

sports

Women's cross country faces regionals

By Doug Vaughan
Of The Print

The Clackamas Community College Women's cross country team had an impressive showing at the College's annual invitational as they finished second to the highly regarded University of Portland Pilots last Saturday.

The field contained four teams including the Cougars, Pilots, Willamette University and Western Oregon State College. Cougar Coach Marilyn Wynia said that in other years there was more of a turnout, but due to the timing of the invitations and other circumstances the teams did not show up.

Attendance at the only home meet was more than Wynia expected. She said there was not a large crowd, but a lot of runners came out to

see the Cougars.

One advantage the Cougars had was running their home course. Wynia said that because they knew the track and knew what to expect, they didn't have to guess what was next on the course.

Another advantageous feature the College's course possesses is that it is flat. Most the races that the Cougars have taken part in have been on hilly courses.

"By knowing the course and running a flatter course our times should be better as a whole," Wynia said. The majority of the times were better, Wynia said, but some of her runners had bad days.

Pacing the Cougars was Vicki Anderson who ran a 19:36 in the 5000 meter race setting a personal record and capturing eighth place in the in-

vitational. Also running a strong race with a personal best was Suzi Graham who placed 11th with 21:15 time. Rounding out the team scoring was Michelle Fobert (21:36, 12th), Debbie Koffel (22:02, 13th), Shari Hilton (24:22, 14th), Julie Pearson (25:05, 15th) and Tami Arbins (27:47, 16th).

"As a whole we ran really well; individually some could have done better," Wynia commented on the Cougars showing.

The next major race for the women's team is the Regional Tournament in Coos Bay Saturday, Nov. 6. The Wynia-led Cougars will face about seven teams in a quest for a Nationals berth. To qualify for Nationals the Cougars will have to earn first place at regionals. To Wynia this is next to impossible.

"If we run as well as we can I expect to bring back a second place trophy. To say we are capable of getting first would be unrealistic," Wynia explained. "Lane (Community College) will be tough to beat, as they are every year. And we'll have to beat out Mt. Hood (Community College) for se-



Women Cross Country runners near the start of last Saturday's Clackamas Invitational

cond."

"We will be working on our mental concentration the next two weeks. We have not been working on it too much this week but we will be," Wynia said. "It should show in

our times. If we concentrate we should run a more evenly paced race."

The team will be working out heavily the remainder of the week before slowing down and resting for Regionals.

Cougars slowed by injuries; manage home-meet victory

By Tim Sytsma
For The Print

Running without their top runners, the College men's cross country team again managed to dominate the field in the annual Clackamas Invitational held last Saturday.

Placing second for the Cougars, and setting a new school record on the Clackamas course was second year man Steve Gogl, who finished in a time of 19:31.

Other Cougar finishers included Ken Velasquez finishing fourth with a time of 19:37, Kevin MacDermott at sixth in a time of 19:52, and Hugh Redman who finished tenth in a time of 20:07.

Dropping from the number one ranking which they held earlier in the year to number two in the nation doesn't have Cross Country Coach Kelly Sullivan worried.

"We still have the potential to take first place in regionals, and we should be able to take first nationally also," Sullivan stated. "If we don't have any injuries to worry about, and we reach our full potential with everyone healthy I don't foresee any problems in the national

meet," Sullivan said.

"I gave our top four runners, who have had a busy meet schedule the last couple of weeks, the meet off to have them rested and ready for regionals," he stated.

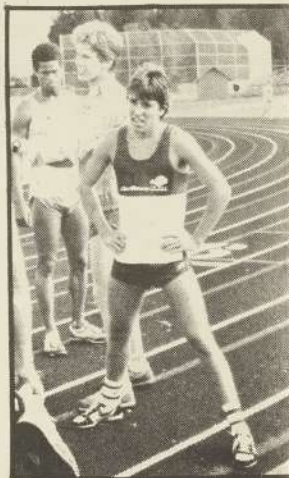
Steve Gogl, who has been injured since early in the year, ran a very impressive race, setting the school record on the four mile Clackamas course.

A strong point for the Clackamas team this year has been the strong competition they have faced. Top-ten con-

ference members include College of South Idaho, ranked third nationally, and North Idaho, ranked fifth in the nation. Another top ranked opponent Clackamas races in the conference competition is Lane Community College, who has spent most of the season ranked sixth.

"I don't feel like its overconfident to say that, if things go as planned, there is no reason that we shouldn't be national champs. I feel with the people we have, and the way that they have been performing, that it's certainly within our grasp," Sullivan said.

Regionals for the Cougs



Steve Gogl

are November 6th, in Coos Bay at South Western Oregon Community College. From there the top seven who qualify will progress to the National meet which is held in Utica, New York, November 13th.

"We will have everyone back and healthy, Tony Macy, John Hansen, Brian Abshire, and Jeff Frank will all be back

100 percent, and with everyone else we ought to do really well," remarked Sullivan. "I just don't foresee any big problems."



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