

# Ten Cougar runners break personal records

John Thorburn  
Staff Writer

The Cougar Cross Country team had another stellar performance at the Willamette University Open.

The meet included both four-year universities and community colleges, showcasing some of the top programs in the northwest.

The men's team won the Community College Division, de-

feating some of the toughest teams in the Northwest Athletic Association of Community Colleges (NWAACC), and finished fifth overall in the meet.

Leading the way with personal bests were Andy Bradley and Travis Armstrong. They broke their personal bests by over

one minute with times of 26:40 and 25:23 respectively.

Assistant Coach Jack Kegg was pleased with everyone's performance on Saturday.

"It was a very strong meet for the whole team," he said.

The women's team finished second in the division of commu-

nity colleges. They also placed first out of teams representing the NWAACC and seventh overall.

Kegg was ecstatic, saying "almost all of the ladies achieved personal records and, for the first time in Clackamas history, we have four ladies running under 20:00!"

Pacing the Cougars were Jennifer Rea with a time of 19:03, Rebecca Graham with 19:12 and Wendy Johnson's with 19:24.

This weekend both the men and women travel to Tacoma, Washington, for the Pacific Lutheran Invitational.

## Cougar Top Times:

|                  |       |
|------------------|-------|
| <b>Men:</b>      |       |
| Travis Armstrong | 25:23 |
| David Lamar      | 26:34 |
| Andy Bradley     | 26:40 |
| John Gotchall    | 28:06 |
| <b>Women:</b>    |       |
| Jennifer Rea     | 19:03 |
| Rebecca Graham   | 19:12 |
| Wendy Johnson    | 19:24 |
| Jenny Newell     | 19:52 |
| Mishe Simantel   | 21:15 |
| Jennifer Pole    | 21:59 |

Note: Ten Clackamas runners ran their best times at the Willamette University Open on Saturday, Oct. 5.



The men's cross country team placed fifth overall and the women's team placed seventh at the Willamette University Open. Ten Cougar runners set personal bests in the meet including two men who cut over a minute off their previous best.

Photo by John Thorburn

# The Clackamas volleyball team wins two to take division lead

Brendon Neal  
Sports Editor

The Clackamas volleyball team won two matches, beating Lane and Mt. Hood.

The Cougars beat Lane, second in division behind Clackamas, with scores of 15-13, 15-10, 4-15 and 15-6. Clackamas had a strong night with a serving accuracy of 96 percent.

Misti-Kae Filley led Clackamas with 19 kills and 17 digs. Shannon Segerstrom added 26 assists and 17 digs.

"Lane was an intense game. Our fans got into it. We appreciate the support. They match up with us well. But we made less mistakes, and we are a little more aggressive," said Head Coach Kathie Woods.

Clackamas beat Mt. Hood 15-5, 15-9, 10-15 and 15-8 on Saturday. The Cougar defense pulled out 135 digs. Sophomore Jennifer Dostert led the team with 36 percent, 13 blocks and 6 kills

on 11 attempts. Filley added 16 kills and led the team in digs with 32.

"They [Mt. Hood] are a real decent team. They didn't have a real intense game the night be-

"Lane was an intense game. Our fans got into it; we appreciate the support."

-Kathie Woods  
Head Volleyball Coach

fore, whereas we did. I think that really help us as far as intensity and what we were ready for," commented Woods.

Amy Felando had three solo blocks and eight block assists.

"Amy [Felando] is not known for her blocking, but she really turned it on," said Woods.

"I feel it [last week's results] is kind of a big sigh of relief.

Playing Mt. Hood and Lane, two big power houses in the league, to come out of there with two wins is just incredible. The team is really coming together and we are making a name for ourselves," added Woods.

Clackamas will play Chemeketa in Salem tonight at 7 p.m., ending the first half of league play.

"We want to come out of that [Chemeketa match] with a 6-0 record. That is our first goal," said Woods.

