

1975
CROSS
COUNTRY
GUIDE



OREGON STATE UNIVERSITY

1975 CROSS COUNTRY PRESS GUIDE

Oregon State University's varsity cross country team has finished third in the Pacific-Eight Conference Championships for three consecutive years, but according to Beaver Head Coach Berny Wagner, "It's now time we make a move up the list."

The veteran OSU thinclad mentor is highly optimistic as he looks ahead to the 1975 cross country campaign. "We hope to move up and challenge Washington State's and Oregon's domination of the Pac-8 rankings."

Wagner went on to explain, "We have two seniors who are three-year lettermen and both know how to handle the big fields of runners. Jose Amaya and Randy Brown were both competitors in the NCAA Championships."

According to the highly-regarded OSU Coach, Lucas Oloo, the Beaver's talented steeplechase ace from Kempala, Uganda, by way of Spokane Falls Community College, has just about shaken off his proneness to injuries. He has personal bests of 4:03.6 in the mile run and 13:49.6 at three miles.

Freshman Dave Sutherland is another of Wagner's top candidates. A graduate from Kings High School in Kings Mills, Ohio, in 1970, Sutherland joined the Marine Corps and eventually developed into a respectable runner as the number five man on the talented cross country team at Quantico. He has posted times of 4:09.8 at one mile and 13:45.2 at three miles with very limited training.

Sophomore Danny Fulton of Portland's Benson Tech should also provide assistance. He was a former Oregon state prep two-mile champion.

A series of setbacks, including sprained ankles, a throat infection and mono-nucleosis, left Rich Kimball idle during his freshman year. His case was appealed to the NCAA and the Pac-8 and he has now been granted freshman eligibility in both cross country and track. Kimball could be a key member of Wagner's Pac-8 title contender.

"We're much better off than we've been in the past, although we did graduate a few fine runners. We have a good top six men and very good balance," Wagner added.

"This team has the potential to be the best squad we've had here." The only national championship team at OSU was the 1961 cross country team.

The Pacific Northwest's domination has existed for sometime in the Pac-8 cross country division. "The California schools very rarely place in the top four teams. If a school places high in the Northern Division, that team will likely place high in the NCAA National Championships."

In all, nine to 12 runners will represent OSU in each cross country event. Only the top five will score points, but two more are considered as pushers and can bump other runners into higher point totals.

The Beavers will open with the traditional OSU invitational at Corvallis' Avery Park on Saturday, October 4. The team will then travel to Boise, Idaho, for a meet against Boise State and Weber State.

1975 VARSITY CROSS COUNTRY SCHEDULE

Saturday, October 4	OSU INVITATIONAL	*CORVALLIS	(4 miles)
Saturday, October 11	Boise State and Weber State	Boise, Idaho	(5 miles)
Saturday, October 18	ALUMNI RUN	*CORVALLIS	(4 miles)
Saturday, November 1	Northern Division Meet	Eugene, Oregon	(6 miles)
Saturday, November 15	Pac-8 Championships	Palo Alto, Calif.	(6 miles)
Monday, November 24	NCAA Championships	University Park, PA	(6 miles)

* Home meets are run at Avery Park in Corvallis, located one-half mile south-east of OSU's Gill Coliseum.

AVERY PARK FOUR-MILE COURSE RECORDS

COURSE RECORD:

Domingo Tibaduiza (U. of Nevada)	1973	19:15.2
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OSU VARSITY RECORD:

Leonard Hill	1972	19:25.0
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FROSH COURSE RECORD:

Jose Amaya (OSU)	1972	19:29.0
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OSU ROOK RECORD:

Jose Amaya	1972	19:29.0
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OSU CROSS COUNTRY COACHING STAFF

BERNY WAGNER is now beginning his 11th season as head Track and Cross Country Coach following a brilliant junior college coaching career at the College of San Mateo in California. He coached for 13 years in the prep ranks in California, following his graduation from Stanford where he was a half-miler. He attended and ran for Cal Tech in Pasadena, Stanford and the San Francisco Olympic Club. He obtained his bachelor's degree in 1948 and master's degree in 1949 from Stanford. Recently accorded one of his highest honors when he was selected for the coaching staff of the 1976 United States Olympic team. He will handle the U.S. athletes in the jumping events.

