

Marathoner Knoop takes on coaching job

By Julie Miller
Of The Print

From placing fifth in the district as a high school runner to recently placing first out of 2,500 runners in the Portland Marathon, Men's Cross Country Coach, Allen Knoop has come a long way.

When Knoop was a student attending Clackamas Community College and running on the cross country team, in which he placed second in the state in the six-mile run, Knoop said coaching was the farthest thing from his mind; especially coaching here at the College.

Knoop then went on to go to the U.S. Olympic Marathon Trials, where he placed 56th. Though he didn't compete in this year's Olympics, Knoop, 27, said he will definitely try again. He said he plans on "running as long as I can."

This year's men's cross country team is being coached by Knoop, who is replacing former coach Kelly Sullivan.

The team has seven meets remaining after having already competed in three: University of Portland, Lane Community College and Coos Bay College, where seven teams gathered to compete.

Clackamas' men's team did well, with Mark Allen placing second overall. This year's team is considered to have a lot of talent, and three of their major goals are to com-

pete at their best, to place at least three runners at the top of the league in Oregon and Washington and to have fun.

"During the week we have fairly intense workouts, but we still find time for fun," Knoop said.



NOSE TO THE GRINDSTONE—Allen Knoop warms up before coaching men's cross country.

Photo by Joel Miller

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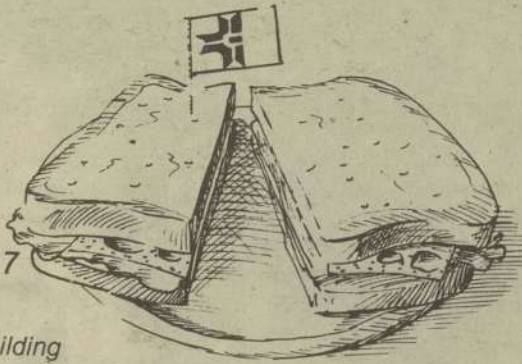
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