

Burck finishes runner-up, leads men's cross country team to second place at regional meet

Jesse Sowa
Sports Editor

Results were mixed at the Southern Regional Championships for the Clackamas Cross Country teams on Saturday at Pier Park in Portland.

The Clackamas men's team finished second, while the women were third. Only some of the competitors on both teams ran well, but it was good enough for second and third, overall.

The men's team from Clark College was the favorite and backed up their lofty status as they won the meet with 33 points, followed by Clackamas (51), Lane Community College (61), Mt. Hood CC (84), Chemeketa CC (145), Umpqua CC (164) and Lower Columbia was incomplete.

The Cougars were ahead of Clark near the midpoint of the 8,000-meter race, but Clackamas dropped off and ended up with second.

Clackamas sophomore Ryan Burck led the Cougars with second overall in 26 minutes, 23 seconds. Burck led the race just after the midway point, but was passed by eventual winner James Longoria of Lane with just over a mile to go. The regional meet marked the first time that Burck had defeated all of the Clark competitors in the same race.

Dean Rowell was fifth in 26:53, trailed by Jon Cox in 13th

(27:26), Evan Goin in 15th (27:47), Juan Sanchez in 16th (28:05) and Jon Gotchall in 25th (29:17).

The Cougars competed without Travis Armstrong, their number-one runner, who is still out with mononucleosis, or mono. His availability for the Northwest meet is still unknown.

Clackamas proved that they could beat Clark without Armstrong.

Clackamas coach Mike Hodges believes the Cougars might have been too aggressive at the beginning of the race, which might have caused them to fall off slightly near the end.

Hodges gave credit to Gotchall, who ran his best race of the year and placed higher on the team than he has all year.

The Clackamas women took third with 69 points, behind regional champion Mt. Hood CC (39) and Lane CC (44). Clark CC was fourth (83), followed by Chemeketa CC (105), with Umpqua CC and Lower Columbia being incomplete.

"Lane was the big surprise," Hodges said. Clackamas had not competed against Lane this season before the regional meet, but the Titans were not expected to be as strong as they were.

Hodges said that it wasn't that the Clackamas women ran bad, but that Lane came up with

their best performance of the year in order to defeat the Cougars.

Sophomore standout Jaime Fairchild finished fifth in 19:53. Jenny Newell was 13th in 20:46, trailed by Heather Peterson in 14th (20:51), Becky White in 21st (21:45), Mishe Simantel in 24th (22:03) and Shannon Henley in 27th (22:29).

Hodges had high compliments for Newell, who's recovering from a stress fracture in her foot, and Simantel.

"She's the one that showed the most," Hodges said of Newell. "She had one of her best races of the year," he said about Simantel, a first-year Clackamas runner.

The Cougars will now prepare for the Northwest Athletic Association of Community Colleges (NWAACC) Championship Meet at Lane CC on Nov 11.

The Clackamas women would like to finish in the top three to take home their ninth trophy in 10 years. Bellevue CC and Spokane CC could join the race along for the women's NWAACC title along with the top teams from the Southern Region.

The Clackamas men hope to knock off Clark CC, the top team in the region, at the NWAACC meet. Skagit Valley CC and Highline CC, along with Bellevue and Spokane, will be near the top at the NWAACC meet, along with Clark and Clackamas.



photo by Lora Wahrgren

The Clackamas Cross Country teams prepare for the Northwest meet at Lane Community College after a strong showing at the regional meet on Saturday.

Dominant football teams continue to be 'no shows' in current NFL season

Jesse Sowa
Sports Editor

The 1995 National Football League season has turned out to be anything but normal with upsets and disappointments occurring every weekend, so far.

An increase in free agents over the past few years has created a time of mediocrity throughout the league.

The expansion Jacksonville Jaguars and Carolina Panthers are easily the biggest surprise in the NFL this year. Jacksonville (3-6) was not expected to do this well. Knocking off Pittsburgh and Cleveland made the league stand up and take notice of the Jags. A win by the Panthers (3-5) against New England made Carolina the first expansion team ever to win three games in a row. Carolina will face its first real test this Sunday at San Francisco.

The biggest disappointment has been the play of the New York Giants. New York (3-5) was expected to challenge Dallas for the NFC East title, but a lack in performance by quarterback Dave Brown and a usually powerful defensive line has knocked the Giants to the bottom of the division. A win at Seattle on Sunday could turn their season around.

In the AFC, the Kansas City Chiefs (7-1) have played to their level of potential and are scoring points at just about every opportunity. With Marcus Allen running the ball well and Derrick

Thomas continuing to be a dominant force on defense, the Chiefs are well on their way to locking up a playoff spot.

