



oregon
track club

I N S I D E
**OREGON TRACK
NEWSLETTER**

OREGON TRACK CLUB NEWSLETTER NO. 1 • FEBRUARY 1985

U of O Men's Update

THE SCHEDULE — The next stop for the men will be the *Oregon Indoor* in Portland on Sat. Feb. 16th. . . . The *Twilight* meet on May 23rd will be a big test for the new lights donated by the OTC Master's section. The Thursday evening meet will need lights donated by the OTC Master's section. The Thursday evening meet will need to start even later than usual. . . . Oregon's first dual opponent, *Fresno State*, announced the addition of *Jere Wheeler* (10.26/20.81) the fastest JC sprinter in the nation. Jere visited the U of O last spring and was still considering Oregon as late as last month. . . . *Oregon State* results from the Eugene Indoor included *Chris Waltman's* shot win (56'10), 400 winners *Steve Hickey* (54.3) and *Marc Stewart* (55.10) and their mile relay win (3:38.3). . . . *WSU's* entries in the Oregon indoor include *Julius Korir* (Olympic Gold medalist), *Gabiel Tiacoh* (Olympic Silver medalist in 400m), *Peter Koech*, *Richard Tuwei*, 7'7" HJ'er *Brent Harken*, sprinter *Lee Gordon*, 67' shot putter *Dimetrius Koutsoukis*, and 26' LJ'er *Jong Il Kim* of Korea. Kim trained in Eugene with John Gillespie last spring and it had been hoped that he would enroll at the U of O.

THE TEAM — Oregon Results from the Indoor meets: HJ'ers *Todd Post*, *Walt Reynolds* and *Keith Washington* all cleared 6'8". *Uchenna Aqu's* 23'10½ was a PR. *Jerry Luttrell* won the LJ in the Eugene Relays with 22'11½ using the hitchkick style and then after the meet jumped 23'4 with his sommersault style so he is still uncertain which way to jump. Frost *Jim Mours* clear a PR 15'5. Frosh *Jeff Hoskins* from Sheldon HS was 4th in the 50 yd final in 5.7 behind the 1-2 of *John Frazier* and *Elliott Dunning* (also both frosh). Other winners included *Ishmael Acosta* in 2:06.1, *Dave Bailey* in 4:32.8 and *Dave Henry* with a fine 9:15.5 two mile. . . . *Shemi Sabag* is a winter transfer from Augustana College (Illinois). Shemi was a marathon Olympian for Israel in Los Angeles with 2:18 best. He was 3rd in the NCAA Div. III 10,000 last spring in 30:10. . . . *Cameron Brennan* (10.91) has left school for the Air Force. . . . Basketballer *Chris Harper's* surgery was to his left leg. He takes off in the high jump with his right. . . . *Rick Bergesen* (3:43.24) is currently sidelined with a broken collarbone from a freak skiing accident over Christmas. . . . Four athletes were listed by Track and Field News in their 1984 rankings: *Joaquim Cruz* #1 in the world for 800m and 5th in Athlete of the Year; *Kory Tarpenning* 10th in U.S. in PV; *Ken Flax* 9th in U.S. hammer and *Brian Crouser* 4th in javelin in U.S. . . . *Stewart Togher* travelled to Arizona last week to put on a hammer clinic for high school coaches. The Arizona high schools have added the hammer to their duals and state championships.

