

sports

Women improve but not enough

By J. Dana Haynes
Of The Print

There was good news and bad news for the women's cross country team at the Region 18 meet last weekend in Coos Bay.

The good news is: each of the eight runners for Clackamas Community College accrued better times than ever before. The bad news is: despite eight personal bests, the Cougars finished fourth, with 77 team points.

Lane Community College of Eugene took first place with 20 points. Mt. Hood Community of Portland came in second with 64, followed by Linn-Benton of Albany with a team score of 73 points.

Other teams competing, but without teams scores, were North Idaho of Couer d'Alene, Southwestern Oregon Community (the home team), Rick's College of Rexburg, Idaho, and College of Southern Idaho, in Twin Falls.

"The second, third and fourth place teams were all very close," Head Coach Marilyn Wynia said. "We had a good shot at second, but everybody else was as keyed up as we were."

The Cougars all showed personal improvements in their running. Their times and places were:

Vicki Anderson	11th	18:35
Sue Rogers	19th	19:50
Suzy Graham	24th	20:23
Michelle Fobert	29th	21:14
Debbie Koffel	31st	21:50
Judy Pearson	34th	23:28
Sheri Hilton	35th	24:23
Tami Albini	36th	24:50

When asked why all the times were personal bests, Wynia said, "It was probably mental. This was the last meet of the season and everyone was 'up' for it." Despite this, not one of the Cougars qualified for nationals.

Part of the problem stems from the team's youth, Wynia feels. Only Rogers and Fobert are sophomores, with the other six runners freshmen.

Also, not one of the Cougar women had run the 5000 meter race before, which is the standard event this year. The runners all had different reasons for being a part of the team. Anderson is in training as

a pentathlete and Albini is primarily a basketball player. Several of the women are tracksters who run cross country to keep in shape, including javeline thrower Koffel and Rogers, who was a sprinter in high school.

Despite their age, Wynia doesn't know how many people she will get back next year, she said.

As for this year, the head coach, who is in her fourth year at the College, feels it went "very smoothly. The team as a whole was successful, and we had quite a few individual successes."

Wynia pointed out that the level of improvement was more noticeable toward the end of the season than the beginning. "Some of the people dropped their times by as much as a minute between two meets during these last few weeks," she said.

"I don't know if this means they were not giving 100 percent early on, or if they just got the hang of long distances."

Although the Cougars were not a major power in the district this year, they have been in the past. "We're in a rebuilding system right now," Wynia said. "In the last two years, we've barely had any teams. Both years, we ended up the seasons with less than five runners left."

One possible reason for the low turnout, Wynia thinks, is "Women don't want to come to a junior college. If they have any running talent, they try for the four-year college first."

However, the community college athletic programs are coming into their own. "The competition is getting tougher every year," Wynia said. "The winning times for regionals were almost one minute faster this year than last."



Cougar soccer players in league play-off action against Portland Community College. Clackamas lost 3-0 to finish the season with a league record of 4-3.

Staff photo by Joel Miller

Men tops at Regional meet

By Rick Obritschkewitsch
Of The Print

When asked how the Cougar men's cross country team did in the Region 18 Championship meet last weekend, Coach Kelly Sullivan responded, "We won," in a tone suggesting, "How else could we do?"

The Cougar thinclads earned the title of Region 18 Champions for the third year in a row.

An 11 point edge separated the Cougars and their closest competitor, Southern Idaho with 50 points. The Champs earned 39 points. The rest of the field included

North Idaho with 73 points, Lane Community College 98 points, Mt. Hood 102 points, Rick's 139 points, Linn-Benton 177 points, Umpqua 238 points, and Treasure Valley rounded out the field with 245 points.

Tony Macey led the Cougar runners taking third place overall, and set a new school record for the five-mile distance with a time of 24:16. He was immediately followed by teammate Brian Abshire, with a fourth place time of 24:19.

have. "We could have run more aggressively," Sullivan said. "We lacked concentration, and we didn't want it as bad as we should have."

Other top Cougar finishers included Ken Velasquez, who finished seventh, at 24:52, and Steve Gogl crossed the finish line eleventh, at 25:03. If it hadn't been for the speed of Macey, Abshire would have claimed the new five-mile school record. Instead Abshire has to settle for he second fastest school time for that distance. Velasquez couldn't quite make it past the old school record, but is now the fourth

fastest Cougar ever to run the five miles. Gogl now holds the eighth fastest time.

Even with the championship, Sullivan said the Cougar didn't run as well as they could

Next on the Cougar's list of hurdles is the national competition in New York this weekend. The Clackamas runners are ranked third going into the event. "We should end up somewhere in the top five," Sullivan said. "We potentially could win the nationals."

Some of the national competition will include the defending champions, Southwest Michigan and Brevard of North

Carolina, the runner-up for the past three years. Both of these teams have returned three of their top five runners, and "have recruited some outstanding freshman," Sullivan said.

The Cougars will leave Thursday for their chance at a national title. There are no

physical factors hanging over the Clackamas men. "We are at 100 percent," Sullivan said.

The Print is now accepting applications for writers, cartoonists and gurus. Interested? Apply at Trailer B, ext. 309, 310.

CLACKAMAS CHIROPRACTIC CLINIC

16080 S.E. 82nd DRIVE
CLACKAMAS

LOCATED IN THE GREENHOUSE SQUARE ACROSS FROM THE CLACKAMAS FRED MEYERS.

TREATING: Sports Injuries, Workers Comp., Auto Accidents, Nutrition and Preventive Care.

24 HOUR EMERGENCY SERVICE

657-6190

EVENING APPOINTMENTS AVAILABLE

M. W. F. - 9-6
T. T. - 9-12
SAT. AVAIL.



CCC STUDENTS

These specials are for you only. Please show copy of this ad and your student body card for these prices.

Steelhead Rod	8 1/2 ft. GARCIA \$24.95 Value	\$10.00
Fischer Skis	"Cut 70" \$220 Value	\$75.00
Athletic Shoes	All in stock	10% OFF
Steelhead Reel	ZEBCO Spin \$22.95 Value	\$10.00
Ski Parkas	Mens - Ladies in bsmt. your choice	50% OFF

LARRYS SPORT CENTER & SKI HAUS

OREGON CITY SHOPPING CENTER
OPEN 9-9 DAILY