

Clackamas cross country begins with a bang

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Sports Editor

The CCC cross country teams opened their 2001 season at the Idaho Invite on Sept. 7. They are the defending champs on both the men and women's sides, and will be trying to win their second title in a row.

Although they were the only junior college at the entire meet, the Cougars didn't let the bigger schools get in their way. For the women, freshman Kari Rissmiller and Holly Saulie-Rohman finished in the 5th and 6th positions, respectively. On the men's side, Patrick Searing finished in a decent

12th place position but surprised many people by making it that close to the front. He began the race toward the back, in about the 45th spot of the 65 runners, but worked his way into the top 15.

The cross country coach, Keoni McHone, is happy with the way his teams handled their first performances.

"I think they ran really tough for it being their first race against four-year schools," he said. "They handled the pressure well, being that both teams are mostly freshmen."

After their trip to Idaho, the teams headed back home for the New Balance Festival of Champions on Sept. 15. This event is a combination of college and high school races, with about 2,000 people watching from the sidelines. Even with the added pressure of the large amount of spectators, Clackamas still did a fine job of repre-

senting on their home turf. Saulie-Rohman took 1st place in a race with runners from Western Oregon and Willamette, who have proven to be tough competition in the past. Rissmiller helped CCC land a one and three finish by coming in 3rd place. Rebekah Yancoskie, Stacy Hopkins and Alyssa Anderson ran more as a group in this race, which helped to raise the women's score. The men didn't fare as well, with none of them placing very high, but McHone isn't worried.

"This gave us a chance to start striving for something. We got to see what

Mt. Hood is going to look like, and now we have our goal set," said McHone. "It was a good chance for us."

The next stop for the cross country teams was the Sundodger Invitational in Seattle on Sept. 22.

In this high-level meet, Clackamas saw some different four-year colleges and how each of them performed. Saulie-Rohman finished in the ninth place position, while Rissmiller took 13th. McHone said Saulie-Rohman's time of 18:20 was a good showing for a freshman.

Matt Solosabal ran in the number one spot for CCC, but McHone is working with him to slow down his pace. As the number two runner for Clackamas, Brolin turned his ankle and fell, which slowed down the men's time considerably. Even though he was in obvious pain, Brolin thought of his



PHOTO CONTRIBUTED BY KEONI MCHONE

Cougar cross country runner Alyssa Anderson tries to outrun the competition. Over the weekend, the Cougars raced at the Willamette Invitational in Salem, Oregon.

team and continued to finish the race. Even with a sprained ankle, Brolin wants to stay in shape and was running instead of resting after the meet.

The Cougars got a week off and spent it preparing and training before they headed off to the largest cross country race on the west coast known as the Willamette Invite.

At this meet, the Cougars did really well, setting some seasonal and lifetime bests. Kyle Holland improved 45 seconds over his most recent time, while Rissmiller improved by seven seconds. For the women's results, Rissmiller finished in the 21st position, followed by Saulie-Rohman in 29th and

Hopkins was the next closest finisher for Clackamas at the 174th spot. For this meet, the women's team ran incomplete, competing without the injured Yancoskie, who was out with a strained abdominal muscle. On the men's side, Solosabal ran close to one and a half minutes faster than his time from this race last year. With that improvement, he broke the 26 minute mark for the first time in his career. Brolin did a good job bouncing back from his ankle injury, finishing in the 109th spot.

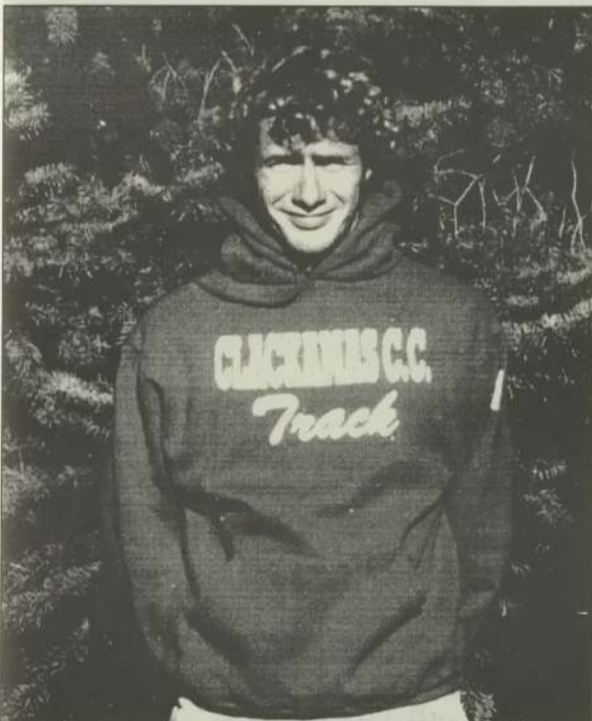
From their performances at these meets, McHone is confident in his team's abilities. He puts the Clackamas men in the 3rd spot out of NWAACC

schools, behind Mt. Hood and Spokane.

As for the women, McHone thinks that there is a very real possibility that they are the team to beat. He says that it is very tight between the Cougars, Mt. Hood and Spokane, with only about a five point spread separating the three teams.

"I would like to be confident in saying that we are probably right up there at number one, as long as we close up the back three, four and five spots," said McHone.

This week's players of the week are:



Matt Solosabal

- Sophomore from Eisenhower High School
- Team captain and #1 runner for CCC
- Been having undesirable results due to going out too fast on first mile, but ran a more patient race at Willamette Invite
- Ran a lifetime PR by 25 seconds



Kari Rissmiller

- Freshman from Tigard High School
- Ran confident as a freshman against seniors at NCAA Division 1 schools
- Helps her teammates get the most out of themselves
- Great competitor and hard worker

Previous Players of the week-

Week One-
Pat Searing and Kari Rissmiller

Week Two-
Ryan Hennessy and Holly Saulie-Rohman

Week Three-
Mike Schwoebel and Rebekah Yancoskie

Week Four-
Brad Brolin and Stacy Hopkins

Upcoming Meets

Oct. 13
Clark Invite at Lewisville Park, Battle Ground, Washington