

# Cougars take it, run with it

## Clackamas hosts the Mike Hodges Invitational, men race without No. 1 runner, women place eighth overall

Frank Jordan

The Clackamas Print

Clackamas men's and women's cross country competed in the annual Mike Hodges Invitational on the Clackamas campus last weekend and ran very well. The men finished second among community college programs and eighth overall as a team, while the women got two performances in the top 26.



"It was a really good competition, not only for us, but for all of the schools and individuals involved," said Head Coach Keoni McHone. "Our athletes ran fairly well. The women ran as an incomplete team again, and the men gave a solid effort. I am pleased with the efforts."

On the women's side, Jessica Harper ran a solid 19:45.26 to finish first among community college runners and 16<sup>th</sup> overall, while teammate Lyndsey McKillup finished 26<sup>th</sup> with a time of 20:04.46. Luda Lukashova ran a 20:51.31 for 49<sup>th</sup> place and Kendra Stone ran her first race of the season with a time of 21:30.78.

"Lyndsey [McKillup] and Jessica [Harper] were solid as usual, and Kendra [Stone] is just getting used to competition again," said McHone. "Kendra [Stone] has battled injuries and illness all fall, so her body is slowly getting used to working out at full speed. All in all, the women ran well."

The men's team was miss-

ing their number one runner, Josh Cobb, who was out with an injury. The Cougars were led in the men's race by Doug Benson, who ran a 21:52.15 over the four-mile course for 53<sup>rd</sup> place overall.

**"Our athletes ran fairly well. The women ran as an incomplete team again and the men gave a solid effort."**

Keoni McHone  
Cross Country Coach

Justin Schenck was a second behind Benson with a time of 21:53.19, Greg Nakata ran a 22:27.85 for 66<sup>th</sup> place, Craig MacLean ran a 22:34.00 for 68<sup>th</sup> place, Trevor Snook ran a 22:56.17 for 75<sup>th</sup> place, DJ Johnson ran a 23:40.82 for 87<sup>th</sup> place, James Stevens ran a 23:55.79 for 90<sup>th</sup> place, Matt Peterman ran a 25:22.96 for 97<sup>th</sup> place and Andrew Baker finished 100<sup>th</sup> with a time of 25:41.90.

"The guys really aren't where they should be and with the Southern Region Championships coming up in two weeks, they really need to step it up, both physically and mentally," said McHone. "It seems that lately our workouts have been better than our races have been. Doug [Benson] ran a really strong race on Saturday to help make up for the absence of Josh



[Cobb], but the rest of the team has got to step it up another notch if we want to contend."

The teams will be doing more focused work on race simulations as Clackamas enters the championship phase of training, leading up to the NWAACC Southern Region Championships in Coos Bay on Oct. 29. Two weeks after that Clackamas will be competing in the NWAACC Championships in Battle Ground, Washington,

hosted by Clark College. The Clackamas women will be defending their 2004 championship, while the men should be battling Spokane CC for a top-two finish, most likely behind a very powerful Lane CC men's squad.

### CCC's top performers

#### Women:

- Jessica Harper 19:45.26
- Lyndsey McKillup 20:04.46
- Luda Lukashova 20:51.46
- Kendra Stone 21:30.78
- \*women ran with incomplete team

#### Men:

- Doug Benson 21:52.15
- Justin Schenck 21:53.19
- Greg Nakata 22:27.85
- Craig Maclean 22:34.00
- Trevor Snook 22:56.17
- DJ Johnson 23:40.82
- James Stevens 23:40.82
- Matt Peterman 25:22.96
- Andrew Baker 25:41.90

#### Editor's Note:

This was the only home cross country meet this season. Please support your team by checking nwaacc.org for upcoming races and other Clackamas sports information

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## Soccer flows down south, fights SWOCC, comes back with tie

*Nash continues her scoring tear knocking in two Clackamas goals*

**Jimi McDonnell**

The Clackamas Print

Clackamas soccer traveled down south to Southwestern Oregon CC last weekend and battled to a stalemate, coming away with the first tie of the season.

SWOCC started the game strong, scoring a goal little more than six minutes into the game, but they weren't able to pull away before the Cougars put one in themselves. Clackamas' leading scorer, Hannah Nash, delivered the team's first goal less than half-way into the game.

Right as things were looking good for the Cougs, SWOCC kicked in a goal less than 10 minutes after Nash's. For a while it looked as if the game would stay that way. Clackamas was not able to respond for nearly 43 minutes,

making it seem as if the game was a wrap.

But Nash once again put the team on her back, scoring the only other goal of the game for Clackamas, 82 minutes after the starting whistle. What was even more impressive is that each of Nash's goals were unassisted. No more goals were scored by either team resulting in the first tie of the season for Clackamas.

After a weekend at SWOCC, Clackamas returns with an impressive record of 10 wins, one loss and a tie. They still stand alone at No. 1 in the South Division of the NWAACC. The next game for our Clackamas women will be an away game at CCS on Oct. 21 at 2 p.m.



#### Editor's Note:

The Cougar's Hannah Nash has scored nine goals in the last three games.