

Lady Lion pair AIAW-bound

By CLINT LOOPER

Daily Collegian Sports Writer

Penn State's Marilyn Senz waited quietly while the tape was drawn taut and the distance of her javelin throw was measured.

When the distance was finally announced, Senz learned that she had thrown the javelin 164.4, good enough to qualify her for the upcoming Association for Intercollegiate Athletics for Women national championships. The freshman from Lancaster jumped high in the air in a show of happiness.

"I did it!" she screamed proudly. Senz said she changed her form somewhat on Saturday and that change helped her do so well.

"I held the javelin a little higher," she said. "The angle of release was a little higher and I went down the runway a little faster than last Saturday, too."

A few moments after Senz's throw, it was Penny Fales' turn to be in the spotlight.

When the gun sounded for the start of the 400-meter intermediate hurdles, Fales immediately grabbed the lead. She was first over each hurdle, and as she sprinted around the final turn and headed for the finish line, she was still in front.

It was then that the crowd began to yell. The closer Fales got to the finish, the louder the crowd yelled. And the louder the crowd yelled, the more Fales bore down.

She crossed the finish line in a hand-timed 60.4. She, too, qualified for nationals. In Saturday's wind and cold, her race was particularly impressive.

"It was not a good day for intermediate hurdling," Penn State coach Gary Schwartz said. "It was so windy."

The performances of Senz and Fales were the two high points of Saturday's small Lady Lion Open, but Penn State got good performances from other athletes, too, Schwartz said.

"We got a lot out of the meet for the people who are going on to nationals," he said.

Those people are Peggy Cleary and Kathy Mills in the 5,000, Mary



Photo by Greg Midgley

Penn State's Doreen Startare (right) passes the baton to teammate Marilyn Senz during the 4x400 meter relay at the Lady Lion Open Saturday at the Nittany Lion Track. Their relay team finished third in 4:24.18.

Rave and Patty Murnane in the 1-500, Elaine Sobansky in the shot put, Terry Pioli in the 800, Tammie Hart Murnane from other athletes, too, Schwartz said.

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Those people are Peggy Cleary and Kathy Mills in the 5,000, Mary

2-11.84, while Sobansky won the shot with a throw of 49-11.3, and the discus with a heave of 144.6.

Penn State's worst disappointment of the meet occurred in the long jump. Vivian Riddick, who said she felt she had a good chance of qualifying for nationals, hurt her leg on her first jump and had to drop out.

Another reason is Penn State's rehabilitation program.

"In high school," Riddick said, "it was, 'Oh, you're hurt? Rest! Here it's, 'Oh, you're hurt? Go do this! There's no such thing as a rest here, which was why I healed a lot faster than everyone thought."

"She seems to be a fast healer," Schwartz said. And the same thing happened outdoors: pulled hamstring, quick recovery, school record.

One reason Riddick mends so quickly, Schwartz said, is because of her motivation to compete again as quickly as possible.

"When she gets hurt," he said, "she does everything she can to get back into things. She is a super competitive athlete."

Injury riddles Riddick again

By CLINT LOOPER

Daily Collegian Sports Writer

Injuries have always been a big part of Vivian Riddick's life. Throughout her career, the Lady Lion long jumper has often had to cope with them.

"Injuries," said Riddick. "I've had my share all my life. It's nothing new to me. There was never a sport in high school or junior high that I did without getting hurt."

"After I got hurt indoors, coach Schwartz was so pessimistic," she said. "He didn't want me to jump. I think one of the reasons I jumped so well then was because I was so mad at him and I wanted to prove to him that I could do it. When I jumped 19-3/4, he flipped."

In high school, she broke her collarbone once and almost broke her nose. Concussions were almost as commonplace as head colds. But Riddick has managed to survive. And thrive.

She finished second in the long jump at the Eastern Association for Intercollegiate Athletics for Women championship on May 8. That was her second meet back since recovering from a pulled hamstring. In her first meet back, the Lady Lion Invitational, she set a new school record with a leap of 19 3/4.

But Riddick was hurt again on Saturday. She re-injured her leg on her first jump in the Lady Lion Open, ruining her chances of qualifying for nationals.

The sophomore from Allentown was injured two other times this year, but both times she set a new school long jump record in her first meet back.

The first time, on Jan. 9 indoors at the Dartmouth Relays, Riddick pulled her hamstring on her final jump of the day. Forty-three days later, she returned to competition — much sooner than anyone had expected.

