

Cougar cross country races towards championships

ELENA BORYSKA
Sports Editor

As the Clackamas Cross Country teams head to the Southern Region Championships this weekend, they will be in need of a few key performances.

Rebekah Yancoskie will be an important factor for the women's team. She had her first workout last week after coming back from an injury, and McHone is encouraged. "She looked really good at her workout on Friday, for her first workout coming back," said McHone. "Things are starting to look up. So we'll see how she starts to feel."

Along with Yancoskie, the Cougars are depending on Stacy Hopkins and Alyssa Anderson to come up with big performances. The race between CCC and Mt. Hood is really tight, with only a few points separating the two teams. It will be up to the back three Clackamas runners to catch Mt. Hood's runners.

"I think realistically we can catch

Mt. Hood's number four," said McHone. "I think we can get one or two past her."

Besides Mt. Hood, Lane CC also has some good runners that McHone is watching out for. But Lane is lacking good four and five runners to complete their team.

As for the men's team, McHone is shooting for a second place finish. Mt. Hood is the favorite, and for Clackamas to pull an upset, they will need to run really well.

"In order for us to win, we basically would have to do some really big things. Matt Solosabal would definitely have to be more patient in his first mile. If he did that, I think he would end up fourth and really close behind the high school state champion from last year," said McHone. "I think if Pat Searing is a little more aggressive, he can move up past Mt. Hood's number three."

Besides these two things, McHone also said that Mike Schwobel, Kyle Holland, Russ Pruden and Ryan Hennessy will need

to run well enough to move in front of Mt. Hood's number four runner.

"I think if we're really confident and rest, most of our other guys can get in, in front of Mt. Hood's number four," said McHone.

This will be more difficult for Hennessy, since he fell and twisted his ankle a couple of weeks ago while running around campus.

With all of this ahead for the Cougars, they have begun to train and prepare for it.

"We're beginning our championship phase of training," said McHone. "So we're starting to...rest up and make our intervals really sharp."



PHOTO CONTRIBUTED BY KEONI MCHONE

As the Cougars head to the Southern Region Championships, they will need big performances out of Holly Saulie-Rohman (#164) and Kari Rissmiller (#163).

Players of the week



- Constant hard work has turned her into a runner to be watched by opponents
- Cares highly about making sure the women win
- Demonstrates strong academics
- One of the better #5 runners in the NWAACC

Cross Country
Alyssa Anderson
Sophomore from Oregon City High School, Oregon City



- Has been staying tough with chronic hip pain
- Brings a positive attitude to practice and meets
- Has been a persistent contributing scorer

Cross Country
Kyle Holland
Sophomore from Tualatin High School, Tualatin



- Setter/defensive specialist
- Will play more defense this year because of her quick reactions and strong leadership
- Brings emotional stability and hard work ethic to the floor
- Selected as player of the week for the Southern Region of NWAACC

Volleyball
Amy Klusmann
Sophomore from North Clackamas Christian School, Oregon City

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