ALUMNI — *Alberto Salazar* represented the State of Oregon at President Reagan's inauguration. Salazar was also expected to have surgery on his knee and hamstring the final week of January . . . *Don Clary* has just returned from Paris and a fine 2nd place finish in the first World Indoor championships in the 3000m. . . . Four alumni were listed in the 1984 Track and Field News Rankings: *Don Clary* was 3rd in the U.S. 5000; *Alberto Salazar* was 4th in the 10,000 and 2nd in the marathon in the U.S., *Mac Wilkins* was 1st in the U.S. and 3rd in the world in the discus and *John McArdle* was 5th in the U.S. . . . *Ken Martin's* 2:11.24 marathon win in Sacramento in December earned him \$12,000 and the fastest marathon by an American last year. . . . Two former Ducks are assistants at Oregon State. Former hurdler *Mike Chriss* (1979) coaches the sprints and hurdles while *Gary Sievers* (1:49.8 in 1980) coaches the distances. . . . *Frank Morris* (former U of O asst and head OSU coach is now the head Arizona State University coach. . . . *Torstein Brox* (3:44 in 1983) and *Reidar Lorentzon* (286'6 in 1979) represented Norway in the Pre-Olympic meet in Seoul Korea in October. . . . *Jeff Stover* (68'4½) and *Russ Francis* (259' jav) were 2 of the 5 Ducks on Super Bowl champion San Francisco 49'ers. . . . *Brad Simpson* (14:04 in 1984) is in the Peace Corps in Zaire. He is teaching English at a small Catholic mission. He is anxious to receive letters - Brad Simpson, Corps De La Paix, Bandundu, B.P. 697, Kinshasa, I, Zaire, Africa.

AREA ATHLETES — *Brad Carmen* (Springfield HS) is a hurdler for Oregon State. . . . In a Track and Field News article titled, "1984 from A-Z," the E was for Eugene. The country's most fervid track center didn't host the Trials but did put on an exciting NCAA Championships, the Duck Men's team winning. . . . Outstanding prep indoor marks from the Eugene Indoor series included: *Sami Suvanto* (Thurston HS) a Finnish exchange student High Jumping 6'8 3/4, *Jay Davis* (South Eugene HS) pole vaulting 15'11", *Bill Singhose* (Springfield HS) triple jumping 43' 7 3/4, and *Eric Peterson* (North Eugene) winning the 880 in 2:01.0. Peterson's time was the fastest 880 of the week, prep, college or whatever.

ATHLETE PROFILES

JOHN ZISHKA (Senior - 13:49.55 from Lancaster, Ohio) 5'9" 135 lbs. John was fifth in the NCAA last spring in his first really healthy year since high school. His high school 5000 of 13:55.65 still ranks him 3rd on the all-time high school list behind only Gerry Lindgren (13:44.0) and Steve Prefontaine (13:52.8). John also has excellent speed as he has been clocked at 3:43.45 for the 1500. He is a marketing major.

GREG AITKENHEAD (Frosh - 54'4" indoors from Mission Viejo, California) 6'4" 220 lbs. Greg had a PR in the Eugene Indoor already. As a prep he was 2nd in the California State HS Meet with a best of 64' 7½" and was 2nd in the National Junior Meet with a 53'11 best (161 shot) Greg was also a 185'2 HS discus thrower. He was the deep snapper on the Duck football team this fall. An outstanding future throws prospect, Aitkenhead might red-shirt this spring depending on his development and that of the other throwers.

EVENT PROFILES - Javelin

			All time list	
Brian Crouser	Sr	292'8	Brian Crouser	292'8 1984
Bob George	Sr.	260'1	Reidar Lorentzen	286'6 1979
Karl Gates	Fr	227'1	Les Tipton	263'1 1964
Bryon Robertson	Fr	202'6	Bob George	260'1 1984
			Mac Wilkins	257'4 1970
			Frode Stormyr	254'9 1984
			Jeff Carter	254'8 1976
			Bob Daniel	251'3 1972
			John Burns	250'1 1963
			Mark Richardson	248'3 1970

Brian Crouser is capable of winning any meet he competes in. *Bob George* popped the big throw at the Pac 10, but also was consistently over 240' in summer meets. Tremendous 1-2 punch. *Karl Gates* was top high school thrower in nation last year and AA Washington Champ. He had arm injury over summer and may red-shirt this spring. Other javelin candidates include *Bryon Robertson* of Crater HS. *Dave Tipton* (Les Tipton's son) from Oregon City, and *Jack Byrne* from Churchill.