"She seems to be a fast healer," Schwartz said. And the same thing happened outdoors: pulled hamstring, quick recovery, school record.

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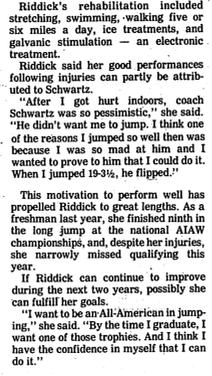
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Sports Information photo
Vivian Riddick

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5 records fall at Penn State Open

By FETE WALDRON

Daily Collegian Sports Writer

Just as men's track coach Harry Groves had promised, the 13th annual Penn State Open once again came off as a top-notch athletic process, despite a torrential downpour which delayed the meet for 45 minutes.

"Overall the meet was great," Groves said. "It was great because it already had some good records and five new ones were set."

"Last year we had spectacular events, but this year we had some surprise events. A lot of things happened that nobody expected — like our 1,600 relay team getting its best time. It was a good meet under adverse conditions. Some events were spotty because of the weather."

"But," Groves said, "that didn't deter anyone that went down there to do anything. Look at some of the times and the new records."

One of main highlights of the meet was the rematch between Penn State sprinter Paul Lankford and Lion assistant coach Mike Shine in the 110-meter high hurdles and 400-meter intermediate hurdles.

The two battled the "War of the Hurdles" two weeks ago at the Nittany Lion Relays, where Lankford finished on top. This time it was Shine who was hot.

In the 110 hurdles, it was a tight race from the gun. Both Lankford and Shine leaped every hurdle in unison and broke the tape at the same time for a photo finish. The nod was given to Shine with a time of 13.99 and the Lankford's 14.0 time was only good for second.

The 400 intermediates hurdles started the same as the 110 hurdles. Shine and Lankford were side-by-side out of the blocks. But Shine gained control and pulled ahead to win handily.

Shine, who represents the New York Pioneer Track Club, put two new Penn State Open records in the books. He erased two records from last year's competition, his own in the 400 intermediates (41.24) and West Virginia's Garnett Edwards' 14:05 in the 110 highs.

A surprise of the day was Vern Lucas's performance. Lucas finished a disappointing seventh in the 400 meters with a time of 49.41.

Lucas said he felt Friday's meet was the worst he has had this season — maybe ever.

"I didn't run relaxed; I ran too uptight. All the nerves that were inside me came out at the gun."

"All I kept thinking about was qualifying (for nationals) and as a result it forced me to run harder with less control."

With the ICAA Championships coming up next week at Villanova, Lucas said this problem will not happen again.

"I won't approach the race the same way," Lucas said. "Physically, I will train the same, but mentally it will be different. I will have to run relaxed and without the supreme goal of qualifying on my mind. If it's going to happen, it will come naturally."

Even though the meet was filled with surprises, there was one factor that was taken for granted — the sprinters from Seton Hall. Fast isn't the best word to describe them. Try awesome.

The leader of the Seton Hall pack was Derrick Peynado, who was awarded the Penn State Open's Outstanding Performance Award.

"I feel pretty good," Peynado said. "I'm pleased with the day's performance."

"I thought my times could have been better. In the 1,600 relay, I ran a quarter split of 46.5 — I was hoping for 45."

Peinado's 2:09.89 time in the 200 meters slashed the old mark of 2:17.07 set last year by East Carolina's Otis Melvin. He also anchored the 1,600-meter relay team to a record-breaking performance of 3:10.76.

Penn State's 1989 tandem of Lucas, Tom Walchuck, Mike McCall and Lankford owned the old record of 3:10.85.

Peinado took top honors in the 400 meters as well, with a time of 47.65.

Another surprise was in the final heat of the 800 meters. After the first 50 yards, Penn State's Paul McLaughlin set the pace until teammate Mike Cook caught him 25 feet from the

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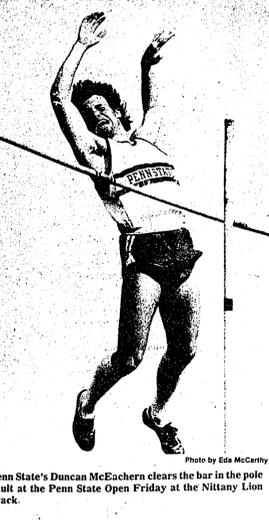


Photo by Eda McCarthy
Penn State's Duncan McEachern clears the bar in the pole vault at the Penn State Open Friday at the Nittany Lion Track.

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