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LEWIS IS PROUD OF
GRIZZLY IMPROVEMENT

"The men are progressing very well and we're getting better every week," Grizzly Coach Harley Lewis said after their 26-31 cross country victory over Idaho last Saturday.

Lewis said his progression workout system is designed to have his runners reach their peaks gradually and have them at their best when the Big Sky Conference meet rolls around in November.

He said many of his veteran thinclads are turning in better times for a four-mile course now than they turned in at the 1966 Big Sky Conference meet over a similar course. The Grizzlies took second in last year's conference meet behind Idaho State.

The Grizzly mentor was especially pleased with the improvement shown in Saturday's race by Fred Friesz. Lewis said Friesz comes along slowly but the All-American harrier is tough to beat anytime he walks up to the starting line. By the time the conference meet comes around Friesz will be real hard to handle.

Friesz, Ray Valez and Wade Jacobsen were all within two seconds of each other and ran the best races of their careers. However, Lewis felt Jacobsen could have run better if he hadn't been ill.

The Grizzly coach had nothing but praise for the performances of Mick Harrington and Duane Spethman who took tenth and eleventh in the competition against Idaho. Lewis said both these men have made a tremendous adjustment from the quarter and half-mile which both run in track. Harrington is a junior and Spethman is a sophomore.

Ray Ballew and Steve Linse ran well for freshmen but Lewis feels both harriers can run better than they did Saturday. However, both turned in excellent performances for novices in the college circuit.

With two victories under their belts, Harley's boys will have their work cut for more
them this weekend in Moscow as they face potentially the best college cross country team in the nation, Washington State University, among the eleven schools in the meet.

Lewis said the Cougars, led by 1964 Olympian Gerry Lindgren, National High School Two-mile Champion Rick Riley, and Larry Almberg, who placed sixth in the NCAA six-mile will be tough to beat.

WSU also have another outstanding distance man in Gary Benson, who has been beating Almberg thus far in cross country competition, Lewis added. Friesz beat Almberg last spring in the NCAA six-mile when he raced to fourth place and All-American honors.

The Grizzlies will also have to contend with Pete Witford of Idaho who won last Saturday's competition here in Missoula.

Even though the Grizzly competition will be tough Saturday in Idaho, Lewis expressed confidence in the ability of his men and feels they will come through with the best races of their careers.