

Clackamas goes the distance



(LEFT) The men's cross country team gets their No. 2 finish at the NWAACCs. Top right: Trevor Snook, Assistant Coach Kegg. Bottom right: Butkey and Hipolito earned All-American status.

KEONI MCHONE

(LEFT) Jon Butkey leads the pack out at the NWAACC Championships in West Seattle last weekend. (RIGHT) The Clackamas women's team celebrates their No. 1 finish. Left to right: Head Coach Keoni McHone, Leslie Bartell, Lyndsey Bartell, Ashley Adams, Tiffany Passi, Sam Cox and Jessica Harper.



N. P. Delzell
Sports Editor

Ending an already awe-inspiring season, the Cougar cross country team proved they can stomp with any NWAACC school.

Last Saturday, at the NWAACC Championships in West Seattle, the women's team ran their way to a NWAACC team championship. The men's team flowed their way to the No. 2 NWAACC position and Jon Butkey won the men's overall title. As a combined co-ed team, the Cougars finished No. 2 overall.

Butkey finished with a time

of 24:55 setting an NWAACC Championship record.

"No one has ever broken 25 minutes; he's the first to do that," Head Coach Keoni McHone said. "He's done what he was expected to do."

McHone said that Mark Currell from Spokane CC was able to pass Butkey at one point in the race. However, Butkey was able to stay under control and overtake Currell's surge.

Hipolito Gonzales finished sixth overall. Gonzales and Butkey were awarded All-American status.

Cougar Josh Cobb busted out with a ninth place finish. Following Cobb was Chris

Smith who finished No. 30, Trevor Snook in the No. 31 position, James Stevens was able to seize No. 43 and Terran Swehosky was No. 46.

On the women's side, Ashley Adams had a stellar performance coming in seventh overall with a time of 19:56; she was also awarded All-American status.

Lyndsey Bartell banked her way home with a ninth place finish and Tiffany Passi finished No. 10, Leslie Bartell was No. 12, Jessica Harper was No. 13 and Samantha Cox captured No. 20.

McHone has stressed running as a team this season and accred-

its the women's success with learning how to run together.

"It was interesting ... all the other NWAACC teams were intimidated because of the way the women run together," McHone said.

With the exception of one runner, McHone said that all of his runners on the women's side have taken turns running in the No. 1 position for the team. Even McHone shined at NWAACCs as he was voted the Women's Coach of the Year for the second time in four years.

"It feels good," McHone said. "The women have kind of redeemed themselves ... their only loss last year was at

NWAACCs and they lost to Langley. Clark, so you really put it together."

McHone said runners on both sides were incredibly smart.

"I was very proud one fell on their side. "Usually you two who fall under at NWAACCs. I'm out and did what I expected to do."

Last season, both squads won overall and combined title.

Volleyball team takes out Hood, prepares for tournament

N. P. Delzell
Sports Editor

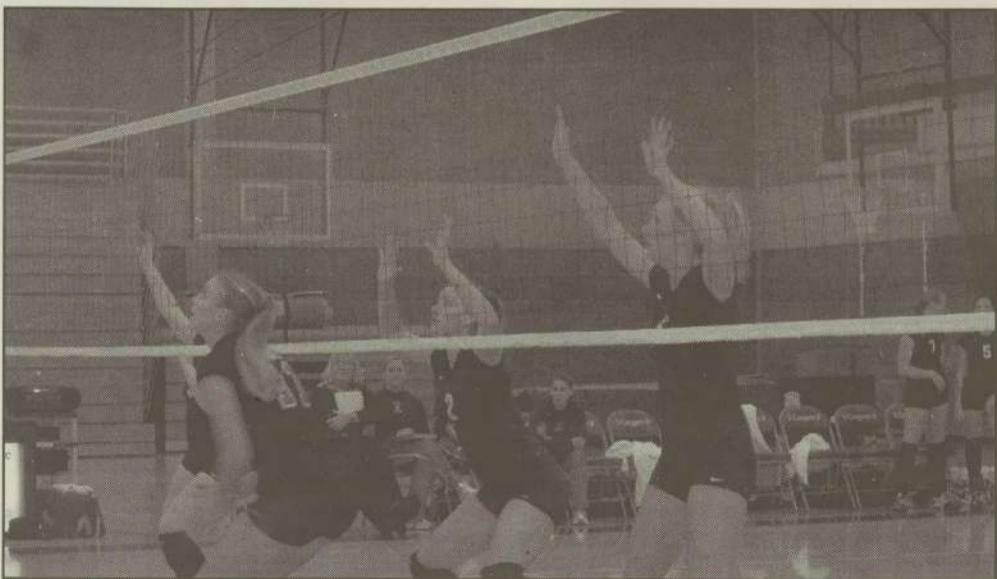
The Cougar volleyballers are headed into NWAACCs with their mind on a title and a title on their mind.

Tomorrow the Cougars will participate in the NWAACC Championships held at Mt. Hood CC in Gresham. The Cougars are the No. 1 NWAACC volleyball team and will play the North's No. 4 team, Edmonds CC, at 9 a.m. on Thursday.

"It's great the girls are recognized," Head Coach Kathie Woods said. "They are all doing well in school and working hard on the court. We want to go out on Thursday and see how far we can go."

If the Cougars can beat Edmonds CC they will play the winner of Clark CC and Columbia Basin on Friday at 10 a.m. Please check nwaacc.org for more times and schedules.

Last Thursday, five Cougars were voted to the South's Chuck Taylor team. All-Stars



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The Cougar front line gets ready for action during a recent home game. Jessica Heidenreich (2) and Brianna McLeod (6) and Kristen Diehl (hidden) throw their hands up in anticipation of the incoming serve.

included Brianna McLeod, who was voted first team all league. Becky Horn and Lindsey Giro-

Burgess were voted second team all league. Karrin Orr and Kristen Diehl were honorable

mentions. Woods was voted Southern Region Coach of the Year.

Last Wednesday's volleyballers ended the season with a win over Hood. The Cougars came out and lost the first game.

"We just hit our first game and some points," Woods said.

They then bounced back and won the next two games, 25, 30-23.

"We always win the season with a win," Woods said. "Neither team was especially well, but we were under all conditions good to win just to win."

Leading the Cougar team was McLeod with 14 kills and 14 digs. Her way to nine kills, Diehl set 39 assists and had four kills who was a great backcourt player.

The Cougars regular season was perfect league record will practice this to Mt. Hood and practicing on the courts.