

# Freshmen Keene, Gonzalez outstanding runners

by Paul Valencia  
Staff Writer

Freshmen: it's always been such a dirty word. But to the cross country squads, two first-year student athletes are impressing their coaches and teammates with exceptional times and top finishes as the Cougars head into the Southern Regional championships this weekend.

Cindy Keene and Cruz Gonzalez have made a major impact for the Clackamas teams. Keene set the all-time women's course record at McIver State Park this year, while Gonzalez earned two first-place finishes for the men's squad.

Having such a strong freshmen force helps the Cougars in a number of ways, according to Hodges. "It was important to us because we had a lot of good sophomores returning. We needed to put pressure on them." It also gives Hodges a sense of continued success in the future of his program, he said.

The future may be now for Keene and Gonzalez. Keene, for instance, is one of the two favorites to take the Northwest individual title. If confidence is a factor, the other favorite, Brenda Funk of Bellevue, has her work cut out for her. Keene doesn't expect to lose. "I plan to kick her butt and win the NWAACC," she said.

Not bad, considering Keene took a year off of running competitively after graduating from Phoenix High School in southern Oregon back in 1992. "I just wanted to take a break from school," she explained, noting a family crisis and a tough work

schedule as reasons for her sabbatical.

Deep down, however, Keene wanted to run competitively. She chose Clackamas because of its reputation. "They are one of the top teams in Oregon," she said.

And she gives a lot of credit to her new teammates for her success. For a year, Keene ran on her own. Now she has more motivation. "Running alone is hard. On a team, though, people push you to get a better time."

Not only better times, but best times. Keene has run the five-kilometer courses in under 19 minutes for three consecutive races. "I've never had someone under 19 minutes before," Hodges said, looking back on his eight years at Clackamas.

"She's certainly a very good freshman. She's defeated everyone in the NWAACC this year," he said. Hodges also looks forward to Keene's track ability. Earlier this year, Keene ran a faster 10-kilometer road course than Hodges has ever had anybody run on a track. That's the kind of potential coaches dream about.

Keene has made history for a team coached by Hodges, and Gonzalez has a chance to do the same. Already he has run two races under 26 minutes on the eight-kilometer course. Hodges has had only one freshman do that -- last year's NWAACC champion, Cougar Mike Hickey -- but Gonzalez has two more meets to make it three or four.

Coming into the season, Gonzalez only had a goal to be one of the top five runners on the team.



photo by Chad Patterson

The cross country men's squad prepares for Southern Regional Competition in Sandy this Saturday at 11 a.m.

"I felt afraid because I didn't know anybody," he said. "After my first meet, though, I felt better about being on the team." Now, he is battling with defending champion Hickey for the number one spot for the Cougars.

Going into his sophomore year at Canby High School, Gonzalez wasn't even interested in running for a team. But in P.E. class, he ran a mile in under five minutes. That got the attention of the instructor, who then passed the word to Tom Millbrooke, Canby's cross country coach.

By the end of his senior

year, there were several schools interested in Gonzalez. "I think I made the right decision," he said about coming to Clackamas. He said he believes he is a better runner now.

"Here in college, you run more than in high school. The practices are tougher, which make you a better runner," he explained.

Hodges said Gonzalez is better in college than in high school because of the longer distances. In college, the courses are eight kilometers, but high schoolers just run five. "He's a very strong, endurance runner. He can handle a

strong pace," Hodges said.

From the confident Keene to the soft-spoken Gonzalez, the freshmen cross country class is well-represented with record-breaking performances. The future of the program is bright, but the future does not start next year, it starts this weekend at the Southern Regionals.

**Note:** The Southern Regionals are being held at Sandy High School. The women race at 11 a.m., with the men following. Hodges encourages all Cougar supporters to cheer the Cougars on their march for the titles.

## Cheerleaders prepare for winter

by Michelle Shipman  
Staff Writer

As the sports seasons start a Clackamas, a group of women are hard at work spreading school spirit around campus. Members of the Clackamas Cheerleading Squad are hard at work getting ready for the upcoming winter sport schedule.