DEAN CLARK is in his first year of coaching at OSU after a successful running career of his own. A 1970 graduate of Tigard High School, he placed second in the state two-mile and had clocked the fastest time at that distance in Oregon that year. He was also third in the state cross country finals. He was a four-year letterman in track and cross country at Washington State University. As a freshman, he began as a miler with a best time of 4:08 and later became a three-mile and steeplechase veteran. In his sophomore year, he was sixth in the Pac-8 steeplechase and as a junior was second in the Pac-8 steeplechase and third in the three-mile run. He also placed 10th in the Pac-8 cross country that same year. In 1973, he placed third in the steeplechase at the NCAA Championships in Baton Rouge, La., and earned All-America honors. Born in Portland, Oregon in 1952, his best marks include 4:06 in the mile, 13:30 in the three-mile and 8:43.2 in the steeplechase. He obtained a bachelor's degree from WSU in 1975.

STAFF AND OTHER OSU QUICK FACTS

OSU PRESIDENT: Dr. Robert MacVicar
FACULTY ATHLETIC REPRESENTATIVE: Dr. Jack R. Davis
DIRECTOR OF ATHLETICS: Jim Barratt
HEAD CROSS COUNTRY COACHES: Berny Wagner and Dean Clark
CROSS COUNTRY TRAINER: Bill Robertson
HEAD CROSS COUNTRY MANAGER: Doug Pederson
CROSS COUNTRY EQUIPMENT MANAGER: Bud Murphy
SPORTS INFORMATION DIRECTOR: John Eggers
ASSISTANT SPORTS INFORMATION DIRECTOR: Gary Jones
OSU LOCATION: Corvallis, Oregon
FOUNDED: 1868
ENROLLMENT: 15,500
SCHOOL NICKNAME: Beavers
SCHOOL COLORS: Orange and Black

For further information on Oregon State cross country, contact the Sports Information Office at Oregon State. The office phone number is 503-754-2611, and the address is Sports Information Office, Gill Coliseum 207, Oregon State University, Corvallis, Oregon 97331.

INDIVIDUAL RUNNER PROFILES

JOSE AMAYA

5-7

135

Senior

Los Angeles, California

Prep Record: Graduated from Wilson High of Los Angeles in 1972. Had nation's fifth fastest prep two-mile in 1972 with an 8:54.0 clocking. His two- and three-mile times as a junior in 1971 led the nation's prep junior charts. Had a mile best of 4:09.5 as a senior and ran 4:12.4 in the Golden West Invitational, placing second but equalling winning time. Won the Chicago All-Star Invitational in 1972. Emphasized short races during senior season to build speed.

College Career: Had an outstanding freshman season highlighted by finishing sixth in the Northern Division meet and establishing an OSU Rook record over the Corvallis cross country course. He also ranks at the top of the list for all frosh competing on the Corvallis layout. Finished 58th in the NCAA, fourth best showing by a freshman in the national meet. Had bests of 4:06.4, 8:59.0 and 14:01.2 in the mile, two-mile and three-mile during Rook spring. Had disappointing sophomore season in cross country, finishing 10th in the Northern Division after being hit on the course, ranking 41st in the Pac-8 meet after falling twice and finishing 49th in the NCAA nationals. His NCAA finish, however, still topped OSU's effort. He ran consistently during the spring, updating his mile to 4:06.3 and improving to 13:48.3 in the three-mile. During his junior fall, he was seventh in the Pac-8 and seventh in the Northern Division cross country meet. He was third in the Pac-8 steeplechase in the spring.

RANDY BROWN

5-11

130

Senior

Beaverton, Oregon

Prep Record: Combined athletics and scholastics at Sunset High, graduating in 1972 with a 3.33 GPA and the Oregon AAA cross country title. Also was AAA two-mile champion in 1972 as prep senior. Best two-mile time was 9:13.2. Also won Oregon AAU cross country for preps, as well as Seaside Run for high school students.

College Career: Found varsity spot as Rook, placing 12th in Northern Division and running on OSU's 16th place NCAA team. Recorded one win, finishing on top at Arcata, California. Improved two-mile time to 9:01.5 at Oregon Indoor and went to 8:53.3 in spring season for OSU Rook mark. Also holds frosh standards in three-mile (13:59.4) and a Bell Field standard six-mile (29:34.2). As a soph improved mile to 4:09.9, two-mile to 8:42.4, which is second on OSU all-time list, and three-mile to OSU indoor record 13:39.0. Best six-mile is 29:28.2. His second place two-mile in OSU-Oregon dual gave the Beavers a big spring win. As a junior was sixth in Pac-8 cross country. In spring, became OSU three-mile record holder at 13:37.0 against Washington, improved mile to 4:07.2.

DAN FULTON

5-8

130

Sophomore

Portland, Oregon

Prep Record: Two-time state AAA two-mile champ while at Benson Tech with best of 9:00.3. Second in Golden West Invitational 5000-meter after senior season, running against nation's top preps. Has many Portland Interscholastic League marks, as well as USTFF prep cross country honors.

