

stuff shots

# Drama follows district meet

by MARK FLOYD  
Sports Editor

The district track meet may be the most exciting time of the year in Sandy sports.

Perhaps it is because Sandy High School has hosted its league's district meet for the past umpteen years. Perhaps it is because track has so many different events that athletes of all kinds can participate. Or perhaps it is the combination of team competition, individual races and the quest for personal goals in the most important meet of the year.

Likely, it is a little of each. When the first call for the first event goes out over the loudspeaker Friday, it will tingle the nerves of some 250 athletes from eight teams, not to mention the many coaches who have been sweating bullets for the past week.

Track is just about an individual sport as you can get within a team framework. Certainly, sports such as wrestling, are individualistic, but a wrestler can coast through a match with a weak opponent. Track meets and results are measured in numbers.

Track athletes often must compete against themselves. The numbers don't lie. Team coaches, and opposing coaches, can chart an athlete's progress and find out if he or she is improving during the year or faltering.

The numbers mean everything at the end of the year. And they mean nothing.

Times, distances and heights will get an athlete a district seed, but they won't help at the meet itself. It has to be done over again; against everyone, not just one team. District meets breed pressure and the good athletes are the ones that survive, even thrive on the pressure.

That may be what makes the district meet. Who will survive and who will succumb to the pressure? It's not always a question of winning a title or not. For some athletes, a district title is merely a dream. They don't have a chance. But to break a personal best under pressure, or to beat an opponent who has beaten you during the season, can be an accomplishment of equal satisfaction.

District meets are not without drama. For every large story, there is a smaller, hidden tale which few people know about. The 1981 Timber Valley League district meet has such a story and the final chapter won't be written until late Saturday afternoon.

Ask any of the Sandy coaches and they will tell you that Donna Nelson is one of the hardest working athletes they have ever coached. Nelson is a sophomore, a distance runner and a good one. While most of her teammates were enjoying the warm summer days last year, she was out running a regular schedule and following a strict diet.

When the season rolled around, she was in better shape than anyone. Her times reflected it and three weeks ago, at the Barlow Invitational, she cracked the school 3,000 meter record.

Then came the accident. Nelson was a passenger in a car which skidded out of control and crashed. She suffered deep puncture wounds on her legs and bruises so severe that she could scarcely walk.

A couple of days later, though, distance coach John White had worked out a rehabilitation program for Nelson. She walked, lifted weights and stretched, and when the pain was bareable, she ran. Now, just two weeks after an accident that would have shelved a normal person, Nelson is ready for district.

It's hard to say what she will do in the 3,000 meters. The competition will be tough, but Nelson is determined. She will probably have to break her own school record just to place in the top two and qualify for state. But it would be foolish to bet against her determination.

Donna Nelson is what the district track meet is all about.



Sandy sophomore Laura Stringham ran down West Linn's ace distance runner Kathy Nichols in a dual meet between the teams last week. Stringham won in a season's best time of 4:58.5, the second fastest time in the Timber Valley League this season.

Photos by Mark Floyd

## Final dual meet

# Lions subdue Sandy spikers

The West Linn Lions flexed their muscles, Thursday, and handed Sandy a dual meet loss in the final tuneup before this weekend's Timber Valley League district meet.

West Linn's girls won 81-46 while the Lion boys came out 104-41 winners.

The meet's highlight may have been the duels in the girls distance events. Sandy sophomore Laura Stringham broke the five-minute barrier and defeated Lion ace Kathy Nichols in the 1,500 meters. She was timed in 4:58.50, two seconds ahead of Nichols.

Gayle Roth ran her fastest 800 meter time of the year for Sandy, but was nipped at the wire by West Linn's Donna Gentzler, a winner in 2:20.75. Roth was timed in 2:20.80.

The rest of the meet went largely according to form. The Lions dominated the sprints while the Pioneers scored heavily in the throwing events. Paige Daugherty uncorked a throw of 36-3 in the shot put, the league's

best put this year. She also placed second in the discus and third in the javelin.

The javelin was won by teammate Stephanie Hagstrom with a 109-5. Hagstrom also won the discus, 97-4, and was second in the shot put, 32-9.

The Pioneers' only other win came from Roth, who ran a season best 47.69 in the 300 meter intermediate hurdles.

West Linn's Kim Klein won the 100, 200 and 400 meters and anchored the Lions' winning mile relay team.

Sandy had some good second and third place performances. Renee Hess ran a personal best 11:01.68 in the 3,000 to place second behind Nichols. Sharon Jensen was second in the long jump, 15-7, and Lorrie Shelton was third in the 100 hurdles, 17.82.

One of the top marks of the day went to Gentzler, who claimed the long jump with a district best 17-3. Nichols came back and won the 3,000 in an impressive 10:48.20.

The Sandy boys also came up with some good individual efforts, but fell to the West Linn depth.