Clackamas is first in the Northwest Athletic Association of Community Colleges. They are trailed in the Southern Division by Chemeketa, 3-2.

On Oct. 11 and 12, Clackamas will participate in the Lower Columbia Cross-Over Tournament.

"We are looking to use that tournament to increase our depth, build our team strength. We will play a lot of matches," said Woods.



Volleyball: Front Row: (L to R): Chris Younglove, Shannon Segerstrom, Misi Simmons, Mattye Walsworth, Amy Felando. Back Row: (L to R): Jennifer Dostert, Cathy Methvin, Stacy Iverson, Jodi Stirmlinger, Misti-Kae Filley, Misty Murray, Becky Eames, Assistant Coach Jake Harwood. (photo by Kathie Woods)

## Cougar Calendar



### VOLLEYBALL

Home Away

|                  |          |                                    |
|------------------|----------|------------------------------------|
| 10/15 Pacific U. | @ 7 p.m. | 10/9 Chemeketa @ 7 p.m.            |
| 10/18 Umpqua     | @ 7 p.m. | 10/11-12 Lower Columbia            |
| 10/19 SWOCC      | @ 1 p.m. | Cross-Over, all day                |
| 10/23 Mt. Hood   | @ 7 p.m. | 10/25-26 Mt. Hood Classic, all day |
| 11/13 Chemeketa  | @ 7 p.m. | 10/30 Linn-Benton @ 7 p.m.         |

### CROSS COUNTRY

|                                                   |                                 |
|---------------------------------------------------|---------------------------------|
| 10/5 Willamette University Sundodger Invitational | Bush Park in Salem, Seattle, WA |
| 10/12 Pacific U. Invitational                     | Tacoma, WA                      |
| 10/26 Southern Region Championship                | location is TBA                 |
| 11/9 NWAACC Championships                         | Spokane, WA                     |

## Sports Briefs:

### Co-ed volleyball tournament

Clackamas will be holding a "Reverse Coed Quads" volleyball tournament on Sunday, Oct. 27.

Reverse rules mean the net is at women's height. Also, the men serve from behind the 10-foot line and can only block other men's hits.

The tournament can include 12 teams of four; two men and two women. The tournament is

a fundraiser for the volleyball team.

A captains' meeting will be held at 8 a.m. that morning, and play will begin at 8:30 a.m. There is a \$40 entry fee for each team who participates. The entry deadline is Oct. 24.

For more information and an entry form contact Jake Harwood at ext. 2418 or 657-6529.

### Ankle and Foot injury clinic

Clackamas has teamed up with Oregon City Orthopedic Clinic to offer an Ankle and Foot Injury Workshop.

The workshop is for coaches involved with athletes who have ankle/foot injuries. The college hopes the workshop will increase coaches' knowledge of injury recognition, treatment and rehabili-

tation, and taping applications and procedures.

The workshop will run from 6:45 to 10 p.m. on Oct. 24 in the Randall Gym. Cost is \$10 for preregistration or \$15 at the door. The price includes syllabus, refreshments and supplies.

For more information call ext. 2765.

### Schedule:

|             |                                                    |                                                                                |
|-------------|----------------------------------------------------|--------------------------------------------------------------------------------|
| 6:45-7:30p  | OVERVIEW OF INJURIES TO THE ANKLE & FOOT           | TOM McWEENEY, M.D.<br>TERRY SEDGEWICK, M.D.                                    |
| 7:30-7:45p  | REFRESHMENTS                                       | OREGON CITY ORTHOPEDIC CLINIC                                                  |
| 7:45-8:30p  | REHABILITATION OF THE ANKLE & FOOT                 | MIKE BISHOP, P.T., A.T.C.                                                      |
| 8:40-10:00p | TECHNIQUES OF TAPING FOR THE ANKLE & FOOT INJURIES | CHRIS BALSKE, A.T.C.<br>MIKE BISHOP, P.T., A.T.C.<br>BRAD BOYLAN, P.T., A.T.C. |