

Runner from Boring aims for trip to nationals

Connie Case is a lot like most of the other seniors milling about the campus of Oregon State University—with mixed feelings about her final year, unsure of what classes she needs and casting an uncertain eye toward the future.

But then she puts on her running sweats the uncertainty disappears. Case, you see, is the top returning runner on the OSU women's cross country team, and running has become a way of life. It's always been that way for the 5-5 senior, who had brilliant

careers at Sam Barlow High School and Mt. Hood Community College in Gresham before coming to Oregon State.

This summer, however, was probably the busiest one Case has had. She ran in 11 road races, won 10 of them, and put in up to 60 miles a week to prepare for the fall

season.

"I think the road races did a lot of good," Case said. "I wasn't worried about burning out. They aren't as strenuous as season racing—they're a lot more relaxing and a lot of fun."

Especially when you win

10 out of the 11 races.

Success has followed Case ever since she left the tiny town of Boring. At Mt. Hood, she won the 1,500 and 3,000 meter titles during track season, and placed fourth in the tough cross country regional championships, qualifying for nationals.

There, she finished 75th.

A lot of natural ability is behind those accomplishments. So is a lot of work. Successful distance runners are not turned out overnight—it takes months, even years, of steady training to build the background necessary for collegiate distance competition.

"Sometimes, it's not so much fun when you get up in the morning and have to go run in the rain," Case admitted. "But once you get out the door...I think that everyone who is a runner loves it so much that they don't worry about the weather or getting up."

Case admits that track is her true love. But she views cross country season as more than just a fall training period.

"I really like track," she said. "The spectators are right there and it's just so exciting. But I have some goals for cross country. I think a real good goal for me is to make it to nationals. We're in a much tougher region this year, so qualifying will be harder. If I make that, I'll

have to set some more goals, I guess."

The region encompasses most of the West Coast and only the top 15 runners will qualify for nationals. Case has a pretty good chance, according to OSU distance coach Steve Johnson.

"Connie Case is a very talented individual," he said. "Mentally, she is a very strong competitor. Most athletes are, but she's always going at things in a

positive manner and she's a strong runner. She's also very pleasant and very coachable. If you want her to run hard, she'll go out and bust a gut. If you want her to run easy, she'll back off and go easy."

Johnson feels that Case's best distance is from 1,500 to 3,000 meters, shorter than most cross country courses.

"She's got a lot of leg speed and good quickness, which is why she's suited for those

distances. She could probably run a pretty good half (mile), too."

Case also feels that the 3,000 is her best event and hopes to lower her best of 9:26 this spring. But first is the challenge of cross country and a fall schedule that includes five invitationals. And, of course, regionals.

Case is not afraid of the tougher competition, although she admits that

running for Oregon State at the collegiate level is a lot more difficult than it was in junior college.

"It is a lot different," she said. "People are a lot more aggressive now. There are so many more good runners out there, you have to handle it differently."

Following her junior college experience, it was natural for Case to stay in Oregon—she's lived here all her life.

Recreation volleyball results

In the second week of Sandy Recreation volleyball Castille Construction easily handled Team Four in "A" division play. They won 15-3, 15-3.

In the second match, Mountain Country Realty remained undefeated by overcoming a strong challenge by Castille Construction, 20-18, 15-7. In the third match Mountain Country Realty downed Team Four 15-6, 15-7.

Carlson Chevrolet continued its winning ways in the "B" division, beating The Store 15-8, 15-2. Then they knocked off Team Four 15-9, 15-10.

Joe Kern's team had to come from behind to defeat Mt. Hood Cleaners, 15-10, 11-15 and 15-13. In the final match, Mt. Hood Cleaners won 15-9, 15-12 over Truck Designs.

League standings

"A" division	
W	L
Mt. Country Realty	4 0
Castille Construction	1 1
Calamity Jane's	1 1
Team Four	0 4

"B" division	
W	L
Carlson's Chevrolet	4 0
Joe Kern	2 0
Mt. Hood Cleaners	2 2
The Store	1 1
Truck Design	0 2
Team Four	0 4

A special thanks go to the following for help in refereeing games: Witt Ledford, Mark Ehrhart, Becky Harris, Ralph Hogate, Gary Benny, Bill Montgomery, and Joe Kern.

Cinder Hawks place well

The Cinder Hawks cross country team, with a number of members from the Bull Run area, won a number of divisions in an eight-team track meet they hosted at Columbia High School.

The seven and under boys and girls finished first. Trent Waibel finished first, Jeff Reynoldson finished third and Jacob Rollins finished fourth.

For the girls, Rosey Pankey finished sixth, Gracey Pankey finished 10th, Rebecca O'Neill was 12th and Christine Hartney finished 13th.

All of the above participants ran a mile.

The Cinder Hawks didn't have a complete team in the nine and under girls division, but Kim Yankauskas finished sixth in the 3,000-meter (about 1.8 mile) race.

The Cinder Hawks won the boys and girls 11 and under divisions Saturday.

Danielle Jordan-Krebs finished 22nd out of a large field. For the boys, Toph Evancho was ninth, Dan Reynoldson 17th and Trevor Lively, 18th.

Those runners also competed in 3,000-meter races.

Bowling

Mt. Hooders Oct. 1	
W	L
Accent Hair	9 6
Town & Country	8 7
Pioneer R.E.	8 7
Sheppard's Construction	8 7
Dirt & Aggregate	8 7
Williams Thriftway	7 8
Jennie Welches	6 9
Michael's Pre-cast	6 9
Individual game: Dixie Castor, 213.	
Individual series: Jean Enz, 548.	
Team game: Williams Thriftway, 745.	
Team series: Dirt & Aggregate, 2148.	

Sandy Early Birds Oct. 3	
W	L
Sandy Lumber	14 6
Eagle Foundry	13 7
Toni's	12 8
W.C. Bonding	10 10
O'Brien & Cates	9 11
Deane's Auto Repair	9 11
Ortan Utility	9 11
Brightwood Store	8 12
Zigzag Store	8 12
Country Mouse	8 12
Individual game: Ruth Smith, 197.	
Individual series: Ruth Smith, 490.	
O'Brien & Cates, 741; Team series: Sandy Lumber, 2179.	



Tracy Thompson passes the ball during a freshman game against West Linn last Thursday, which they won in two games. Tuesday night they downed Canby 15-17, 15-8 and 15-13 for their sixth consecutive win against no losses.




Connie Case

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Congratulations to
Cal McKinnis

Sandy High senior Cal McKinnis has been named athlete of the month by Pioneer coaches. The 5'11" varsity guard was singled out for his fine defensive play last Friday in Estacada where the Pioneers triumphed 12-0.



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F78x14	26.60	175x13	27.45
G78x14	27.90	ER78x14	34.05
G78x15	28.30	FR78x14	36.25
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L78x15	33.05	GR78x15	41.15
		HR78x15	42.15
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