

# Cougars struggle with injuries

*Banged up runners still make strides despite setbacks*

**Frank Jordan**

*The Clackamas Print*

The Clackamas cross country teams are off to a slow start this 2005 season, with both the men and the women fighting injuries and illnesses as the women look to defend their 2004 NWAACC championship and the men look to improve on last year's second-place finish.

"On paper, we look pretty solid up and down the men's lineup, but it looks like we will be fighting Spokane CC for second again, as Lane CC is the powerhouse in our conference," said Head Coach Keoni McHone. "On the women's side, we have had some misfor-

tune with illness and injuries, so we haven't been able to field a complete team the last two meets. But once we get everyone back and in shape, we will be strong."

This past weekend, Clackamas runners took on the course at the Clark College Invitational in Battle Ground, Washington. This will be the course for the NWAACC Championship meet in November and both Clackamas teams put in strong performances on Saturday. Cougar's Jessica Harper and Lyndsey McKillip ran 1-2 among community college runners at the meet, with Harper running a :20.45 over the 3000-meter course and McKillip just three seconds behind with a :20.48. Harper and McKillip were the only two Cougar women competing at the meet.

The men were led at Clark College by Josh Cobb, who ran a :27.14 to finish 11<sup>th</sup> overall on the 5000-meter course. Doug Benson placed 16<sup>th</sup> in a time

of :27.35, Justin Schenck was 18<sup>th</sup> with a time of :27.43, Craig McLean ran a :28.13 for 23<sup>rd</sup> place and Matt Peterman was 24<sup>th</sup> with a time of :28.14.

"Jessica [Harper] and Lyndsey [McKillip] have been rock-solid all season, and it showed at Clark," said McHone. "When we get all of the women back, we will make a run at another title. Spokane is our main competition, but we will be right there with them. The men are coming along, and we should be battling Spokane for second when the NWAACC meet comes. Lane is very powerful this year, and might be as close as there is to being NWAACC champs."

This Saturday, Clackamas will be hosting the annual Mike Hodges Invitational, with the men's race beginning at 11 a.m. and the women beginning at 11:45 a.m. Fifteen schools are scheduled to tackle a four-mile course for the men and a 5000-meter course for the women.



Photo's contributed by Keoni McHone

(ABOVE): Jessica Harper and Lyndsey McKillip stay in front of the pack, according to Head Coach Keoni McHone. Harper and McKillip are a couple of the top NWAACC runners (LEFT): Josh Cobb, the men's No. 1 runner this season fights through the pack at a recent meet.



## Cougar Sports Calendar

### Volleyball:

**Tonight @ home 7 p.m.**

Oct. 19 @ Linn-Benton 6 p.m. Albany

**Oct. 21 @ home 7 p.m.**

Oct. 26 @ Chemeketa 7 p.m.

Oct. 28-29 @ Mt. Hood CC Halloween Classic

### Soccer:

Oct. 15 @ Southwestern Oregon noon

Oct. 21 @ Spokane 2 p.m.

Oct. 22 @ Walla Walla noon

**Oct. 28 @ home Columbia Basin 3 p.m.**

**Oct. 29 @ home Treasure Valley CC 1 p.m.**

### Cross Country

**Oct. 15 @ home Mike Hodges Invite**

Oct. 29 Southern Region Championships

Nov. 12 NWAACC Championships

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