



Mike Marleau finished third in the discus throw.



Russell Fork, far left, in the 400-meter run.

Photos by Scott Newton

Records fall at Invitational

The second annual Sandy Invitational boasted a field so much stronger than last year's that 30 of 32 meet records were broken.

Eight state best times were achieved, with about 800 competitors and probably another 800 fans in attendance.

Curtis Heath, SUHS activities director, said the leadership class sold about 400 hot dogs and 1,300 to 1,400 cups of pop. "Let's put it this way," he said, "I was dreaming hot dogs and RC all weekend."

About 32 adults and another 50 students worked the meet.

Sandy finished sixth in the coed scoring, with Wilson first, Lakeridge second and Hillsboro third.

J.J. Birden and Jennifer Nacrelli, both of Lakeridge, won individual high-point honors.

Turning in top performances for Sandy was Scott Skipper, who set a meet and school record in the discus with a throw of 155-0, and Paige Daugherty, who set a meet record in the shot with a toss of 41-1½.

Skipper also took fourth in the shot and third in the javelin for a total of 20 points.

In the javelin, Gresham's Steve Belmore turned in a throw of 222-11. Gresham's Rich Haggerty

was second with a 211-7 and Skipper threw 210-4. In all, 27 marks from the Sandy Invitational made The Oregonian's state's best chart, with the javelin throwers taking the top five spots earlier this week.

Skipper's best throw in the javelin is in the 218-foot range. Coach Randy Hutchinson said Belmore concentrates on one throwing event, versus three for Skipper.

"Scott had an excellent day, even though he likes to win 'em all, especially the javelin."

"Skipper and Haggerty are kind of dangerous. They're so big and strong that if they ever get hold of one it's going to sail."

Hutchinson was also pleased with Daugherty, who was in second going out of the preliminary round, but came back to win it. "I like that, being down and going for it," Hutchinson said.

In other weight events, Mike Marleau finished third with a personal record in the discus, throwing it 144-10. It's the second meet in which he's thrown over 143 feet. "We're pleased," Hutchinson said.

Denise Proctor finished fourth in the shot put, having thrown 36-6. She scratched on two throws over 39 feet. "She's going for it," Hut-

chinson said. "We know she can break that 40-foot barrier."

In the long jump Crystal Calkins took fourth with a 16-1½ jump. Sharon Jensen was fifth with a 16-0 jump.

Jensen also took fourth in the 1500, having run a 5:04.

Sandy Roberts, Tamee Lindsay, Lisa Hassett and Calkins comprised the 400-meter relay team, which finished sixth with a 52.8.

Bryan Prosser, Russell Fork, Tyson Cummins and Sam Romey combined in the mile relay for a fifth-place finish in 3:33, which Hutchinson called "a super job."

Romey also scored six points (the scoring goes 10, 8, 6, 4, 2, 1) with a third-place finish in the 1500, having run a 4:01, which is a personal record. Tim McKillop of Wilson won the 1500 with a 3:58.7, while Eric Fahlan of Sunset was right behind him with a 3:58.8.

Hutchinson said Romey ran "a real good race. He's not in the shape we'd like, but he's coming."

All in all it was a good day for the Pioneers. Out of about 70 different entries, Sandy competitors set personal records or achieved season's bests in all but a few events, which Hutchinson called "a tremendous accomplishment."



Lisa Hassett, center, in the 400-meter run.

At Olympic Training Center

Cyclist trains with the nation's best

Mike Sheppard said he learned a lot at the U.S. Olympic Training Center in Colorado Springs, but the weather didn't allow him much opportunity to enjoy the Rocky Mountain environ.

One day they trained in temperatures 15 degrees below zero, and another time he remembers looking over and seeing a six-inch-long icicle on the bicycle of a friend.

"The coaches were great," he said. What he learned is that he's getting good advice right here in Oregon. "I found out my coaches here were teaching me the right things," he said.

About 55 of the best Junior racers in the country, selected by the U.S. Cycling Federation, were at the camp. Sheppard finished 12th in a series of three time trials, each three kilometers.

"I was real happy about that," Sheppard said.

The cyclists arrived April 1 at the Center and trained over two weeks. Sheppard came home a few days early to compete in the Tour of Willamette, a series of five races held in Eugene.