College Career: One of top seven people on cross country team as Rook. Most consistent miler in spring with best of 4:08.0.

RUNNER PROFILES (continued)

RICH KIMBALL 5-8 135 Freshman Concord, California

Prep Record: Regarded as top incoming OSU track distance man last fall after outstanding prep career at De LaSalle High in Concord. Showed strength with grueling senior schedule, frequently doubling. Best double, also ranking as top two-mile ever turned in by a prep, was 4:03.0 and 8:47.0. Only runner to ever win mile and two-mile in same California State Meet. Earned Junior World Cross Country championship in Italy, topping field of runners that included many experienced runners up to 20 years of age. Led U.S. junior runners in U.S.A. versus Russia dual with 5000-meter win in Austin, Texas. Had bests of 4:02.4 and 8:46.5 coming out of high school.

College Career: Sprained ankles, a throat infection and mononucleosis precluded Kimball's running during his Rook season. His case was appealed to both the NCAA and Pacific-Eight Conference and he has been granted his Frosh eligibility in both cross country and track, beginning in the fall of 1975. He has four years of eligibility remaining in both sports.

LUCAS OLOO 6-0 145 Junior Kampala, Uganda

Prep Record: Graduated from Kololo High in Kampala where he had 4:24.0 mile best.

College Career: Came to OSU after attending Spokane Falls Community College where he had 1:51.0, 4:03.2 and 8:58.0 marks for 880, mile and two-mile runs. Won mile, two-mile and three-mile runs in single Washington State JC meet. Also won conference cross country title. Placed fourth in OSU Invitational in 1973, topping all Beaver runners. Did not compete effectively for OSU that spring due to leg problems incurred before transferring. Also did not run much during summer and had so-so cross country season, but was still one of top five on Beaver team. In spring regained form and set OSU school record in steeplechase at 8:42.26. Was second in Pac-8 steeplechase and third in mile. Qualified for NCAA finals, but failed to place. His bests of 4:03.6, 8:49.2, 13:49.6 and 8:42.26 in mile, two-mile, three-mile and steeplechase. Junior for cross country season, but senior in track and field.

DAVE SUTHERLAND 5-10 130 Freshman Kings Mills, Ohio

Prep Record: Graduated from Kings High School in Kings Mills, Ohio, in 1970. Was so-so runner as prep, but enjoyed running.

Military Career: Joined the Marine Corps and spent four years, being discharged in the spring of 1975. Was recruited at Quantico to be the fifth man on a Marine Corps cross country team with several nationally ranked men then stationed at Quantico. Developed into outstanding prospect with best times of 4:09.8 in mile and 13:45.2 in three-mile. Good OSU Rook hopeful.

CHRIS MWAURA 5-8 125 Freshman Nairobi, Kenya

Prep Record: American Field Service exchange student at Cottage Grove, Oregon, where he had best of 4:30 in mile.

College Career: Joined OSU track team in winter term and will be sophomore this spring, but will be freshman for cross country campaign. Ran 1:56.6 880 as freshman in spring.

1975 OSU CROSS COUNTRY VARSITY ROSTER

<u>Name, Class</u>	<u>HT.</u>	<u>WT.</u>	<u>Major</u>	<u>Hometown (High School/JC)</u>
Jose Amaya Sr.	5- 7	135	Liberal Studies	Los Angeles, Ca (Wilson)
Mark Bailey, Fr.	6- 3	170	Undecided	Roseburg, OR (Roseburg)
Randy Brown, Sr.	5-11	130	Science Educ.	Beaverton, OR (Sunset)
Richard Clark, Fr.	5-10	150	Forestry	Taipei, Taiwan
Ron Coulson, So.	6- 0	142	Chemistry	Placerville, CA (Ponderosa)
Tom Cushman, Jr.	5- 9	130	Atmospheric Sci.	Lake Oswego, OR (Lk. Oswego)
Larry DeJong, Fr.	6- 0	165	Undecided	Reno, NV (Wooster)
Bill Delatorre, Fr.	5-11	150	Undecided	Wilmington, CA (Banning)
Dan Fulton, So.	5- 8	130	Liberal Studies	Portland, OR (Benson Tech)
Mark Greenough, Sr.	6- 1	152	Business Admin.	Hillsborough, CA (San Mateo)
Kim Grist, Jr.	6- 0	153	Social Science	Perth, Australia (Ranger JC)
John Gritters, Fr.	6- 0	145	Pre-Medical	Milwaukie, OR (Rex Putnam)
Jake Groth, So.	6- 0	165	Pre-Law	Wapato, WA (Wapato)
Kelly Jensen, Jr.	5-11	145	Business Educ.	Medford, OR (St. Mary's)
Lorin Jensen, So.	6- 0	160	Pre-Dental	Tillamook, OR (Tillamook)
Tony Keller, So.	6- 2	145	Pre-Medical	Lake Oswego, OR (Lakeridge)
Rich Kimball, Fr.	5- 8	135	Pre-Medical	Concord, CA (De LaSalle)
Phil Kroner, So.	6- 0	160	Chemistry	Portland, OR (Sunset)
Chris Mwaura, Fr.	5- 8	125	Accounting	Nairobi, Kenya (Cottage Grove, OR)
Lucas Oloo, Jr.	6- 0	145	Soil Science	Kampala, Uganda (Kololo/Spokane Falls)
Matt Rea, So.	5-11	150	Liberal Studies	Albany, OR (South)
Dave Sutherland, Fr.	5-10	130	Forestry	Kings Mills, OH (Kings)
Gary Wiley, So.	5-10	140	Liberal Studies	Wenonah, NY (Ranger JC)

