



Kate Bowen navigating the nature trails at Saturday’s meet in Philomath.

PHOTO BY CHARLIE KANZIG

Girls take big step forward at meet

By **Charlie Kanzig**
Correspondent

A rebuilding season got a big boost at Saturday’s Paul Mariman Invitational, as the Outlaw girls cross country team took a big step forward with some of the younger runners having breakout races.

With only 12 teams, the meet, hosted by Philomath High School, gave the girls the chance to race athletes from 4A and 3A schools in a smaller venue.

After a string of District titles over the past few seasons the Outlaws have found themselves short on experience this season, resulting in a big-time gap among the scoring varsity runners. That gap closed by about a minute as a result of the performances Saturday.

The Outlaws entered just three runners in the varsity contest, and all raced well in the estimation of Head Coach Josh Nordell.

Kate Bowen once again led the way for the team, chasing Oregon West District leader Hannah Hernandez around her home course for most of the race before falling to third

over the last mile to finish in 19:43. Hernandez won in 18:58 and Hannah Rannow of Siuslaw took the runner-up spot in 19:12.

Ella Cole finished 11th with a time of 21:09 thanks to a superb last mile, and Amy Hills came through in 26th place in 22:48 among 63 total finishers.

A strategy to have the younger runners race in the junior varsity division worked well as the Outlaws not only nabbed the top three positions, but also got valuable experience “really racing,” according to Nordell.

“These girls ran smartly and patiently, moving past the early leader after about the first mile and then raced each other all the way to the finish line over the next two miles,” he said. “They did exactly what we hoped they would do.”

Freshman Emma Singleton broke away from teammates Iris Diez and Pearl Gregg on her way to a personal best by 1:08 to win in 23:36. Gregg finished second (24:07), clipping Diez at the finish by one second.

Chloe Gold finished 10th (26:16) and Sasha Stolasz 11th (26:32) as the Outlaws won the junior varsity team title.

“I think this was a breakthrough race for these girls and a boost to their confidence for the races ahead,” said Nordell.

With no races during homecoming week, the team is looking to get in some high-quality preparation before the Country Fair Classic hosted by Elmira High School, scheduled for Wednesday, October 17 near Fern Ridge Reservoir.

“We have one more week of strengthening before tuning up for District,” said Nordell.

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Sisters VFW sponsors student awards

Sisters VFW Post 8138 will be offering awards at middle and high school levels.

The “Patriot Pen” is offered annually at middle school level. Students will submit a 300-400 word type-written essay on the theme, “Why I Honor The American Flag.” One local winner will be selected from entries. Student entry deadline is October 31. The monetary award this year for Patriot Pen winner is \$200. The local winner’s essay will be submitted to National VFW for a chance of winning \$5,000. For information contact Becky Aylor at Sisters Middle School.

Voice Of Democracy is offered to all 9th-12th grade students. Students will submit a 3- to 5-minute essay recorded on a CD, along with a typewritten essay, by October 31, to the local VFW

Post. This year’s theme is: “Why My Vote Matters.” There is a monetary award of \$200 for the local winner, whose essay will be submitted to state and national level, with a chance at winning a top scholarship of \$30,000. Sisters High School Principal Joe Hosang has applications.

The arts award will be given in the spring. Applications will be available at the end of October from Hosang. This award is given for the creation of a patriotic poster with a short explanation/interpretation of the piece. A local monetary award of \$200 will be given to the winner. The deadline for submission is March 31.

For more information, contact Bill Anttila, VFW Post Service Officer at 541-549-1132 after 6 p.m., or bill_anttila@yahoo.com.

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