

Sports

Cougars compete in track and field championships



by Steven Ziolkowski
Staff Writer

Fourteen teams from Oregon and Washington turned out for the NWACC 1987 Track and Field Championships hosted by Mt. Hood Community College this past Friday and Saturday. Friday's weather gave the athletes and spectators great track conditions, while Saturday proved windy with some showers.

Saturday, Cougar Mike Smith took first in the 3000 meter steeplechase at 9:37.76 (9 minutes, 37.76 seconds) - almost one-third of a minute faster than second place, Tim Cloke of Spokane. In the 400 relay, teammates Eric Christen, Jeff Faust, Ken Griffin and Andre Scott brought home a sixth place at 43.95 seconds.

On Friday, Jeanne Barnett placed sixth in the 10,000 at 42:11.46 and fifth in the 5000 at 19:23.25. Teammate Molly McArtor brought down sixth in the 800 at 2:33.34. In the 1500, Dena Raddle placed fifth with 5:15.71.

In field events, Jim Baker threw a very close fourth in the shot put with 46 ft. 1.50 inches. In the discus he brought the Cougars a fifth at 135 ft. and

11.5 inches.

Following a disappointing technical disqualification in the long jump, Christen rebounded with a second in the 400 dash - less than .3 of a second behind first place Joe Johnson of Spokane. Christen finished at 49.40 seconds. In the 100 dash, Scott brought in a sixth for Clackamas at 11.59 seconds.

Back in form, Rick Flemmer high jumped six feet, six inches,

bringing home a fourth place Saturday's final event, the 1600 relay, saw Cougars Eric Christen, Jeff Faust (substituting for Randy Lynch) who was out with a foot injury, Jack Kegg and Greg Suiter take fifth with a 3:26.18 time.

Photographs from some of the season's track and field events will be on display in the lower level of Randall Hall this summer.

Staff/faculty set to climb Mt. Hood

by Christopher Curran
Sports Editor

Saturday's the day for nearly 40 ambitious faculty and staff members who plan to scale Mt. Hood.

That is when Marilyn Wynia's staff conditioning class will attempt to climb the mountain. The climb will be led by faculty members Chuck Adams and Gary Nelson.

The conditioning class has been planning on this trip all term. It was the main goal of the class.

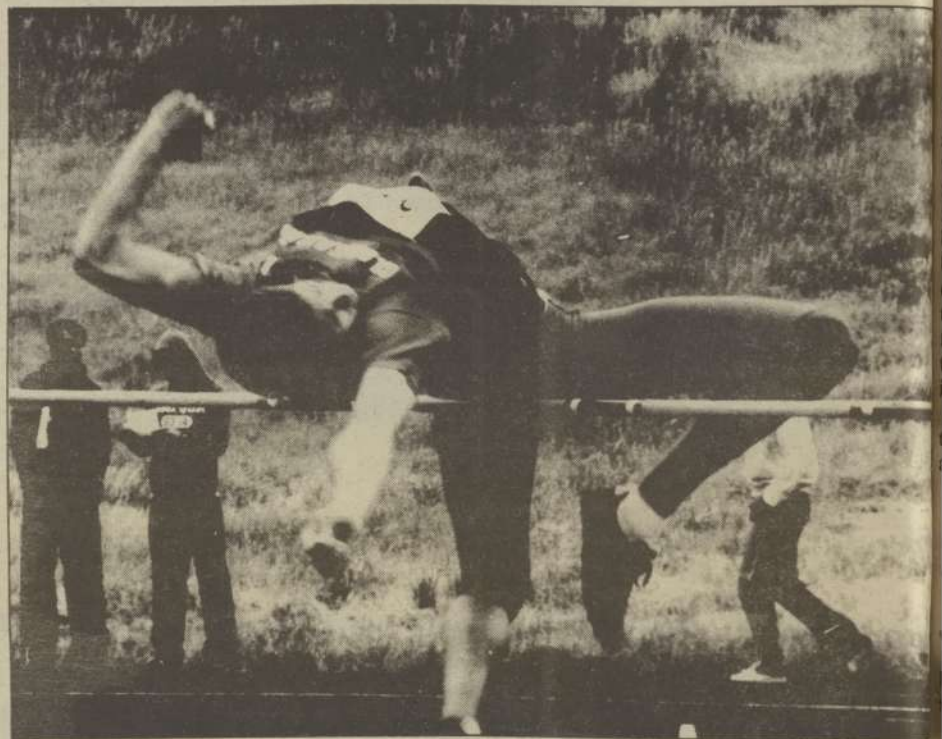
They've been training in aroebics, circuit weight training, and running all term in preparation for the climb Saturday.

