest things about being on the (track) team, Nylen adds, "is waiting for your event, wanting to watch everyone else compete, keeping your rhythm up waiting between throws," and, of course, "the hard workouts."



The Clackamas softball team, Coached by Paul Fiskum, is having an outstanding season. They are off to a 9-1 league start and are in first place by three games. photo by Jillian Porter



photo by Julie Church

Freshman shot put and javelin thrower Chris Nylen is having an outstanding season. She has already qualified for both events in the NWAACC track meet May 6 at Mt. Hood Community College in Gresham.

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