

Track looks to uphold strong tradition

J.J. PEARSON

Staff Writer

On May 23-24, Clackamas will attempt to add more trophies to their successful program at the Northwest Athletic Association of Community Colleges Championships at Mt. Hood Community College in Gresham.

The Cougars are the underdogs going into the contest. "We might be second...a position we like," said Coach Jack Kegg.

The Spokane Sasquatch is the early favorites for both the men and women's teams. Pat Ray, the defending NWAACC champion in the 100- and 200-meter dash, will lead the Sasquatch along with Brad Lewis, who competes in the 800- and 1500-meter run. Other favorites include Mt. Hood's Danny Dobra in the 800, 1500 and 3000-meter steeplechase and Chase Wells in the 5000.

Kegg is looking for Jesse Dean, Steve Groff, Rusty Pruden, Corey Swim, and Paul Etter to lead the men. Going into the meet Dean is the NWAACC-leader in the pole vault, Groff is the leader in the triple jump, and Pruden is the leader in the 1500. "We don't have superstars," said Kegg. "Everyone is good. We're looking to overload the other teams." Kegg also said Jonas Welsh could surprise people in the long jump.



J.J. Pearson/The Clackamas Print

Tiana Setser (above) is among the NWAACC-leaders in the triple jump and long jump. Setser will attempt to knock off the defending long jump champion, Jennifer Kennedy of Spokane, at the NWAACC Championships.

Kari Rissmiller will try to keep her championship pace for the women. Rissmiller is bringing four Southern Region trophies to the NWAACC Championships. She is clearly the favorite in the 1500. Sara Rowse and Dasha Wakefield are the NWAACC-leaders in the pole vault and are the favorites in the event. Kegg said Wakefield does a lot of events at a high level and that will bring significant amount of points to the team.

Elisabeth Malsey and Maria Skipper will make sizable contributions to the women's effort as well. Malsey is one of the leaders in the conference in the long jump. She also competes in the 100, the pole vault, and for both relay teams. Tiana Setser is one

of the best in the triple jump and long jump. She is currently second in the triple and third in the long jump. These two women may have their hands full this year because Spokane's Jennifer Kennedy is returning to defend her long jump title. Kennedy is currently the leader.

Kegg has asked his team to look at the tradition of Cougar track for motivational purposes. The men have won 14 trophies in the past 15 years and the women have won three straight—they're longest streak in school history. "We're confident and we have put in a lot of hard work this year," said Kegg.

To reach J.J. Pearson e-mail doublejay67@hotmail.com or drop by B-104.



J.J. Pearson/The Clackamas Print

Corey Swim (left) has leaped his way into the NWAACC Championships. Swim is ranked fourth (46-4 1/2) in the conference in the triple jump and seventh (21-8) in the long jump. He also holds the seventh spot in school history in the javelin with a throw of 196 feet, 10 inches. His decathlon point total (5,554) places him ninth on CCC's all-time list and is the fifth best mark in the NWAACC this year. Swim and the Cougars will be competing for the conference championship at Mt. Hood Community College on May 23-24.

Kegg earns Coach of the Year

J.J. PEARSON

Staff Writer

Clackamas Track Coach Jack Kegg received the 2002 Southern Region Men's Coach of the Year award. Kegg gained knowledge of the award at the Southern Region Championships.

Initially, Kegg was surprised that he won the award. He said it was common for the coach of the winning team to earn the honor. The Cougars finished second in last week's Regional Championships at Clackamas.

"There are several good coach-

es in the conference that I thought could have won," said Kegg. "Keith Maneval (Mt. Hood) did a good job in preparing his team to win. And Grady O'Conner (Lane) had his team in the hunt, which I didn't think would be there."

Receiving high honors is nothing new for Kegg. This is his second Southern Region Men's Coach of the Year award. He previously won it in 1998. He also won the 2001 Southern Region Women's Coach of the Year and the 2000 Northwest Athletic Association of Community Colleges Women's

Coach of the Year.

Kegg began his coaching career at Western Oregon as a graduate assistant before coming to Clackamas in 1994 as an assistant. He took over as head coach in 1997.

To reach J.J. Pearson e-mail doublejay67@hotmail.com or drop by B-104.



KEGG

Has a total of four Coach of the Year awards

COUGAR CAFE

A new dining experience

Hrs.: Mon.-Thurs.-7 a.m.-6:30 p.m.; Sat.-8:30 a.m.-10:30 a.m.

- Wednesday:** Budget: Roasted Stuffed tomato w/ Orzo pasta
Special: Sage Pork Scallopine w/ angel hair pasta & roasted tomato garlic sauce
Grill: Grilled Focaccia Sandwich w/ pasta salad
- Thursday:** Budget: Bean Cassoulet
Special: Almondine Vegetable-Tofu
Grill: Fried egg B.L.T. w/ French fries
- Friday:** Budget: Cheese enchilada w/ rice and beans
Special: Chicken Fajita w/ rice and beans
Grill: Chicken Quesadilla

Special
Teriyaki
coconut tofu
stirfry served
over rice noodles with Mango
salsa
\$4.00
3:30 p.m.-
6:30 p.m.
x2411



Fine Host
Corporation
Clackamas Community College

TACHO'S



Mexican Restaurant and Cantina
515 Molalla Ave
Oregon City, OR 97045
503-655-5562

Open Seven Days a Week

Monday - Friday 11a.m. - 12a.m.

Saturday - Sunday 10a.m. - 11p.m.

Happy Hour

Monday - Friday
3p.m. - 6p.m.

Monday - Thursday
9p.m. - 12a.m.

CHECK OUT

Los Tachitos
Authentic Mexican
Food to go

*next to Tacho's
6:30a.m.-Midnight
(503)723-7881
open 7 days a week

\$1.00 off \$4.95 lunch
SPECIAL w/ CLACKAMAS
I.D.