Adams has 30 years of mountain climbing experience and he has been teaching for over 10 years. Nelson brings a background of mountain climbing in several different countries to the group, who went to Mt. Hood last Sunday to practice.

There are some people who have worked out away from the class, as well as the group's Larch mountain hike last month.

The class meets for the three hours a week for walking up the bleachers and jogging as part of the training.

"It has been the goal of the class to make the (Mt. Hood) climb," said Adams.



Photos by Steven Ziolkowski

Going over the high jump bar is a member of the Clackamas Community College track team.

Summer delivers excitement and activities, hopefully outdoors

by Stephani Veff
Opinions Editor

Hey everybody, it looks as if summer vacation is going to be here again this year after all - and just when we thought school would never end. I'm sure you are all looking forward to relaxing your minds and getting a great tan and there are a lot of ways to do this besides just vegetating in a lawn chair with an ice cold drink beside you.

With sunny weather (hopefully) on its way, there are many sports that can be enjoyed this summer. While some may be too expensive to participate in every day, many cost relatively nothing to enjoy.

A river is a multi-recreational site and aren't we lucky to have a few close by. There is always something for everyone to participate in, whether it is swimming, fishing, rafting, water skiing, or just plain laying on the beach soaking up the rays, it's sure to please even the most difficult-to-please people. Just

pack a lunch and a cooler full of ice cold drinks, put on your bathing suit, grab a bottle of suntan lotion and head for your favorite spot on the river.

For those of you who get tired of going to the river in a few weeks and are longing for something with a little more adventure, you might want to head in a different direction: Mt. Hood. Mt. Hood also offers a variety of activities: camping, hiking, mountain climbing, and spelunking (caving) are just a few.

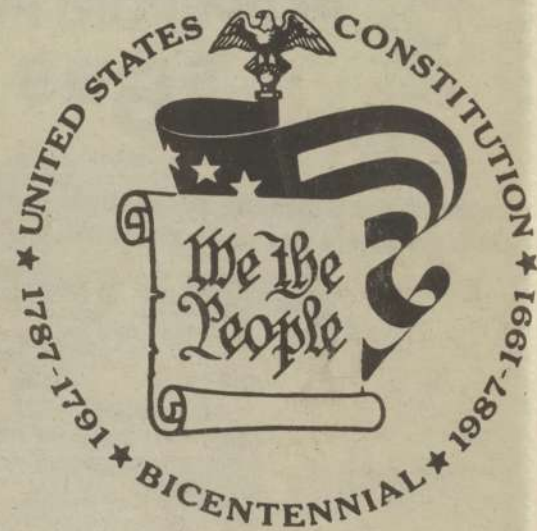
If I were to go to Mt. Hood, camping would be my first choice. The reason behind this choice being that you can enjoy all of these activities while camping. Plus if you happen to camp near a lake, then you can also participate in a few of the river activities at the same time.

Just suppose that you don't want to go much farther than your local park or even your own backyard, what do you do then? Well, then there are still LOTS of summertime activities to enjoy.

Have some friends over for a Barbeque and while you're waiting for the charcoal to get hot enough to burn the hot dogs, play some frisbee or set up a volleyball net and play a few games. A few other yard and park sports are horseshoes, badmitten, lawn darts, and croquet. A park offers a little more room to play things like softball, basketball, football and soccer. The key things to remember here are: the more the merrier and don't let the hot dogs fall through the grate on the grill.

Summer is getting prepared to arrive and we should prepare for this arrival and enjoy it while we can because it won't be here very long and we'll have to wait a whole year for it to come back. I know, I know, some of you are saying, "But what about work?" Work will ALWAYS be there, it's never done, and it will be waiting for you when you come back from your vacation with a golden tan and toned muscles from all the physical activity. It's all a matter of priorities.

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