

The Sandy Post

Sports and Recreation



Rich Russell

Self-defense is a 'kick'

They are kicking each other around in the gym at Sandy Elementary School. It is not the kids but a night class of karate students who meet each Tuesday evening.

Hapkido is the Korean form of karate that is taught at the class. Some have been involved in the class for over three years, becoming proficient enough to earn a black belt, which is the highest degree presented in karate.

Rick Eskridge said he began three years ago mostly out of curiosity. He has since earned his black belt and is still going strong. "I am still working on perfecting techniques and doing it for the exercise," he said.

The emphasis of hapkido is self-defense.

"Learning this isn't going to make you a tough guy," said in-

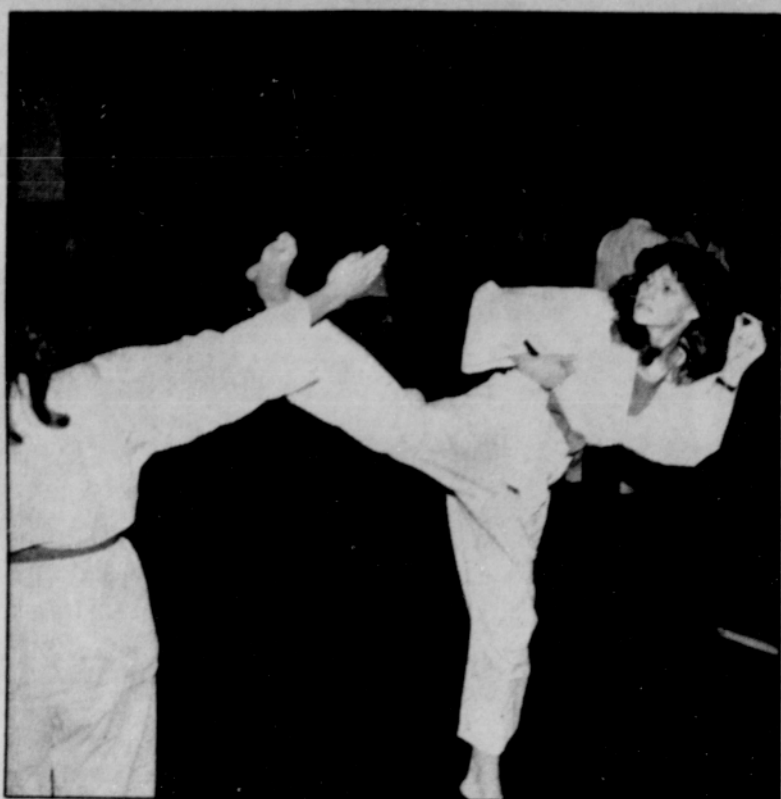
structor Gary Moore.

That should be tough guy or girl, there are presently two women enrolled in the class and Moore says several husband and wife teams have participated.

"It really works well to have a partner to go through each level, so you are working with someone of the same skill," he said.

The levels go from white to yellow, blue, red, and black belts.

Currently there are twelve enrolled in the class but Adams said they are looking for new people for next term. The class is offered through Mt. Hood Community College's adult enrichment program. Questions concerning the class can be answered by calling the college or stopping in at the Sandy Elementary gym any Tuesday between 7 and 10 p.m.



Rae Ann Adams

Photos by Hank Emrich

Life in the fast lane

by KIM JACKSON

Amber Furst likes to live life in the fast lane.

And if she has her way, that lane will get just a little bit faster.

Furst, 34, of Brightwood, races cars for a living and hopes to be able to run in the Indianapolis 500 next May.

She nearly made it to the Brickyard last year, but a mixup in filing applications and a little-known regulation spoiled her chance.

"My credentials hadn't been approved, they weren't sent in on time," said Furst. "And then they said one of the regulations was we had to have competed on at least one CART race."

Furst and her crew will get their CART experience this season when they hope to take in a few of the eight scheduled CART races. Among those will be the Indianapolis 500 and the Portland 150 held at the new CART raceway at Delta Park.

For the past five years, Furst and her team have been running open-wheeled Formula Ford racers, a scaled-down version of the Formula champion cars that are run in CART racing events.

But Furst felt it was time to go for broke and race with the big boys.

"We'd made fast progress to the champ cars," said Furst. "And now I'd like to do as much as possible."

Running the cars won't be cheap. To outfit the car and a full pit crew, the bills could run over \$1 million. But the benefit is worth the risk.

"In CART cars, if you want to get

in there and compete, you have to be ready to go all the way," said Furst's husband, Tim.

To prepare for her upcoming run on the CART circuit beginning in March, Furst and her crew took most of last year to go around to various racing events, meeting people and generally getting their foot in the door.

"We wanted to familiarize ourselves with everything," said Furst. "The team decided to find out what the big racing business was all about."

Furst's team will be better coordinated this season with the addition of a new crew chief and a new car. Tom Franz, a veteran driver of 25 years from Denver, Colo., who has been affiliated closely with the Indy race will be the Furst crew's top man.

But the car could really be the show stopper. Furst and her team were able to get their hands on A.J. Foyt's 1981 Indy racer, a definite advantage for an inexperienced racer.

That should give Furst the speed she needs in order to compete well with the Unsers and Foyts on the circuit. And it's in the speed department that she gains most of her control and thrills.

