

Clackamas runners sweep NWAACC meet

Women come from behind to win

by Paul Valencia
Staff Writer

The Lady Cougars, facing an uphill battle for their third straight title, surged ahead in the final mile to squeak by Spokane to win the women's Northwest Athletic Association of Community College's Cross Country team championship, Nov. 7.

"With a little less than a mile to go, we were losing," said Head Coach Mike Hodges. "The girls sucked it up and got it done."

The Cougars finished with 38 points, while Spokane ended up with 47. Clark wound up third with 86.

Leading the way was unlikely hero Lynda Cornwall, the top Clackamas finisher, who ended up fourth overall, covering the 5,000 meter course in 19 minutes, 52 seconds. It was by far her best performance of the year, surprising even her teammates.

"Lynda Cornwall did outstanding," said Team Captain Dianna Polack. "Usually by the two-mile mark, we catch her. She just kept going and going and going," she said, mocking the Energizer Bunny on TV. "She never let up."

Cornwall was ecstatic after the race. "Normally, I'm number five (on the team). Coming in first is a real change, and I like it a lot."

She credited the race with her training, and a good luck charm. "We worked on conserving energy and it really helped," she said. "I started much slower than normal. I waited for five people to pass me and then I stuck with that fifth person."

"I also found a lucky dime today," she continued.

Cornwall crossed the finish line in obvious pain, but soon after, was ready to go again, "as long as nobody was chasing me," she said with a smile.

"I'm glad we all did well and came away with the championship," added Polack.

Hodges was a little worried near the end of the race, but he had visions. "I expected us to win and I expected it to be close," he said. He got both.

"Our whole training program is based on making our runners incredibly strong," he said.

Leah Guilford, finishing fifth overall and second for the Cougars, came in at 19:54. Eighth and ninth were Polack and Jenny Campbell at 20:10 and 20:15, respectively. Elizabeth Ribbeck closed the door as the fifth Cougar runner at 20:49.

Hodges, along with Spokane Coach Curt Ransford, were Co-Coaches of the Year on the women's side.

Cougars take combined title

Combining the two scores from the men's and women's Cougar teams adds up to an impressive 61 points, which gave the team yet another combined championship in the NWAACC meet.

Spokane was second with 106 and Clark, at 149, finished third.

Head Coach Mike Hodges said it was one of the best days in Clackamas Community College cross-country history.



Photo by Paul Valencia

Team Captain Diana Polack, Leah Guilford and an Umpqua Community College runner push toward the finish line at the NWAACC championship meet.

Hickey finishes first, leads men to team victory

by Paul Valencia
Staff Writer

Mike Hickey woke up feeling good Nov. 7. He probably went to bed that night feeling even better.

In between, he ran the 8,000 meter course in 25 minutes, 49 seconds to win the men's 1992 Northwest Athletic Association of Community College's Cross Country Championships title, while leading his Clackamas Cougar squad to the team honor.

The Cougars fastest five finished in the top nine overall to dominate the race, ending up with 23 points. Spokane finished a distant second with 59 points, while Clark ended up third with 63.

"That was an incredible performance," said Head Coach Mike Hodges. "I knew we were as ready as we possibly could be. I just didn't realize how ready

that was. Five in the top nine," he said, stopping to think about how good that was rather than finishing his sentence.

It was Hickey who led the way. "I had a great night's sleep, woke up feeling great, loose," he explained.

"I went out with the pack for the first two miles," he said of his race strategy. Hickey and Spokane runner Joe Barrie exchanged the lead several times in the first half of the race. "At two and a half miles, I decided I wanted to go for it and I broke the guy," Hickey said.

Not bad for someone who began the year just hoping to do well on his own team.

"Coming into the season, I was hoping to be in the top three on our team," he said.

Instead, he was tops. He was the first Cougar across the finish line in all but one race this year.

"We have a really talented team. Everybody on the team are great runners," he said.

"It was a good race for the team," he continued. When told that they had five in the top nine, he realized it was more than good. "That's incredible," he said.

Brian Buckingham finished third overall and second on the team with a 26:25 time. Oscar Bauman, fourth, came in at 26:30. Jason Mottaz and Aaron Taylor, at 26:41 and 26:45, finished eighth and ninth to round out the top five victorious Cougars.

Hodges took Coach of the Year honors for the men.

Flag football nears playoffs

by Daphne Hartt
Sports Editor

Even though the Oregon weather is starting to bring us its harsh, cold, winter chill, the Intramural Flag Football men are toughing it out. Their dedication to having a good time keeps them out on the field.

So far, The Regulators, a team mostly composed of sophomores, is undefeated with a 2-0 record. With players such as Mike Hieb, Trevor Kinney, John Bramlet, and Mike Defabio, they are bound to make it to the finals.

In their first game, the Regulators crushed Tha Lynch Mob 6-1, and in their second game proved that they didn't win by luck. They came away with an outstanding 8-3 win against The Big Dogs.

Chad's Team, which is hanging onto second place so far in the Round Robin tourney, holds a solid 2-1 record. In a recent game, they defeated Tha Lynch Mob 6-3. They also gave The Big Dogs their first loss by beating them 4-2.

Hanging onto to third place is Tha Lynch Mob. Their

1-2 record shows that they have to win their next game to remain in the finals.

Freshman Toby Anselmo leads the team in scoring with six touchdowns, while freshmen Walter Boid, Scott Dougherty and Tony Simeonov all have one touchdown.

Coming in fourth, at the present are The Big Dogs.

Single elimination play will begin on Dec. 1, and the championships will be held on Dec. 3.

Another upcoming event in intramural activities is the annual Turkey Trot. This 2.5 mile prediction race will be held at noon on Wed., Nov. 25.

Turkeys will be awarded to the top female and male race winners and prediction winners, assuming that there are at least eight runners in each category.

Also during the course of the race, frozen Thanksgiving pies will be given away by randomly drawing names.

If you have any questions on any upcoming events, call Intramural Activities Director Kathie Woods at 657-6958, ext. 2418.

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