PERSONAL BESTS

Amaya--4:06.3/13:48.3
 Bailey--4:18.0/1:54.0
 Brown--4:07.2/13:37.0
 Clark--4:21.0
 Coulson--9:16.8
 Cushman--30:02.4
 DeJong--4:22.8
 Delatorre--1:53.0/4:12.0
 Fulton--4:08.0/13:53.2
 Greenough--1:54.3
 Grist--1:54.0/4:17.0
 Gritters--4:15.9

Groth--1:51.6
 K. Jensen--13:41.2
 L. Jensen--4:19.7
 Keller--1:54.5/4:10.5
 Kimball--4:02.4/8:46.5
 Kroner--9:31.0
 Mwaura--1:56.6/4:26.1
 Oloo--4:03.6/13:49.6
 Rea--4:14.9
 Sutherland--4:09.1/13:45.2
 Wiley--1:56.7

COACH WAGNER'S PHILOSOPHY

"When athletes and coaches I don't know ask for a training schedule, I feel that someone else could probably do a better job than I can. You see, we don't work from a stereotyped schedule, because I feel there are too many factors in the development of a runner, which are constantly changing, for a set "best" schedule to be followed. I have found through experience that most coaches who have schedules think that their runners are following them, but often are not. The runners themselves are training in many different ways, and many times the coach doesn't know what they are doing.

"I find it difficult to try to tell an unfamiliar athlete what to do since I don't know what has worked best for him in the past, what he likes to do (and therefore will do with more effort), what he doesn't like to do (and therefore will not do unless supervised perhaps), what running areas he has available, such as hills, parks, track, grassy areas, sand, etc., what the weather might be on any given day, how he is feeling, how he has reacted to a previous workout and many, many other factors.

"We post a general workout plan each day. It is decided upon the morning of day in question, but each of our runners knows he may talk with the coaches and modify the workout, depending upon some of the personal factors involved. Many times we will post workouts and list other things for certain people to do because of something we have noticed, or something which we know is better for certain individuals. We work from a general overall monthly and yearly plan, but we vary our workouts a great deal.

"I feel that any runner is better off if he is involved in his own development. By this, I mean that he must know what he is doing and why, that he must have questions about what he is doing, that he must think about ways of training better. I have always felt that by the time we have worked with a runner for three or four years at Oregon State, he should need no coach. His technique should be such that he would need little observation of it by then, and he should understand his own body and the workouts which will further develop it, both in strength and in stamina."

1974 MAJOR CROSS COUNTRY RESULTS

OSU INVITATIONAL

Saturday, October 5, Corvallis (Avery Park) Four Miles

TEAM FINISH: Oregon State 18, Humboldt TC 54, Portland Harriers 99, Univ. of Portland 107, Linfield 136, Ablany Spike Club 161, Pacific 189.

INDIVIDUALS: 1. Randy Brown (OSU) 19:27.9; 2. Hailu Ebba (OSU) 19:44.0; 3. Ron Elijah (H) 19:45.0; 4. Jose Amaya (OSU) 19:46.0; 5. Lucas Oloo (OSU) 19:52.0; 6. Kelly Jensen (OSU) 19:53.0; 7. Keith Woodard (PH) 19:57.0; 8. Bob Ray (PH) 20:04; 9. Barry Anderson (H) 20:05.

PAC-8 NORTHERN DIVISION

Saturday, November 2, Pullman, Washing (WSU) Six Miles

TEAM FINISH: Oregon 22, Washington State 45, Oregon State 73, Washington 93.