The team's goal this year is to get more people to go to the games by putting up posters and advertising the games as much as they can, and also to get the people who do attend the games to be more involved. They will be cheering at the men's basketball games, and will be on hand to support the women's program, as well.

"We want to work hard to promote the kind of school

spirit this school deserves," said team member Kristi Mabon.

That is not the only thing that the cheerleaders hope to accomplish this year. They are also hoping to hold a barbecue and a kid's camp, to teach youngsters the fine points of cheering.

The girls are doing this on a volunteer basis because they believe in what they are doing. "We want the student body to know that we are working really hard to make this a success. We are really happy to have a squad," Mabon said.

This year's squad is composed of eight girls: Mabon, Juliet Henderson, Kari Maikell, Misty Nodurft, Andrea Baker, Amiee Fortuna, Michelle Burr and Sarah Johansen.

## Pennant races go down to the wire

by Nate Clark  
Staff Writer

The 1993 baseball season was a year of down-to-the-wire pennant races and offensive surges.

The league's leading hitters, John Olerud, of the Toronto Blue Jays, and Andres Galarraga, of the expansion Colorado Rockies both hit at a .360 clip (.363 for Alert and .370 for Galarraga).

The AL MVP award will be won by Frank Thomas of the Chicago White Sox. Thomas had a great year and his production took a fourth place team to the West Pennant. His only competition lies in the heart of the Toronto Blue Jays line-up. All of those three big guns, Olerud, Robby Alomar and Paul Molitor have MVP type numbers, but they all overshadow each other by having equally remarkable years. Besides, Thomas had more than a normal season (.317 average, 41 homers, 128 RBI, a .607 slugging percentage and a first place finish). He is the clear choice.

In the NL, you can't say enough about Barry Bonds. He can single-handedly alter a game with any aspect of his complete package. The man had an extraordinary year. His numbers speak

loudly (.336, 46, 123) plus he led the league in slugging percentage, (.677) and on-base percentage, (.458) and he received a record 43 intentional walks. You may be able to make a case for Philly sparkplug Lenny Dykstra (.306, 19, 64). He did score 143 runs and walked 129 times, (three more than Bonds) yet Bonds had a total complete year.

I won't dwell on the Rookie-of-the-Year race for it was decided at the all-star break. It hasn't been as big of a blow out in a long time. Dodger catcher Mike Piazza will sweep the ballot (.316, 35, 112). In the AL, Angels' right fielder Tim Salmon will also sweep the ballot in his ROY quest. With the season he had, they should put up a monument for him in Anaheim for keeping the Angel fans loyal. He had a great year (.283, 31, 95) despite missing the last two weeks with a broken right finger.

The AL Cy Young Award race is a weak one this year. Jack McDowell, with his 22 wins and 3.41 ERA should win it, but you never know. Randy Johnson has emerged to take future Hall of Famer Nolan Ryan's place as the

reigning strikeout king while sitting down 10.86 per nine innings.

The NL Cy Young award should be won by either Greg Maddux, Bill Swift, Tommy Glavine or even John Burkett. Maddux won 20 and led the senior circuit with a 2.36 ERA. Swift won 21 and had a 2.82 ERA while his teammate Burkett won 22 but had a disappointing second half and finished with a sub-par era, at least for this race. Tommy Glavine won 22 while only losing 6, but his 3.20 ERA should distance him from teammate Maddux.

The season also makes us say goodbye to some familiar faces. Carlton Fisk finished his tenure with the Sox, White or Red. George Brett retired after 19 seasons with the Royals, three batting titles in three decades and a trip to Cooperstown in five years. Speaking of Cooperstown, Nolan Ryan should get his own wing. He has thrown seven no-hitters, is the king of strikeouts and throws a mean right uppercut. It's sad to see the Royals without Brett and the league without Ryan and Fisk.

On a final note, thanks to the Giants and Braves for giving us one of the best races in the history of divisional play.



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