EVENT PROFILE — 5,000 meters

John Zishka	Sr	13:49.55	Bill McChesney	13:14.80	1982
Chris Hamilton	Sr	13:50.5	Rudy Chapa	13:19.3	1979
Mike Blackmore	Sr	13:53.0	Steve Prefontaine	13:22.4	1973
Rick Bergesen	So	14:06.61	Alberto Salazar	13:22.4	1979
Harold Kuphaldt	Jr	14:12.24	Paul Geis	13:23.4	1974
Matt McGuirk	Jr	14:16.3	Jim Hill	13:30.52	1982
Jasen Emmons	Jr	14:24.9	Ken Martin	13:37.49	1980
Dan Nelson	So	14:30.46	Matt Centrowitz	13:42.7	1977
			Don Clary	13:45.2	1976
			Dave Taylor	13:45.9	1977

The three seniors, *Zishka*, *Hamilton* and *Blackmore* make this a very strong event for Ducks as *Zishka* and *Blackmore* were 5th and 9th in the NCAA with *Hamilton* 10th in 10,000. Steepler *Matt McGuirk* and *Harold Kuphaldt* will move over also. Talented Frosh *Tracy Garrison* is rounding into shape and could be a factor, although this is a tough event to crack.

OREGON TRACK CLUB NEWS — New Officers for 1985 are: Gary Trigueiro, President; Bill McChesney, Vice President; Bob Bender, Secretary and Dan Christensen, Treasurer. . . . New Board of Directors include Barbara Daughtery, Marcia McChesney, Rick Roseta and John Teising. . . . David Heisler has been named Race Director of The Race III to be on June 2. Proceeds from that event will go to projects of the Masters Section. . . . Pete Gribskov and Laurie Swanson Gribskov, husband and wife, will co-direct the Butte to Butte Road Race, Eugene's largest. . . . Tom Jordan will again be director of the Prefontaine Classic. . . . The Oregon Track Club's Board of Directors Meeting has a new format. After business, a speaker will talk on Track and Field related topics. **The next meeting** will be Wednesday, March 6 at 7:00 A.M. at Debs Restaurant, 1675 Franklin Blvd., Eugene. The speaker will be John Gillespie on Jumps and Hurdles. Andrziej Krzesinski will speak on pole vault at the April Meeting. . . . Oregon Track Club T-shirts are available for all members - \$7 for T-shirt, \$10 for singlet. Orders can be sent to P.O. Box 1107, Eugene, OR 97440. . . . Contributors to this Newsletter include John Gillespie, Tom Helnonen and Pete Gribskov. Any information for this newsletter should be sent to Pete Gribskov, P.O. Box 1184, Eugene, OR 97440.

U of O Women's Update

THE SCHEDULE — February promises two indoor meets for Oregon's women... The *Vandal Indoor* has an invitational meet in the 18,000-seat Kibbie Dome on Saturday, February 2 followed by a developmental meet the next day. Fifteen athletes make the nine-hour van trip to Moscow for a chance to compete on the Dome's flat 200-meter tartan track. This meet marks *Leann Warren's* return to the track. Her last previous meet was the U.S. — East German dual in Karl-Marx-Stadt, July 1982... The Ducks' major indoor effort of the year will come in the *Oregon Indoor* on Saturday February 16 in the Portland Memorial Coliseum. Every healthy athlete will compete in either the developmental or invitational event. Oregon's meet goal is to show the school colors in Portland and be competitive.

THE TEAM — After two low-key indoor efforts in the Lane County Fairgrounds Arena, Duck women has an NCAA indoor qualifier and a host of promising newcomers... *Quenna Beasley* returned with a 50-1 put in the shot, enough for a meet record and a ticket to Syracuse... Freshman *Katie O'Brien* won the Eugene Indoor 50 yard dash and was second to soph *Janell Thorsland* in the 50 yard hurdles. *Thorsland* won the long jump in both Eugene meets... Frosh *Penny Graves* cruised to a 2:18 win in the Indoor 880 on the Arena's slow wooden track... Two frosh shotputters PRed in the Eugene meets. *Yvette Brown* hit 44-2½ and *Maira Doyle* put 43-6. Yet another freshman, *Julie Goodrich*, triple jumped 35-11 ¾ in her first try in the event.

