



by BARRY FINNEMORE

First down, season to go

New attitude spurs positive grid outlook for Sandy in '86

Everything appeared normal. Sleeping bags hung over the lower railing of Pop Rannow Stadium Monday morning. Cheerleaders went over their routines on the freshly cut football field grass, while up on a plateau, coaches' hollers and players' grunts echoed through the field.

For the third year in a row, the Sandy High School varsity football team was the first squad to begin preseason workouts in Oregon, holding a traditional midnight practice and mass slumber party on the field. The players returned to the field hours later Monday morning for more practice.

There was nothing out of the ordinary about the opening day. On the surface, at least, everything seemed about the

same.

Except attitudes. Sandy, its fans, citizens and even the football players themselves, have come to expect the status quo when it comes to season performances. They expect every football season to be like the others — unsuccessful.

But that gloomy outlook, says third-year coach Mike Funderberg, is part of the past. He and his players are out to change that thinking this season with the help of 25 seniors and a winning attitude.

"The kids, in the past, have viewed themselves as not being able to win," said Funderberg, who compiled a 36-14 record his five years at Ontario High School before taking over the head coaching job at Sandy in 1984. "The kids are tired of that attitude. The kids no longer see

themselves in that perspective.

"(The losing attitude) was something that developed over a period of time. Fun wasn't emphasized. That's why we have the midnight practice. The midnight practice is worthless as far as learning things but it gives the kids a chance to get together and see themselves and the coaches as human beings."

Last year's 3-6 record was the best mark in three seasons for Sandy. Its three wins (over Barlow, Reynolds and Parkrose) came at the close of the season, and Funderberg is hoping that momentum will carry over into the fall.

"We were in most of our games last year," he said. "The difference this year is that we will win the close games instead

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The Bare Facts...

Dorsett's woes make Walker glow

by BARRY FINNEMORE

As a member of the working class population, I can't help but speak out concerning the recent events in the sporting world last week.

I am a forever fan of the Dallas Cowboys. They may be pompous, arrogant and the most hated football team in the National Football League, but I like 'em. I like 'em because people love to hate 'em.

Who I have never found to my liking is Cowboys' running back Tony Dorsett. He was just never my kind of running back. I like the Eric Dickerson- and John Riggins-type — running backs who aren't afraid to get a little dirt under their nails and mud splashed through their facemasks.

But I don't like running backs who fling mud at other players and those who employ them.

When the Dallas Cowboys' head office signed former New Jersey General Herschel Walker to a multi-million dollar contract last week, shock waves went through the organization and zapped no one harder than Dorsett.

He took it as a personal attack. Dorsett said that no running back should be paid more than what the Cowboys were paying him. Despite saying at one time that he would welcome the thought of sharing the backfield with another Heismann Trophy winner, Dorsett wanted his contract renegotiated, or he wanted to be traded.

The high cost of living and the high cost of keeping a franchise a winning one was the motivating force behind the Cowboys' move. Forcing Dorsett out of the backfield wasn't the plan.

Maybe the former Pittsburg University star needs to have another talented runner at his heels for motivation. His performances the last two seasons would certainly indicate that.

And according to a published report last week, back when Dorsett was drafted, veterans had a difficult time coming to terms with his package deal. They thought Dallas was paying too much for a rookie.

If Dorsett's only qualm is over the differences in allowance, Dallas should let him make noise. That is just the way professional sports is run. Whatever someone may be worth today, you can bet someone will be worth more in the future.

Two Heismann-caliber running backs in the same backfield is a rare occurrence.

Both can fit in with the Cowboys' running game. The question is, can Dorsett's ego?

Harding wins armed forces pentathlon

by Staff Sgt. Richard D. Glynn

Beneath the shadow of the ancient Parthenon, 18 Americans were going for the gold again in the 1986 North Atlantic Treaty Organization (NATO) Confederation of Interallied Reserve Officers military pentathlon in Athens, Greece, Aug. 6 to 8.

Athens, the cradle of democracy and sport, is where Coast Guard Reserve Lt. Cmdr. Malvin E. Harding competed against the elite of NATO's reserve officers. Harding, 38, the son of Lois Dyal of Sandy and the son-in-law of Julius and Edna Herndon of Sherwood, is a 13-year veteran on the American CIOR team composed of Army, Navy, Marine Corps and Coast Guard Reservists and National Guardsmen.

"I initially turned out for the CIOR pentathlon for the competitive challenge and the possibility of a trip to Italy to compete," said Harding, a 1966 graduate of Sandy Union High School, who went on to earn a bachelor's degree in biology from Lewis and Clark College in Portland.

"I hope to compete for another four to five more years."

Harding did more than just compete, however. Harding's team took first place in the over-35 category and grabbed second place overall in early August.

The CIOR pentathlon is comprised of five events over a three-day period: running a 500-meter land obstacle course; swimming a

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Kah-Nee-Ta victory sweet for Shields

by BARRY FINNEMORE



Photo by Barry Finnemore

With form like this, Sandy High School golfer Scott Shields won the Kah-Nee-Ta Junior Golf Tournament last Saturday and Sunday, despite shooting five-over-par for the final two holes.

It had been a long time coming for Sandy High School golfer Scott Shields.