INDIVIDUALS: 1. Paul Geis (O) 29:47.4; 2. John Ngeno (WSU) 30:00; 3. Dave Taylor (O) 30:02; 4. Terry Williams (O) 30:22; 5. Gary Barger (O) 30:34; 6. Guy Arbogast (WSU) 30:40; 7. Jose Amaya (OSU) 30:44; 8. Steve Surface (W) 31:04; 9. Lars Kapsung (O) 31:07; 10. Juan Garcia (WSU) 31:11; 11. Peter Spir (O) 31:14; 12. Hailu Ebba (OSU) 31:19; 13. Joshua Kimoto (WSU) 31:28; 14. Mark Higginson (WSU) 31:29; 15. Randy Brown (OSU) 31:30; 16. Lucas Oloo (OSU) 31:34; 17. Tom McChesney (O) 31:41; 18. Gordy Braun (W) 31:44; 19. Dale Bean (WSU) 31:46; 20. Phil English (WSU) 31:50.

PAC-8 CHAMPIONSHIPS

Saturday, November 16, Palo Alto, California (Stanford) Six Miles

TEAM FINISH: Washington State 30, Oregon 51, Oregon State 80, Stanford 110, California 126, Washington 141, UCLA 149, Univ. Southern Cal No score.

INDIVIDUALS: 1. John Ngeno (WSU) 27:37.6 CR; 2. Terry Williams (O) 27:58.2; 3. Joshua Kimoto (WSU) 28:01.8; 4. Dave Taylor (O) 28:03.6; 5. Guy Arbogast (WSU) 28:34.8; 6. Randy Brown (OSU) 28:37; 7. Jose Amaya (OSU) 28:39; 8. Gary Barger (O) 28:44; 9. Dan Murphy (WSU) 28:46; 10. Gordon Innes (UCLA) 28:48; 11. J. Bellah (S) 28:53; 12. disqualified; 13. J. Garcia (WSU) 28:55; 14. A. Sandoval (S) 28:57; 15. Hailu Ebba (OSU) 29:00; 16. M. McConnell (S) 29:02; 17. L. Kaupang (O) 29:03; 18. W. Scholmewicz (C) 29:06; 19. Surface (W) 29:07; 20. L. Reilly (USC) 29:08; 26. Dan Fulton (OSU); 31. Kelly Jensen (OSU); 33. Lucas Oloo (OSU); 44. Ron Coulson (OSU).

NCAA CHAMPIONSHIPS

Monday, November 26, Bloomington, Indiana (Indiana Univ.) Six Miles

TEAM FINISH: Oregon 77, Western Kentucky 110, Texas-El Paso 136, Washington State 144, Providence 225, Eastern Michigan 229, Georgetown 243, Massachusetts 257, Wisconsin 258, Pen State 279.

INDIVIDUALS: 1. Nick Rose (W. Kentucky) 29:22.00; 2. John Ngeno (WSU) 29:37.00; 3. Wilson Waigwa (Texas-El Paso) 29:52; 4. Paul Geis (O) 29:57; 5. Dave Taylor (O) 29:59.31; 6. Terry Williams (O) 30:01.63; 7. Michael Oshea (Providence) 30:03.95; 8. Chris Ridler (W. Kentucky) 30:06.27; 9. Ed Mendoza (Arizona) 30:08.60; 10. Randy Smith (Wichita State) 30:11.01.

1976 OSU VARSITY OUTDOOR TRACK SLATE

<u>Date</u>	<u>Opponent</u>	<u>Location</u>
Wednesday, March 24	San Jose State	San Jose, California
Saturday, March 27	Texas-El Paso	El Paso, Texas
Saturday, April 3	Washington State	Spokane, Washington
Saturday, April 10	CALIFORNIA	CORVALLIS, OREGON (12:15 p.m.)
Saturday, April 17	WASHINGTON	CORVALLIS, OREGON (12:15 p.m.)
Saturday, April 24	CLUB NORTHWEST	CORVALLIS, OREGON (12:15 p.m.)
Saturday, May 1	Oregon	Eugene, Oregon
Saturday, May 8	NORTHWEST RELAYS	CORVALLIS, OREGON (10 a.m.)
Friday-Saturday, May 14-15	Pac-8 Championship	Berkeley, California
Saturday, May 22	California Relays	Modesto, California
Thursday, May 27	STATERS HI-LITES	CORVALLIS, OREGON (5:30 p.m.)
Thursday, Friday, Saturday, June 3-4-5	NCAA Championships	Philadelphia, Pennsylvania

