



Andy Zehrung Clackamas Print

Freshman Stephanie Cielona (14) races down the field as Freshman Maggie Warner (20) goes for a kick. The Lady Cougars walked away from the weekend with two wins under their belts.

Cougars regain footing

Jimi McDonnell

The Clackamas Print

After their last two losses, the women of Clackamas were determined to show that it wouldn't happen again.

On Saturday, the first place Cougars faced a solid Treasure Valley squad that stood steady at 7-7-1 - until losing to Clackamas last weekend.

Treasure Valley was the first to score, recording a goal a little less than 19 minutes into the game. Clackamas goalkeeper

Jyella Deloney performed strongly, not letting anything else get by her, although for a while the Cougars seemed unable to gain any ground.

Then, 60 minutes into the game, Trisha Little scored off an assist by Miriam Coto, tying the game 1-1.

Treasure Valley played a strong defensive game but eventually wore down, allowing another Clackamas goal 10 minutes later.

Ashley Webster scored the winning goal after 70:33 of the game with an assist from

Tianna Meduri.

Beating Treasure Valley marked the second win of the weekend for the women after the Cougars beat Columbia Basin the previous day.

Clackamas dominated, shutting out Columbia Basin and scoring at will. The final score was 7-0.

Hannah Nash scored three goals, assisted by Meghan Durand, Coto and Meduri.

Teammates Stephanie Cieloha, Ashley Webster, Amanda Triller and Amy Cardenas all pitched in, each

scoring an assisted goal. Two of those assists were from Coto, giving her a total of three assists for the game.

This was the last home game of the regular season for the women, but they aren't gone for good. The Cougs will be back on their home field for their first playoff game on Nov. 12.

The next game for Clackamas is on Thursday at Wenatchee Valley at 1 p.m. against the undefeated home team, which currently stands at 0-16.

Clackamas takes first at Mt. Hood, falls short of NWAACC tournament position

Ben Maras

Co-Editor-in-Chief

The Clackamas women's volleyball team took first place at the 30th annual Mt. Hood Halloween Tournament, but their victory was not enough to secure a place in the NWAACC Championship Tournament.

"They're the defending champions, but yet they can't go on to the tournament," Clackamas Athletic Director Jim Jackson said. "That shows how tough our league is."

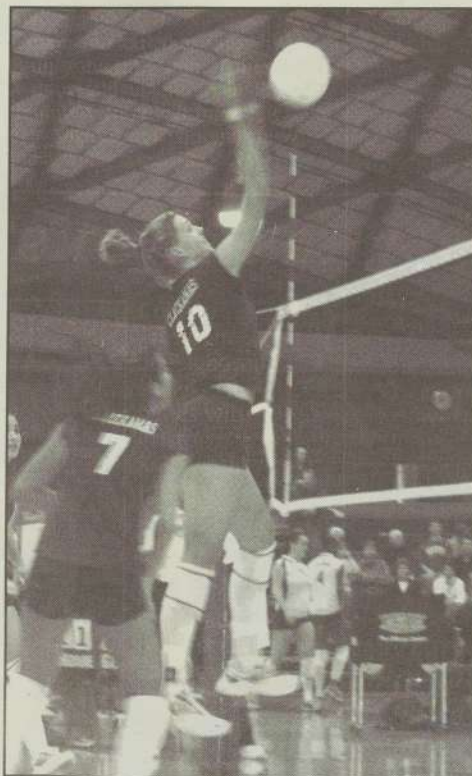
The Cougar women finished 5-1 in the two-day event, placing them above teams which will be going to the NWAACC championship, but the standings from the rest of the year make Clackamas ineligible.

"We are now placed to where we can't go any higher," Jackson said. "It shows first of all that we've got a tough team, but second of all we've got a tough competition."

The Cougars beat Chemeketa (who currently stands above Clackamas in the Southern region), Whatcom, Blue Mountain, and Shoreline, losing only to Lower Columbia. Lower Columbia and Clackamas met again in the tournament's championship match. This time Clackamas took the victory 24-30, 30-24 and 15-12.

According to Jackson, the only tournament more competitive than the Mt. Hood Halloween Tournament - now called the Dorian Harris Halloween Tournament after its founder - is the NWAACC tournament itself.

The Cougars will be squaring off against league leaders Mt. Hood CC (who stands at third in the NWAACC coach's poll) to finish out their season. That match will be here at Clackamas at 7 p.m., Wednesday, Nov. 9.



Contributed by Dick Clouser

Freshman Rachel Gowen (10) knocks the ball back while Freshman Kori Trenholm (7) prepares to assist. The Cougars took first at Mt. Hood.

Cross Country finishes second in Coos Bay

Frank Jordan

The Clackamas Print

The Clackamas cross country teams each finished second to Lane CC last Saturday at the NWAACC Southern Region championships in Coos Bay. Jessica Harper edged out Lane's Heather Spinney to win the women's race by three seconds, while four Cougar runners finished in the top 10 in the men's race.

"Harper ran a great race. Her and Spinney were side-by-side the whole race," said Head Coach Keoni McHone. "Jessica used a late surge with about 300 meters to go, and just out-kicked her at the end to win it." Harper's winning time was 19 minutes and 43 seconds.

The Cougars' number two runner, Lyndsey McKillup, finished eighth in the field with a time of :20.55. McKillup was in a car accident early last week and ran easy during the race, still suffering from the effects of a grade one concussion from the accident.

Kendra Stone ran probably her strongest race of the season, finishing ninth with a time of :20.56 in the 5000-meter race. Luda Lukashova finished 10th in a time of :21.19, while Katie Clapp finished out the Clackamas scoring with a time of :22.13.

The women finished with 43 points, finishing second behind Lane, which had 27 points. McHone was voted women's Coach of the Year in the Southern Region for the third consecutive year and the fourth time in the last five years.

Josh Cobb led Clackamas to their second place men's finish by finishing fifth in the men's race in a time of :27.19. Doug Benson finished sixth with a :27.30 effort, Justin Schendel was eighth in a time of :27.37 and Craig MacLean was 10th overall with a time of :27.49. Greg Nakata rounded out the scoring for the Cougars with a time of :28.40.

Non-scoring runners for the Cougars were Trevor Snook (:28.47), Matt Peterman (:29.20) and DJ Johnson, with a time of :30.04 over the 8000-meter men's course.

"The men ran a really strong race. I was very pleased with the results," said McHone. "MacLean really came on strong for us at the end, while Nakata and Snook ran good races as well. I am confident that we can improve our showing in two weeks at the NWAACC Championships."

The men totaled 47 points as a team, well behind first-place Lane, who had all five runners place in the top nine. Lane Head Coach Ross Krempley was named men's Coach of the Year for his efforts.

The NWAACC Championships are scheduled for Nov. 12 at Lewisville Park in Battle Ground, Washington. The meet is hosted by Clackamas College. The meet time has yet to be announced.

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