Following a junior year of disappointment and difficulty on the links, Shields took his show on the road last weekend and shot a one-under-par 71 Saturday followed by a three-over-par 75 Sunday to win the Kah-Nee-Ta Junior Golf Tournament on the Warm Springs Indian Reservation.

"This was my last year playing junior tournaments so I was really happy I won the tournament," Shields said. "There wasn't a lot of the more tougher guys there, but there was some pretty good competition. I wanted to win it."

With the win, Shields garnered \$135 in merchandise, a plaque and a trophy.

More than that, however, Shields proved to himself that his game was back to form. After a successful sophomore year when he won the district high school tournament and placed sixth at state, Shields' golf game was plagued with inconsistency.

A combination of poor putting and the pressure of his successful sophomore season became major obstacles.

"After my sophomore year that put a lot of pressure on me," Shields said. "I didn't place at district (last year). I just blew it. It was tougher to try and come back and beat what I had done. I didn't play very good."

"I've just tried to feel more confident when I putt. I putted really well at Kah-Nee-Ta and that was probably the main thing. It just

worked out this weekend."

Shields also said his job at the Gresham Golf Course has been a major factor in the improvement of his game. Playing more has increased his confidence.

"I've been starting to work on my game more. My job at the Gresham Golf Course helps because I can go out and hit balls for free."

"A couple of years ago, my attitude was, 'maybe I could beat the tougher guys.' Now it's, 'I can beat them.'"

Besides spending a lot of his time at Boring's Mountain View Golf Course and the Gresham Golf Course, Shields is also playing soccer this year for the Pioneers. He is having to juggle soccer practice, golf and his job.

Which sport does he like better?

"Golf — definitely," Shields said without hesitation. "I like soccer but I still have to try and play golf during the season. Last year I didn't have a swing because I didn't play during the soccer season."

Shields began playing golf when he was in the fifth grade. Since then, he has travelled to the state championship as a freshman with his high school team and has won a few matches at the Oregon Junior Championships, including a first-place showing at the Oregon Coast Junior Championships in Astoria. Shields said the Astoria Country Club is the most difficult course he has played.

For now, Shields will hone his skills at the Gresham Golf Course in preparation for his senior season at Sandy.

"I can practice more so that's starting to help."

Transit time difficult aspect of Hood-to-Coast relay race

by JOE HENDERSON

This is the second of two articles on running the Hood-to-Coast relay race. More than 3,500 runners are expected to participate in the 168-mile race from Mount Hood to Pacific City. Henderson is the West Coast editor of Runner's World magazine.

Running the Hood-to-Coast relay is more of a logistical challenge than an athletic one. Time and distance make it so.

Runners accustomed to viewing minutes and miles a certain way suddenly find the rules changed. Instead of running the distance all at once in the shortest possible time, they run on and off all night and day.

The running segments aren't the hard part of Hood-to-Coast. Any well-trained runner should be able to handle these 15 miles or so, taken in quick 30- or 40-minute bites.

What makes Hood-to-Coast different — and difficult — is the time spent and distance spent in transit, not running. Runners aren't used to waiting for their turn on the

road, or running more than once a day.

The relay has less in common with typical race days than with a drive from Portland to Southern California. Think of yourself heading down Interstate 5 in darkness — interrupting the trip only for foggy headed, stiff-legged runs at Eugene, Yreka and Sacramento.

This is how Hood-to-Coast feels in terms of time spent riding and running the road. The five-mile runs require less endurance than the six to seven hours spent driving between segments.

You watch your teammates run 90 percent of the time and see more than 150 miles of the distance from a car window. This waiting is the hardest part of the relay.

This is where certain logistical tricks come into play. They deal mainly with the bulk of time and distance spent not racing.

Planning. Normally, you check the lay of the land by driving or running a course in advance. That isn't prac-

tical here. Make do by studying route maps and descriptions. Note the terrain of your segments — all uphill, all downhill, flat or mixture. Calculate the time of day or night when you'll be running and what the weather might be then.

Dressing. You don't usually get the chance to change clothes and shoes in mid-race. Here, that is possible and sometimes essential. Carry extra gear for the night-time run down Mount Hood and a hat to shade your head and face from the noon-day sun. Change into warm, dry clothes right after finishing each run.

Eating and drinking. Most races are best run "on empty." But you can't last these 15 to 25 or more hours without taking something solid. Eat small amounts of light food (ideally carbohydrates soon after running to allow maximum digestive time). Drink freely, but reserve the alcohol for a post-race celebration.

Sleeping. This will be a very long day. With the Friday

night start, you'll go from early that morning until late Saturday without seeing a bed. Don't expect to get any real sleep while riding the course, with vehicles traveling slowly and stopping often. Resign yourself to being awake most of the time.

Warming and cooling. Never will a race performance be so directly related to what you do before and after running. The long rides exaggerate the tightening effects of repeated runs. Allow time to walk, run and stretch prior to each segment and follow a similar routine afterward.

Pacing. The running itself comes as a welcome change from all the riding. It may feel too welcome, tempting runners to start each part too fast. Treat the relay not as three separate five-mile races, but as an all-day 15-miler and pace it accordingly. Reserve plenty of energy from the first segment for the next two and a little from the second effort for the last one. Do it for the team that can't finish without you.