"I enjoy going fast," said Furst. "I think you have to. If you don't like speed, you might be a hazard to the other drivers on the track."

Furst has already packed several lifetimes of thrills into her life. Sky diving, flying airplanes, and scuba diving are just three of the thrill-



Amber Furst

sports at which Furst is proficient. She credits her participation in those with preparing her to race.

"Flying airplanes helped me tremendously," said Furst. "Flying and sky diving helps a lot with coordination."

Furst has had to coordinate herself a little more than the other racers because she is a woman, but feels the sex discrimination has been held to a minimum.

"It has a lot of benefits," said Furst. "That was one of the reasons we took a year off, to get understood. We need to pay our dues. And that's OK."

Kim Jackson is Sports Editor for the Gresham Outlook.

Hoopsters will be quick

The Sandy High girl's basketball team might have the theme "something old, something new," but it won't be a wedding they are going to as they start out the season this Friday.

Something old would be three returning starters, something new is a varsity freshman. Unfortunately "something black and blue" might best describe a situation that finds three other top players injured and unable to begin the season with the team.

Quickness, especially on defense will be apparent in the play of returning senior Sharon Jensen.

"Sharon will have as many steals as anyone in the league," said coach John Smith.

A common occurrence last year was Jensen with a steal and quickly downcourt for the solo layup. Smith



Crystal Calkins

said 5-7 Jensen is a constant threat on defense.

Speedster Crystal Calkins should spend a lot of time facing the hoop, with the speed to break loose and a good outside shot.

"Crystal will be crucial against the zone," said Smith.

Ball handling chores fall mostly to junior Wendy Heckard, who started at the point last year.

"She does a good job of running the offense," said Smith.

Rounding out the list of probable starters in Friday's game against Oregon City is sophomore Coral Howell, and 5-9 Chris Muff, who could be a force under the basket for Sandy.

Freshman Wendy Coleman should see action a little earlier in the season than planned because of in-



Photos by Hank Emrich

Chris Muff up for a shot as Sharon Jensen readies for the rebound.

juries to other teammates.

"Wendy is an unbelievable athlete for a freshman," said Smith.

"Rebounding will be her strength early."

Coleman also played on the Pioneer's varsity volleyball team, playing against some of the best athletes in the state.

Basketball will be no different as the Mt. Hood Conference boasts top athletes such as 6-5 post Lisa Ellis of Parkrose. Injuries should be healed by the time the Pioneers face

Parkrose in January but they must face a tough Barlow team Dec. 8.

Injured players include senior Jill Ingram and juniors Tami Fraser and Christa Searls.

Smith said Parkrose is easily favored for the top spot in the league, with Barlow second. He said a lot of people are picking Reynolds for third.

"It is a real question mark after that," he said.

The Pioneer's first home game will be against Putnam Dec. 6.

Wrestlers take trophies

Sandy High wrestler Frank McKinnis remembered one thing while wrestling Tony Miller at the recent Pacific University High School Open.

"He is the guy who beat me on TV at the state championships last year," said McKinnis.

McKinnis remembered well and beat Miller 10-1, then went on to take the championship in the 170 pound division at Forest Grove. McKinnis was one of twelve wrestlers from Sandy who competed at the tournament.

Loren Bateman was also a champion at 180 pounds and Jeff Smith finished fourth at 132 pounds.

Bateman's toughest match came when he found himself down 5-1 to a

wrestler from Baker. Bateman rallied for four points and pushed the score to 5-5, winning on criteria. It was the second match in which Bateman came from behind to win. He won his other three matches handily.

Smith won four and lost two matches, with his first loss coming to national champion Andre Taylor.

"He really came on and surprised us," said Calhoun.

Calhoun said McKinnis was really excited about the chance to face Miller before the meet.

"He was kind of gunning for him," said Calhoun.

The victories should get the

wrestlers off to a good start this year according to Calhoun. He said McKinnis had won another tournament earlier and Bateman's only loss in that tournament came to McKinnis.

The wrestlers will host the Carey Larson Memorial tournament tonight. The four-team tourney features wrestlers from Estacada, Franklin, and Ft. Vancouver.

"It could come down to the second varsity as to determine the winner," said Calhoun.

Jayvee team points are figured on a special scale in picking the overall champion. The meet begins at 4 p.m. Dec. 1.



Frank McKinnis, Coach Ron Calhoun and Loren Bateman

Tryouts for soccer

The Mount Hood United Soccer Club will be holding girls' winter soccer tryouts at 11 a.m. Dec. 3 and 3 p.m. Dec. 4.

The tryouts will be held at Hall Elementary School for the

under-16 girls' division and under-19 girls' division.

Participants should bring a ball and proper playing gear. For more information, contact Walt Blagburn at 665-5366 or Ted McKercher at 665-3678.

Bowling

Sandy Early Birds

U.S. Army	30	18
Zig Zag Inn	27	21
West Coast Bowling	27	21
Toni's	24	24
Eagle Foundry	24	24
Cascade Student Serv.	23	26
Sandy Lumber	20 1/2	27 1/2
Brightwood Store	17 1/2	30 1/2
High individual game and series: Tinker Hutchins 306 and 534. High team game and series: Zig Zag Inn 746 and 2129.		