ALUMNI — *Kathy Picknell* is back in Eugene training with *Stewart Togher*... *Sandy (Trowbridge) Rowan* is married, has a child, has taught and coached in Klamath Falls and is one of thousands applying for the Teacher-Astronaut program.

AREA ATHLETES — *Colleen Quam* was impressive in an 880 win in the High School All-Star Indoor. She's a senior at South Eugene who spent last winter skiing in New England... *Deni Leatham* of Sheldon (50 yd hurdles) and *Faye Moniz* of Thurston (shot) also won handily... *Phyllis McKinney* (South Eugene) triple jumped 36-2. She's the daughter of UO football assistant Gary Campbell.

ATHLETE PROFILES

CAMERSON TALTON (Sophomore, 100m 11.8, 200m 24.16, 400m 55.20) from Yakima, Wash. (Davis HS)... 1983 Washington AAA 100 meter champ... has run only three 400s but stands 7th in the all time UO list. Also is 5th in 100, 4th in 200... father is retired army man.

SHANNON GATES (Sophomore, Javelin 160-8)... won the Ore AA javelin as junior and senior at Siuslaw High School... threw her PR in first meet of 1984... grandfather is Jack Roche, former Duck football assistant.

EVENT PROFILES

Shot Put		All Time List	
Quenna Beasley	53-1½	Quenna Beasley	53-1½ 83
Cora Aguilar	47-2	Carrie Albano	48-4¼ 80
Melanie Morrison	45-5	Karen Marshall	47-1 ¾ 76
Yvette Brown	44-22½i	Melanie Morrison	45-5 84
Tanya Washington	43-11	Marlene Kurt	44-4 70
Maira Doyle	43-6i	Tanya Washington	43-11½ 84
Grace Golden	42-4	Lori Dresser	42-9½ 80
Becky Moore	46-2 (8lb)	Kelly Buntjer	42-9¼ 81
		Maggie Bonn	42-5 77
		Sue Haney	42-4 81

Throwers are adjusting to new coaching staff (*Stewart Togher* and *Dave Klyzek*). *Brown* and *Doyle* have PRed already. *Morrison* just returned from winter break in Australia. *Washington* is still hampered by auto accident injury. *Beasley* is Ducks first 1985 NCAA Indoor qualifier.

400 Meter Hurdles		All Time List	
Julie Hilsenteger	1:01.4	Lexie Miller-Beck	57.08 83
Janell Thorsland	1:02.32	Lisa Nicholson	58.42 83
Melissa Bauer	1:03.10	Julie Hilsenteger	61.04 84
Julie White	44.4 (300mH)	Georgene Rose	61.6 78
Lia Shierk	45.5 (300mH)	Robin Pate	61.79 80
Katie O'Brien	46.1 (300mH)	Lisa O'Dea (Martin)	62.25 80
		Janell Thorsland	62.32 84
		Sharon Stapleton	62.34 81
		Sally Hamilton	62.72 81
		Mary Officer	63.8 76

Coach *Mark Stream* was an NCAA Division II All-American in this event. Traditionally one of Oregon's deepest. *Hilsenteger* has the best mark but *Thorsland* PRed twice last year at NorPac championships, finishing second to former Duck *Lisa Nicholson*. *White* was the 1984 Oregon AAA champ.

1985 OREGON TRACK CLUB EVENTS

Feb. 3 - OTC 10 miler - Alton Baker Park - 11AM
June 1 - Prefontaine Classic - Hayward Field - 5PM
June 2 - "The Race" - Autzen Stadium - 10AM
June & July - Thurs & Fridays - OTC All Comers - Hayward Field
June 22 & 23 - Hayward Classic - Hayward Field

July 4 - OTC Butte to Butte - Spencer Butte Jr. High - 8AM
Aug 4 - OTC Womens 8K - Skinner Butte Park - 8AM
Sept. 8 - OTC Marathon - Hayward Field - 8AM
Nov. 3 - OTC - "Turkey Trot" - Skinner Butte Park
Dec. 1 - OTC - "Toys for Tots" Autzen Stadium



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