He finished fourth overall over the weekend, and the competition was tougher than he expected. About 80 people competed in two different divisions, with Sheppard competing in the B races. Sheppard said he finished ahead of a Canadian Junior national champion, but finished

behind a racer who finished third in the U.S. nationals.

One of Sheppard's goals is to compete in the 1983 National Sports Festival and Junior World Trials in June.

Three cyclists from Region I (Oregon, Washington, Idaho and Montana) will qualify for the Festival, from which the Junior World team is selected. The Junior Worlds are in New Zealand.

Sheppard said it would be quite an accomplishment to qualify for the Junior Worlds. The camp gave him an indication of just how strong the Junior racing program is in the U.S. He said it's "real strong."

Sheppard likes track races, with the three-kilometer race he did well in at the Center an example of his strength in those events. However, he feels he has a better chance to qualify for the Sports Festival in road racing. Only 15 Junior racers in the country will qualify in track events, while 50 will qualify for the road competitions. Three separate races, two in Washington and one in Oregon, will determine who represents Region I at the Sports Festival at Colorado Springs.

Sheppard said they trained hard at the Center, but not as hard as he expected.

Sheppard, 17, is a senior at SUHS, is a member of the National Honor Society and was the Oregon Junior Cyclist of 1982.



Mike Sheppard is pictured in front of the Olympic rings at the Training Center in Colorado Springs.

He is one of more than 40,000 athletes who have trained at the Center since it opened in 1978. It is located at the former Ent Air Force Base. Athletes train at the Center through a three-year, \$3 million commitment from Miller Brewing Company. Miller has underwritten the expenses of the Center through the 1984 Olympic Games.

Bob Mathias, 1948 and 1952 Olympic decathlon champion, is director of the Center. "It's amazing how far we've come in five years—from

abandon military barracks to a fairly complete sports complex," he said in a press release issued by Miller.

"The Center is now an ideal setting for potential Olympians to come into and train. They live and eat under one roof," Mathias said. "They have everything they need right here and they get a chance to see other sports. It's kind of an international flavor."

Sheppard has a new sponsor, Ciclo Sports Shop in Portland, which is to open soon.

Pioneers fall despite Moe Contreras's tear

Despite Steve "Moe" Contreras's hitting spree, the Pioneer baseball team has been having a hard time getting in the win column.

A lot of the games have been close, like last week's 4-3 loss to Parkrose and 2-0 loss to Reynolds.

"We're doing fine but we need that extra run. We're losing by one," Contreras said, pointing out they've lost three games by a run.

"I think next half we'll do a lot better," he added. The Pioneers, 1-5 in the Mt. Hood Conference, have two more games before completing the first round of play.

Sophomore Jason Kern is batting in the .400 range, as is senior Mike Lund, who along with Contreras provides the senior leadership.

Contreras has been on a tear, though, having gotten hits in 13 of 17 at-bats. He has a .764 batting average. In a recent game at The

Dalles Contreras was five-for-five.

Asked to explain his success, Contreras said, "I've come up with a lot of confidence this year at the plate."

Contreras has to be considered by most MHC coaches as a contender

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Carlson's defends VB title

Carlson Chevrolet, last year's volleyball champions, showed similar determination and poise in order to easily win the winter volleyball tournament held last week.

To capture the trophy for first place, Carlson's had to beat the Zig Zag Rollers, which they did, 10-15, 15-9 and 15-6.

Then they faced arch-rival Mt. Hood Cleaners, a team they'd lost to earlier in the season.

This time Carlson's won, 15-10, 11-15 and 15-7. Finally, Carlson Chevrolet slipped past Calamity Jane's, 10-15, 15-13 and 16-14.

Team members included David Kaplan, Virgil Wells, Harold Dupper, Ralph Hogate, Julie Hogate, Frank Hart, Barb Rebok and Rhonda Whitney.

Calamity Jane's was second with wins over the Mt. Hood Cleaners and the Zig Zag Rollers.

Topliff signs at Oregon

Larry Topliff, a triple crown wrestler for Sandy High School, has signed a letter of intent to attend the University of Oregon.

"I like the atmosphere at the University of Oregon," Topliff said. The wrestling room should be the toughest in the state, he said. Ron Finley, UO head coach, was recently named Olympic Roman-Greco coach.