

VHS Fall Sports Report

Cross Country- At the Cape Kiwanda Challenge in Pacific City, both the VHS boys and girls teams finished 2nd of 8 schools participating. "This is truly a challenging race as it is run in the sand and the finish line is about 150 feet up a steep sand dune," said Vernonia head coach Byron Brown. "Times are always slow here but it was a very good race for strength and conditioning. We beat everyone in our league that was there, so hopefully that was a good sign."



Cecilie Birkelund and Kristine Lauenborg at the beach run in Pacific City. Photo courtesy of Tracy Easlon.

At the Knappa league meet on September 24, the girls were 1st and the boys 4th of 8 schools participating, although the boys beat everyone in their league that was there. Dan Rice, Jared Medearis, Davide Bomboi, Clay Sullivan, Jarod Shaw, Luke Boutwell and Nikita Osiyev all ran their fastest 5K times of the season. Drew Cheney continues to impress as the boys best and most consistent runner. On the girls side, Cecilie Birkelund, Celine Loffler, Ma'ca Veselkova, Lisa Paje and Kristine Lauenborg all ran their fastest times

of the season. "Cecilie continues to improve and lead the girls team, but I am really pleased with the development of our other girl runners, especially Celine, Ma'ca, Lisa, Kristine and Maria Alvarez--they have really gotten so much stronger and faster the past 10 days as all the hard work and training is starting to pay off," said Brown.

Brown says all of the hard work, dedication and training is putting both teams in a position where they have a chance to win the Northwest League Championships on October 14, and maybe even get to the state championships with a top two finish at the District 2 state qualifying meet October 23. "It will be a real challenge for us because the competition is very tough with 15 other schools in our district," says Brown.

Vernonia will host a meet at home on October 16, starting and finishing at the football stadium. Banks, Clatskanie, Kalama, Portland Adventist, and Portland Lutheran are scheduled to attend. Brown says it will be a fast course. It's homecoming week and the community is encouraged to come out and cheer the teams on.

Volleyball- The Lady Loggers are currently ranked 3rd in the state in 2A volleyball. Vernonia has a 9-2 record on the season and are 5-0 in Northwest League play following a 3-0 win over Neah-Kah-Nie, a 3-0 win against Knappa and a 3-0

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The Lady Loggers volleyball team won the Vernonia Tournament on September 20th. Photo courtesy of Brittany Young.

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