



Photo by Wanda Percival

PREPARING FOR REGIONALS, Alice Hunger, Debbie Simon and Anna Muceus practice Saturday morning.

Distancemen looking at nationals

By Wanda Percival
Of the Print

Earlier in the Cougar men's cross country season University of Portland defeated Clackamas by 30 points, but last week the Cougar squad offered no edge at the U. of P. meet, tying with U. of P. at 28 points. Clackamas received first place though because their sixth man came in first.

Tony Macey led the Cougar squad on the 4.8 mile course taking 3rd with 23.40 which, according to Coach Kelly Sullivan, was "his best race this year."

Vance Blow, not far behind, took 5th with 24.06 after which the Cougars had a four-man finishing streak. Dave Walsh took 7th, Ken Valesquez was 8th, Kevin MacDermott placed 9th, a 2.5 minute improvement over his last race with U. P., and Jay Marugg took 10th.

Other outstanding runners for Clackamas included Marco Gutierrez placing 12th, Bob Barker taking 13th, Steve Gogl at 14th, Troy Lieuallen at 17th, Jim Zumwalt at 24th and Alan Wymore at 25th.

The Cougar distancemen are currently looking forward to Regionals next weekend where they'll face the nationally ranked first Southern Idaho. "There's about a 45 second improvement per runner," Sullivan said. "That's really encouraging."

The Clackamas runners are optimistic about next weekend according to Sullivan. "I like the attitude of my runners right now," he said. "They know what they need to do and they're really confident. I'm more nervous about it than they are."

Booters blast UO 9-0

Last weekend the Cougars shut out the University of Oregon 9-0, a game described by player Ken Froeher as "awesome". (Coach Janos) Szanto must be doing something right."

This victory brought the Cougar's up to number one in the league according to Szanto. "We improved a lot. We're ready for Portland CC and can hardly wait," Szanto said of the

Sullivan was unwilling to make any definite predictions but did say, "The race will be real close. If any team beats us, they're a darn good team."

The Cougar's biggest barrier at this point is Southern Idaho, according to Sullivan, and any breakthrough would prove beneficial. "If we beat Southern Idaho or even come close we have a great chance at winning nationals," he said.

Regionals will be Nov. 7 at Willamette University. Races begin at 10 a.m.

former champions. "We're playing completely different than when we played PCC before. It shows in goals. We're just kicking goals like crazy."

Team captain Jim Keough attributes the team's success to the unity of the group. "The coach pushes the team thing, doing stuff together and getting used to each other and it's paying off."

Netters prepare for regional action

The Cougar netters came up strong last week defeating Umpqua CC, Chemeketa CC, Southwestern Oregon CC and Linn Benton CC and making their way to regionals scheduled for Nov. 13-14.

The Cougar's pulled off a solid win of 15-13, 16-14, 15-10, over Umpqua, but had to struggle with Chemeketa. The outcome, however, proved profitable for Clackamas ending with 11-15, 15-10, 13-15, 15-10.

In Saturday's action, the

netters defeated... over SWOCC 15-8, 15-4, 15-7 and Linn Benton 15-10, 15-8, 15-11.

Coach Loren Swivel was pleased with the overall performance of her team. "Friday night we played a lot better defense which proved to us that it's important to play good defense as well as offense," she said.

"Everyone played well and we were able to do more substitutions. The people off

the bench did a fine job," she added.

The only possible setback to the netters for regionals is the loss of Ronda Western, who recently suffered a broken hand. Thus far, it's unknown as to whether she'll be able to play in regional action, Swivel said.

Despite any misfortune, she added, "We have a good chance of doing well at regionals."

Clackamas will host Linn-Benton Wednesday at 4 p.m.

Women's x-country suffers setbacks

Women's cross country has suffered from injuries in recent weeks, but according to Coach Marilyn Linsenmeyer, "The people who are healthy are doing well."

It's been a few weeks since the Cougars competed as a complete team. Last Thursday, the Cougar squad had only two runners participating in the University of Portland meet where Anna Muceus placed 8th in 23.24 followed minutes later by teammate Jenine Tucker finishing 15th in 26.04.

The Cougar's number one runner, Alice Hunger, is currently suffering a knee injury originally sustained in high school. Hunger had been out of practice for nearly two weeks, but returned last week.

Hunger thought it would be the end for her running career when the injury became bothersome. "I thought this

was it for me," she said. "It felt like before."

Hunger is optimistic though. After state competition, "I'll see a doctor," she noted. "And if it doesn't get better, it could be over for me. But," she added, "I don't think it'll come down to that. I'll find something. I always do."

Even though she has been out of action, Hunger is satisfied with the effort of her teammates. "Everybody is doing what they can," she said. "That's what is important."

Linsenmeyer sees possible national competition for Debbie Simon, Muceus and Hunger, she's healthy.

"If they run like I think they can, they'll make it," Linsenmeyer said. "Anything could happen."

Regionals will be Nov. 7 at Willamette University beginning at 10 a.m.

SPORTS ACTION

Nov. 4-Soccer-Judson Baptist-The Dalles-4 p.m.

Nov. 4-Volleyball-Linn Benton CC-Home-4 p.m.

Nov. 7-Men's cross country-Salem-10 a.m.

Nov. 7-Women's cross country-Salem-10 a.m.

Nov. 7-Soccer-Lane CC-Eugene-2 p.m.

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