

# Cougar cross-country becoming a national power

JASON LINGEL  
Sports Editor

The Cougars showed this weekend that they are definite contenders to hold their Northwest Athletic Association of Community Colleges (NWAACC) Championship title.

The weekend took the Clackamas Cougars to Willamette University in Salem for the Willamette Invitational. The men finished ninth in the 8k run, beating 20 other teams, 15 of which were four-year universities. The women put in a showing at nineteenth in the 5k.

"We had a tight pack one through six," remarked Coach Mike Hickey. "In order to win championships, you're going to need a tight pack."

Top scoring finishers were three-time All-American, sophomore Trevor Dodge for the men, with a 25:28 run time; and All-Conference runner sophomore Mandy Bates for the women with a 19:59 in the 5k. Other good showings were put in by freshmen C. J. Savage and Brad Brolin. To be

watched is up-and-coming freshman Allen Harrison, finishing in the Cougars' number five spot in only his third week of training.

Cougar teammate, red-shirt sophomore Paul Kezes, finished eighth overall in the race, keeping pace with many national contenders. Although not a scoring member of the team, Kezes contributes greatly to team training and esteem.

This year's women's team has the talent to improve on last year's championship placing of third, with a chance to capture another conference title. The team returns Bates and all-American sophomore Sarah Block, bringing much needed leadership to the lady Cougars. Along with the two all-stars, returning sophomore Jennie Hardie looks to be a major competitor after having a good summer of training. Incoming freshmen include Stacy

Hopkins, a four-time state competitor in Oregon, Christin McElwee and Alyssa Anderson.

The men's team looks to be one of the best in Clackamas history, according to Hickey. Team captain, sophomore Ryan Mastropietro, joins Dodge as returning scorers from last year's championship team. The Cougars will rely on Mastropietro's leadership and knowledge of championship running. Incoming fresh-

men standouts include Harrison, who was third at the 3A Oregon State Cross Country Meet in 1999; Savage, who was sixth in the 3A Oregon State Track Meet in 2000; and Matt Solosabal, who was one of Washington State's top milers in the past.

"The men's side is definitely a national power," commented Hickey.

**In order to win championships, you're going to need a tight pack**

Mike Hickey  
Head Coach  
Cross Country



MIKE HICKEY / Clackamas Print

Runners (L-R) Mandy Bates, Jennie Hardie and Sarah Block run at the Willamette Invitational.



MIKE HICKEY / Clackamas Print

Clackamas is tight in a pack as they lead off to win the New Balance Festival of Champions. Cougar runners (L-R) are 803 C.J. Savage, 802 Matt Solosabal, 801 Ryan Mastropietro, 800 Trevor Dodge, 808 red-shirt Paul Kezes and 809 Asst. Coach Ahrlia Bauman.

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## Clackamas wrestler returns from Sydney

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"A lot of people would work on their weak points for awhile, then go back to their strong ones because that's what they were comfortable doing," Jackson remarked.

Lindland would work on his weak points until they were strong.

"A lot of people had more talent (than Lindland) but no others had a greater ability for hard work and dedication to his sport," Jackson recalled.

After Clackamas, Lindland went to the University of Nebraska as

an assistant coach. When he realized he needed to be closer to the Olympic Training Center to progress toward his Olympic goal, he and his family moved to Colorado Springs to prepare for the 1996 Olympic trials, where he placed third for the U.S. Olympic team. Medals eluded Lindland in 1996, but four years later Sydney gave him the silver.

Lindland has moved back to Clackamas with his wife Angie and their two children James and Robin.

## Cross Country Schedule

- 10/14 Lower Columbia Invitational (W)  
Longview, WA
- 10/21 Bigfoot Cross Country Open  
Spokane, WA
- 10/28 Southern Region Championships  
Gresham, OR
- 11/4 Open
- 11/11 NWAACC Championships  
Spokane, WA
- 11/25 USATF Fall National XC Champs  
Boston, MA
- 12/9 USATF JO XC Nationals  
Reno, NV