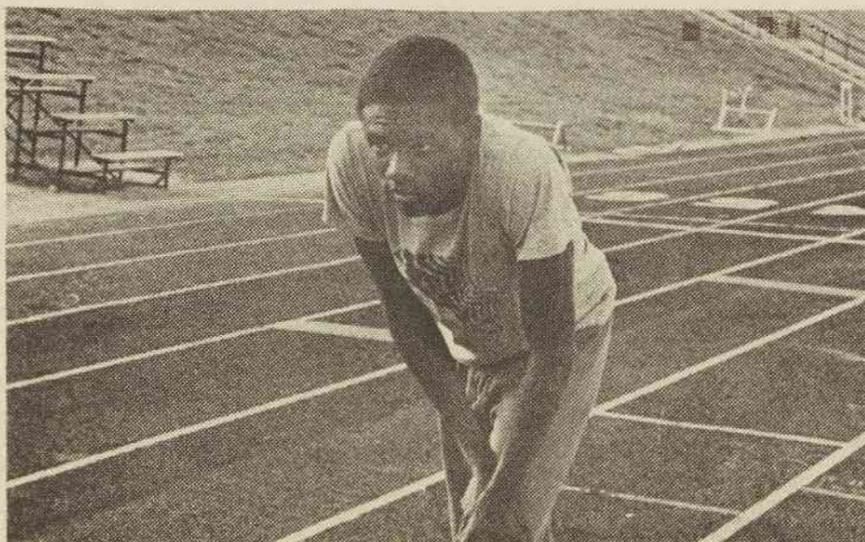


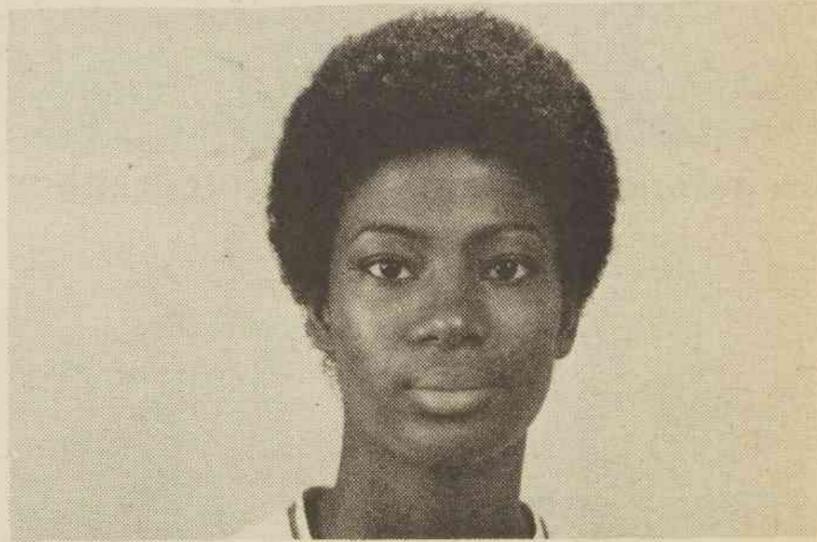
SPORTS



Birth Of Two Stars



Freshman: Ken Dowdle



Junior: Vanessa Smith



By Ralph McKnight
Sports Editor

So who is Ken Dowdle and Vanessa Smith?

Well by the time Ken finished high school he was one of the best distance runners in the country. "He matured that fast," stated his high school coach Richard Prince of Myers High School.

The Charlotte native was the number one runner on the Cross-Country team. He placed 21st out of 65 in the CIAA championship and in the NAIA district he placed fourth in the 1500 meter.

Vanessa Smith, a Twin-City native is a three-time CIAA High Jump champion. During her freshman year, Vanessa won the outstanding women's trophy at the J.C. Smith relays. Vanessa ran track for R.J. Reynolds High School and she attends "State" on a basketball and track scholarship.

EDITOR: What type of diet should a distance runner obtain.

KEN: A distance runner should watch greasy foods, and cut out drinking cokes. They should eat lots of food that has carbohydrates and starches. Each runner's weight will be different because of their height. I'm 6'3" and I weigh 155 pounds. My coach stated "I have the body frame for running distance races."

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EDITOR: Explain the feeling you have when running.

KEN: When I'm running I have a relaxing, free spirited mind and my body is calm, I make sure that I'm not overdoing it.

EDITOR: Why did you choose Winston-Salem State University?

KEN: "It was the only school I could get into after I had narrowed my picks down to three. They were UNC Chapel Hill, University of Florida and N.C. State University. I made my final choice to attend UNC then trouble began."

EDITOR: What type of trouble were you experiencing?

KEN: (The Track Cut). UNC had two of their eight scholarships cut back and one of the two was mine. So after that, WSSU was the only school I could get into at such a late date.

EDITOR: How do you feel about the support the students display during track meets?

KEN: "I wish more students would support the track team for we are like any other sports team on campus. We would like the support next year, for it will make us feel like we are appreciated for what we do and besides, most people do not realize the excitement that's involved in track and cross-country."

EDITOR: In what ways does your coach, Virgil Simpson, help you to prepare for track meets?

KEN: "Coach helps me out a lot so that I'm on top of the better runners in the conference. Coach Simpson also keeps me up to date on my improvements in training. In practice he makes sure that I clock the best time of my abilities on my daily workout. Coach makes sure I know my mistakes in my past meets as well as my improvements."

EDITOR: What is your advice for future track and cross-country runners?

KEN: "My advice includes a daily work out even on weekends. Make sure that you have a good coach who knows your abilities with a daily work-out plan. If your coach does not have a work-out plan, make one out for yourself. Make sure that you sprint three days a week and distance runs two days a week."

EDITOR: Vanessa, how do you prepare for track meets?

VANESSA: "I practice at least 2 1/2 hours every other day because of late classes. When I have late classes I practice 1 1/2 hours. I start with my warm ups, then I run three 330, four 220, four 110 and then if time permits I

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run a couple of laps to warm up."

EDITOR: What track star has inspired you?

VANESSA: "Wilma Rudolph because of the great achievements she has made and the great example she set for women track runners."

EDITOR: What is your advice for future track runners?

VANESSA: "My advice for all future track runners, is to push hard at your best events trying to improve a little each day and at the same time keep your grades up by applying your time wisely among practice and classes."

EDITOR: What are some of your accomplishments through track?

VANESSA: "Through my years of track I have had a state record in the high jump and I have been the winner of this event for the last three years in the CIAA. I have won the most outstanding women's trophy my freshman year at J.C. Smith Relays."

EDITOR: Do you feel that a woman's role is any different from a man's?

VANESSA: "A woman's role as a track runner is really no different than a man's. It is to perform to their best and to help the team as a whole and to improve his or her standards."

EDITOR: What are your plans for the future?

VANESSA: "My plans for the future are to complete my education here at State, because I feel it has the best Business Administration Comprehensive majoring system to offer."

EDITOR: Do you think men and women should compete in events against each other? Explain.

VANESSA: "I'm not really sure if women should compete against men. I feel that men would be somewhat against such a thing especially if a woman came close to winning. It would shoot down their (EGO). Men might say, no, their (EGO) would not be damaged, but just let it happen. I think it is great like it is and we respect each other for the accomplishments we've made."

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