

throw. I flew out of the circle and came down on the lip. I felt something snap like a rubber band."

Less than a week later, the '96 NCAA shot champ was under the knife. The task of saving her career went to Dr. James Andrews, an orthopedic surgeon specializing in sports injuries who has operated on javelin thrower Breaux

sheepishly admits) and an outdoor opener at the Drake Relays, the site of her breakthrough into the 63-foot club last year. /*Dan Lilot*/

Miller Breaks Fibula

It's a bad pun to say so, but what else was Coby Miller's accident at the '01 USATF Indoor if not a tough break? He had just won his first national title, in a meet record 20.31, when rival Shawn Crawford fell, starting a chain reaction that culminated in a crash in which Miller broke his left fibula.

Miller—who as an Auburn senior in '00 was the NCAA runner-up in both dashes before finishing 3rd in the Olympic Trials 200 and 7th in the Olympics—underwent surgery and began hoping for a speedy recovery.

"His rehab went smooth," says Auburn coach Ralph Spry, who still guides Miller. "But it was kind of slow because they actually had to put a couple of screws in his leg." Surgeons removed the screws in the summer, and Miller has been working his way back since.

"He was a little gun shy," the coach admits, "but for the last month, month-and-a-half, he's been getting pretty explosive. He's been doing speedwork wide open, accelerations, starts and drive phases.

Though "taking the turn again indoors in the 200" will test Miller's confidence, the sprinter, who will begin his '02 season with some 60s, says, "I feel more confident than ever since I've been running.

"I know great things are going to happen." /*Sieg Lindstrom*/

Morrison's Ham

Melissa Morrison capped a run of four straight seasons ranked No. 1 or 2 among Americans in the 100H by winning an Olympic bronze in Sydney. But the 29-year-old Appalachian State alum hit a rough patch last year when she pulled a hamstring in a June tune-up meet at Georgia Tech.

Says coach Curtis Frye, the noted hurdle guru, "We got her back to where she could run at the nationals, but she just never got a chance to heal completely."

Morrison raced a non-advancing 13.39 heat in Eugene and never dipped under 13.05 the rest of the season. Given her string of seasonal bests since she began working with Frye in '97—12.61, 12.53, 12.67, 12.57—the summer was clearly a disappointment.

But Frye says that Morrison is now back training after an autumn rest to heal her leg,

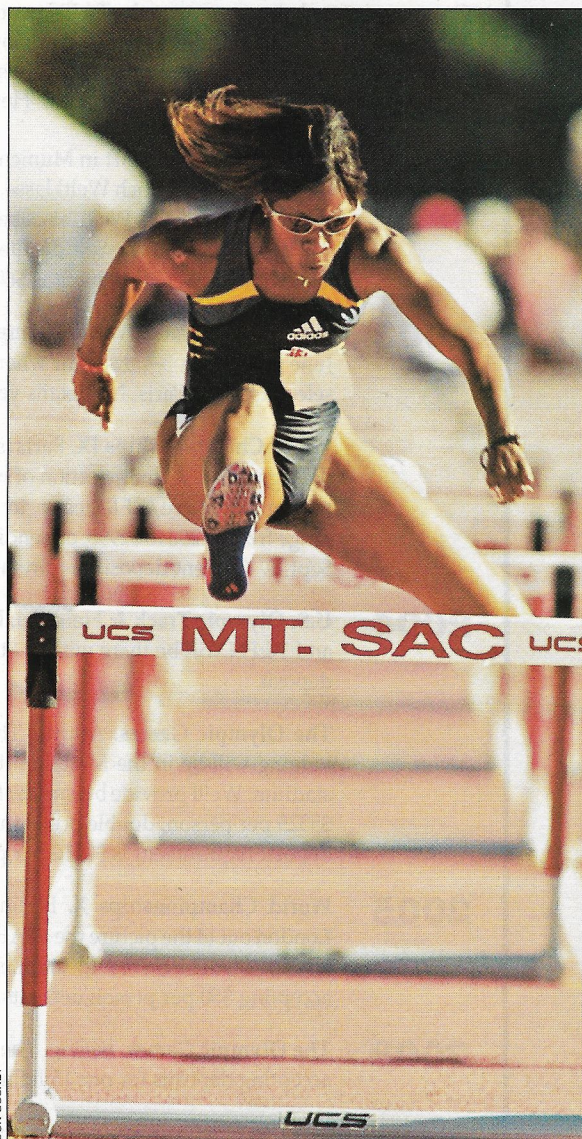
reporting, "Things seem to be going well. Her practices are sharp."

Morrison has run through tough times before. Within 18 months, December '96–June '98, she lost her grandmother, father, a niece who lived with her, and her sister. During her first major championship, the '97 Worlds, she had to undergo an unplanned wisdom tooth extraction.

"Melissa's a strong person," says Frye.

Has Morrison dusted and de-rusted the technique that made her the second-fastest American of all-time over the sticks? "It's too early to tell," says the coach. "She's at the stage that all hurdlers are [in the early season], of getting over fear. There's a fear of the hurdles that has to be overcome because they're dan-

Morrison dropped out of the World Ranks after four straight years in the top 5.



Miller's last fateful steps of the '01 season won him the national indoor 200 title.

Greer, as well as such pro superstars as Bo Jackson and Scottie Pippen.

After 7 months of rehab, sometimes up to 4 hours a day, Steer still can't jump off the foot, but is excited about her fitness. "I am stronger in every aspect except for the Olympic lifts," she says. "I'm better in everything except explosiveness. The injury was almost a blessing."

Another rehabilitative aid has been the strong peer group of throwers training under Georgia assistant Don Babbitt, including Greer, Adam Nelson, Reese Hoffa, Jay Harvard and Canadian Brad Snyder.

Steer's immediate plans include a standing throw at the USATF Indoor ("for money" she

gerous. She needs to get out and race."

Goals? "We don't do that kind of thing unless it's an Olympic year or there's some particular meet we need to point toward," Frye says. "Most of the time we're just working on achieving perfection." /*Sieg Lindstrom*/ □