

# Sports

## Cross Country

### Ragged performance drag Cougars down

By Dave Holmes

Of The Print

Keith Ferrell, wearing Levi's and basketball high-tops, stood on a blustery knoll at Linn-Benton Community College Saturday while his teammates ran in the NWAACC Southern Region Cross Country Championships.

Out with a muscular injury to one of his legs, Ferrell, one of Clackamas' top three runners, could only watch and mutter to himself as the Cougars plodded their way through the race.

"Man, I wish I could run today," he said, "I could be right up there."

The runners "right up there" were led nearly post to post by someone Ferrell had handily defeated earlier in the season, someone named Rob Collins from Mount Hood Community College, who won the five mile race in 26:00. Following right behind him were Lane Community College's top four runners that executed what could only be called a "pack attack". They finished second through fifth

within 28 seconds of each other. At the start Cougars Rob Durkee and Mark Mohnen were tucked in behind them and rounded out the pack.

After 800 meters Coach Jim Kisse, after a good look at the front-runners and then at the windy sky, said, "With the wind what it is today, it could be anybody's race."

Apparently, "anybody" didn't include Durkee and Mohnen.

At the one mile mark, the lead pack had reshuffled itself and showed Durkee to be running shoulder-to-shoulder with Collins. But Mohnen, who Kisse had said must run a very good race for his team to win the meet, was not to be seen. Sander Nelson, who also needed a strong race for Kisse, faded towards the back of the field along with Mohnen on the wet and marshy course.

"They (Mohnen and Nelson) have got to get back up there," said Kisse after the runners passed the one mile marker. Somehow, though

much too far away to hear, Nelson must have sensed what Kisse wanted.

"I saw Mohnen and (Phil) Jaspersen up ahead of me and went after them," Nelson said after the race. He caught them at about the three mile point and then surged ahead.

"I'd never beaten them before and that (going ahead) was the only thing that kept me in the race."

Durkee, who finished seventh in 26:56, seemed to hold himself in the race by sheer will-power.

"My legs are just flat. You just can't start a race in oxygen debt, and that's just what happened," Durkee said referring to a condition of muscular fatigue. "Cardiovascular-wise I felt great. I was breathing through my nose most of the way. But I just couldn't shake the heaviness in my legs. I surged two or three times to try and get it out of my system, but it wouldn't leave."

Nelson, second for Clackamas and tenth overall in 27:34, also complained of tiredness and being "generally

dead". Cougar Tony Mulbregt said, "This was the worst race of my life."

Immediately after the race, Coach Kisse, when asked what went wrong, said, "If I knew I'd be a millionaire. We just didn't get up to the challenge, that's all." But after a few minutes, Kisse seemed to have collected himself and began to look toward the NWAACC Championship Meet at McIver Park in two weeks.

"We don't have a meet next week and that bye couldn't have come at a better time. We'll probably use that time to do some team distance workouts and rest up for the championships."

Despite their ragged performance, the Cougar Mens' Cross Country team finished second behind team winner Lane CC, and a mere five points ahead of third place Mt. Hood. Rounding out the team's effort were Jaspersen, twelfth in 27:44; Greg Suiter, fifteenth in 28:01; and Mohnen finished in 28:08 for sixteenth place.



Kob Durkee

Photo by Dan Wheeler

Mulbregt took twentieth with 29:26, and Pat Berhdal came in twenty-seventh in 30:52. Mark Shaver, another Clackamas runner, ran unattached with a time of 28:46 that would have been good for eighteenth place.

### Spriggs places first at regionals

By Dave Holmes

Of The Print

A drenched course and high winds were the scene of the 1985 Southern Region NWAACC Championship Cross Country Meet held Saturday at Linn-Benton Community College.

Right from the gun it was a head-to-head duel between Sue Spriggs of the College's Womens' team and Patty Gallup of Linn-Benton.

Earlier in the week, Coach Marilyn Wynia had said that she hoped rain would not be present at the Regional meet. She got her wish on that count, but other things turned

out less than desirable for the coach.

"Times are slower here," she commented, "And that may be due to the course. It's so open and the grass is really thick. The wind is bad on an open course like this."

Spriggs and Gallup were in a different race from the rest of the field after only half a mile. Since the course isn't necessarily a fast one, Spriggs thought that some strategy would be a safe gambit. Though she had beaten Gallup in a race earlier this season, she hung back slightly and positioned herself behind Gallup.

"I felt that I had good position. The wind was pretty strong, so I used Patty (Gallup) as a wind shield," said Spriggs, "I felt really good, really relaxed."

"We talked to each other through most of the race. You know, stuff like 'Good job' and 'Let's get going.'" But, as every winner must do, there is a time to pull away. At about the half-way point in the 3.1 miler, Spriggs took the lead, a

lead that she was to keep for the rest of the race.

Spriggs stretched the lead to nearly 80 yards with a half

mile to go. After 19 minutes and 7 seconds, Spriggs clinched

the Individual championship. Gallop finished strongly in second place with a time of 19:25, 30 seconds ahead of the third place finisher.

Michelle Mickel, completely healthy after a bout with the flu a few weeks ago, turned in a time of 20:15 for the Cougar harriers, good for the eighth place ribbon. Janet Hess and Dena Nork ran times of 22:24 and 23:36, respectively. Shelly Lange and Michelle Perriello, running only their second race for Coach Wynia, clocked in at 27:29 and 27:59.



Sue Spriggs at McIver Park

Photo by Dan Wheeler

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