Mike Marleau paced a Sandy sweep in the discus, winning with a strong 133-3 throw. Scot Skipper, 129-11, was second and Locke Christman, 122-1, was third.

Skipper claimed the Pioneer boys only other win of the day with an 11.81 in the 100 meters. Freshman Ryan Coombs was second in 11.96.

Richard Doering cut loose with a lifetime best throw of 167-8 for second place in the javelin and Skipper locked up with West Linn's Terry Schmeiser in shot put duel. Schmeiser finally won with a 50-0½ toss, but not before Skipper had extended his personal best to 49-8, good for second place.

Chris Crabtree also recorded a lifetime best, clearing 11-0 in the pole vault for second place. West Linn swept the triple jump, but Sandy went two-three in the high jump as Bob Nippert and Doug Baucom cleared 5-10 and 5-8 respectively.

Coombs snuck in for a third place long jump finish with a leap of 18-9.

Sam Romey set another Sandy High freshman record, placing second in the 1,500 meters with a time of 4:18.40. He also placed third in the 800 with a personal best of 2:05.5.

Russell Fork was third in the 400 meters, 54.90, and Bob Grieve was third in the 3,000 with a time of 9:57.83.

Steve Brader placed third for Sandy in both hurdles races, with a 44.42 in the 300 intermediates, and a time of 18.31 in the 110-meter highs.

West Linn was paced by Jeff Washington, a winner in the long jump, high jump and triple jump. Wes Sealand claimed the 1,500 and 3,000 meters.

Sandy won the junior varsity contest 65-58, while the West Linn girls junior varsity was a 75-35 winner.

# District

(Continued from Page 1)

Richard Doering is also ranked in the javelin for Sandy and Dale Rasmussen is among the leaders in the shot put. Oregon City's Rich Gaiser is a heavy favorite in the discus, but the rest of the places are wide open. Skipper, Mike Marleau and Locke Christman are all over 130 feet and could place.

In other field events, Sandy could make a breakthrough in the high jump where Bob Nippert has a best of 6-0. Nippert could also place in the triple jump.

In the distance events, freshman Sam Romey has the best chance of scoring points. He is ranked sixth in the 1,500 meters and is capable of surprising a few people in a big meet, according to Hutchinson.

"Sam is an extremely tough competitor during a race," Hutchinson said. "He runs intelligently and you can always depend on a 110 percent effort at the end. He doesn't know his potential yet; nobody does."

A much-improved Steve Brader could make a breakthrough for the Pioneers in the hurdles and Hutchinson is hoping for points in the relays.

Oregon City will offer Bret Wilson in the sprints, Dan Doherty in the jumps, Gaiser in the throwing events and Dan Fund and Scott Isaac in the distances. All are favored to win one or more events.

West Linn points should come from its depth in the distance events, Schmeiser, 400 meter champ Hiram Oilar and jumper Jeff Washington.

Friday's events will begin at 11 a.m. and include finishes in the pole vault, long jump, discus, high jump, shot put and javelin. Saturday's events will begin at 12:30 p.m.

## Pioneers fare well at frosh district meet

Sandy High had several winners in last week's Timber Valley League district meet for freshmen and junior varsity competitors.

In the freshmen meet, Steve Pettigill set a district record in the discus with a 133-9 throw. He also placed second in the shot put, 39-2.

Sandy's Terry Grant was third in the disc, 96-8, and Wally Nicholson was fifth, 91-9.

Rod Edwards was fifth in the pole vault, 9-0; and in the girls meet, Jacqui Pullen was fifth in the 300 hurdles, 47.6.

In the junior varsity meet, Pullen won the high jump at 4-8, was second in the 100 hurdles, 18.3, and second in the 300 hurdles, 54.7.

Denise Proctor won the shot for Sandy with a meet record 29-6, took second in

the discus, 97-6, and fourth in the javelin, 78-0. Cindi Rasmussen was third in the shot, 25-6, and third in the disc, 79-8. Shannon Clow was fourth in the disc, 78-5, and fifth in the 400, 1:18.0. Caryn Fuller was fourth for Sandy in the 200 with a 30.8 time.

Kevin Weister won the boys javelin for Sandy with a 140-3 toss. Roland Aumeuller was second in the shot put, 40-2, and Bill Bowman was second in the high jump, 5-6. Bowman also placed third in the 300 hurdles, 45.3, and fifth in the 110 hurdles, 19.4.

Steve Ackerman was second in the 100, 12.3, and the 200, 25.5. Emery Sutton was fourth in the 100, 12.7, and fifth in the 200, 26.3. Darwin Collins was third in the 400, 56.3.

Sandy was second in the 1600 meter relay with a 3:52.7 time.

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**Prep of the Week:**

Sandy High senior John Martin recently was named to the Timber Valley League all-star baseball team for the second year. He plays center field and batted a blistering .310. Congratulations, John!

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