The Oakland Raiders (6-2) are a Super Bowl-type team when they are at their best. Although, the Raiders don't play well when they're up against the wall.

The AFC East teams have been dominated by the rest of the league with only the Steelers and the Browns, both 4-4, reaching the .500 mark. Pittsburgh has not scored the points when they needed to and the Cleveland defense has been unable to stop even weak offenses.

Buffalo (5-3) is suffering through the loss of Andre Reed to injury, which slows down the Bills' offensive threat as shown in their Monday night matchup against New England.

The Patriots (2-6) showed signs of new life with a strong performance against Buffalo. Drew Bledsoe played his best game of the season, completing

23 of 40 passes for 262 yards. But their loss to Carolina put them back on the skids.

Indianapolis (5-3) has played well at times, but when the offense and Marshall Faulk go, so do the Colts. Miami (5-3) has what it takes to reach the Super Bowl, but it hasn't been able to put the pieces together so that everything

day brought Atlanta back to earth.

Former Oregon coach Rich Brooks has made the St. Louis Rams (5-3) a winner. The 44-10 defeat to San Francisco and another loss to Philadelphia hit the Rams hard.

The 49ers (5-3) were down on their luck until a big win in St. Louis seemed to put them back

on the right track. The loss of Steve Young has affected their strong offense as Elvis Grbac took over. San Francisco fell to New Orleans at home on Sunday, showing that Young is definitely the key to the offense.

The Chicago Bears (6-2) are playing well, although their defense has not been as strong as in previous years. Rookie running back Rashaan Salaam is racking up a lot of yards behind a tough Chicago offensive line.

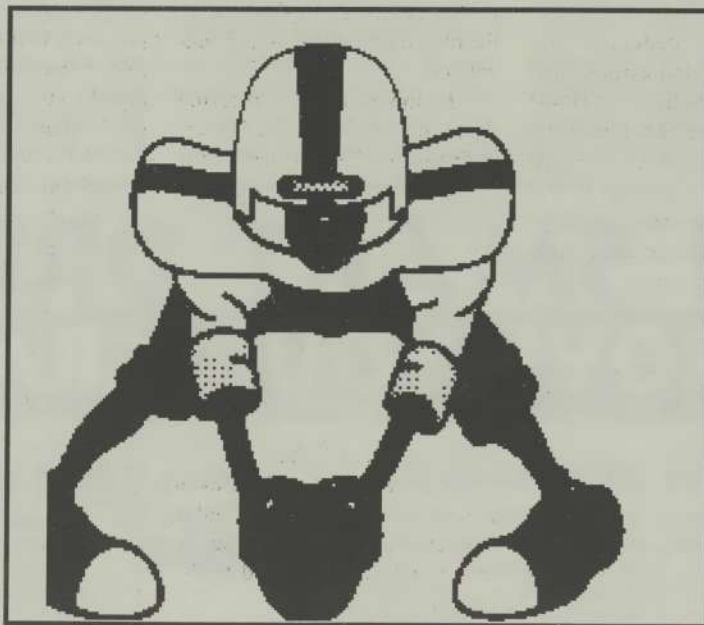
Green Bay (5-3) is having an average year for them. Losing Sterling Sharpe gives quarterback Brett Favre fewer options, but the Packers seem to be making up for that with a decent running game. Favre passed for over 300 yards at Detroit on Sunday, but it wasn't enough to keep the Packers from dropping another division game.

Tampa Bay (5-4) could be on their way to a winning record for the first time in quite a while. The Bucs are definitely in the race for a playoff spot. Head Coach Sam Wyche has finally found success after so many losing seasons with the Bengals and the Bucs.

The Dallas Cowboys (7-1) seem to be rolling right along. Deion Sanders will play this weekend to help out a struggling Cowboys' defense. A win against the 49ers on Nov. 12 in Dallas will be crucial if the Cowboys plan to beat San Francisco in the NFC Championship Game (also known as the REAL Super Bowl) in January.

The Eagles (4-3) are in an awkward situation with two strong quarterbacks and a head coach who won't pick Rodney Peete or Randall Cunningham for the starting job.

With the season nearly half over, no dominant team has separated themselves from the rest of the league. A champion will be decided during the last three weeks of the regular season when the top teams will be at their best.



fits.

In the NFC, Atlanta (5-3) has been a big surprise to many, but not to Head Coach June Jones. Jones and quarterback Jeff George have the Falcons playing well. Their loss to Dallas last Sun-