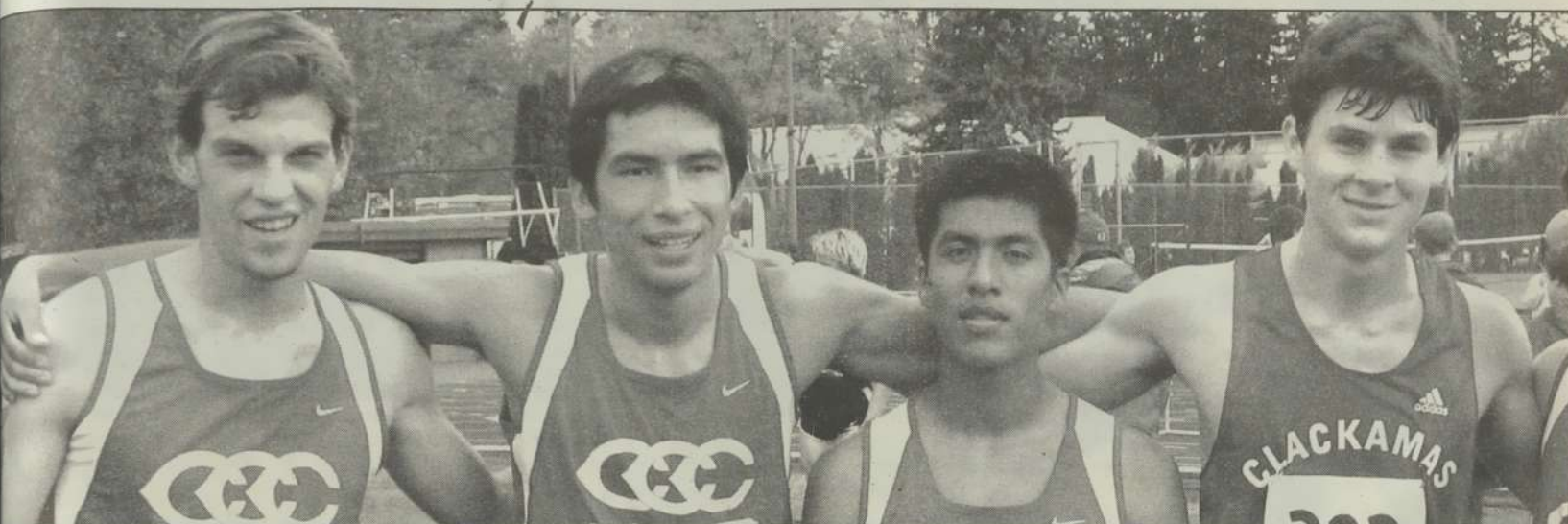


Home field only once a season

Cougar cross country to host the annual Mike Hodges Invitational



ALL PHOTOS Contributed by: Keoni McHone

ABOVE FROM LEFT : Kyle Pfenning, Jose Barajas, Daniel Alvarez and Nathan Ingram get their props after a recent run. With nearly half the season finished, the Cougar cross country team is off to an excellent start, despite some setbacks. The Cougars have not been able to score as a women's team because they are running without a fifth member; Cougar Coach Keoni McHone said that he hopes to have enough women to run as a whole team by the Southern Region Championships. This weekend, the Cougars will participate in the Mike Hodges Invitational, the only time they will run on the Cougar cross country course.

Frank Jordan

The Clackamas Print

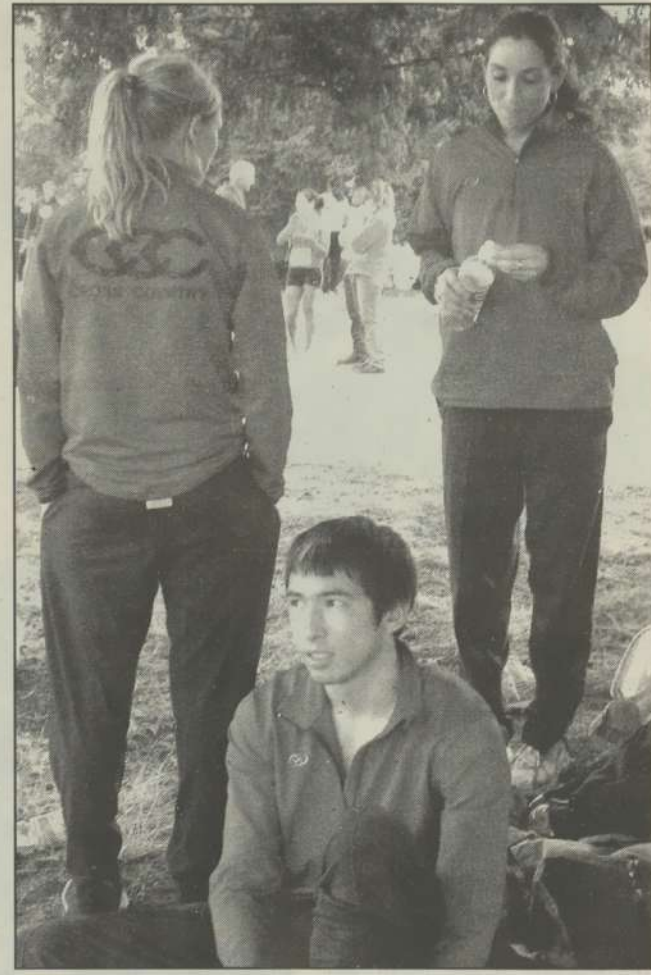
The Clackamas cross country teams are off to a good start to the 2006 season, having placed the majority of their runners in the top 20 in every meet so far this year. "Things are going smoothly and according to our training plans so far," said Head Coach Keoni McHone. "We have set a

foundation from the beginning of the season, and we have pretty much stuck to the plan." The only problem that the women's team has had so far this season has been the lack of runners. Only four women are competing for CCC, and McHone hopes to have a fifth woman by the time the Southern Region Championships roll around in a month, so they can have an official score as a team. Last weekend at Pacific Lutheran University, Andria Scheese led the Lady Cougars

by running a 23:25.9 for 16th place, while Allison Body finished 24th in a time of 23:42.2. Lyndsey McKillup ran a solid 23:54.7 to finish in 29th place, and Savannah Walruff ran a 25:20.1, finishing in 58th place. The men have been very consistent this season, as evidenced by their strong showing at Pacific Lutheran. Brandon Snook led the CCC men by finishing in 29th place with a time of 27:09.4. Spencer Bonney was right behind Snook with a time of 27:14.8 (30th place), Chris

Baker ran 27:19.6 (33rd place), and Nathan Ingram ran a 27:20.1 for 34th place. Daniel Alvarez and Jose Barajas have been battling injuries, but ran times of 27:45.4 and 27:59.2 respectively to finish in the top 44, while Kyle Pfenning ran a 29:43.2 to finish in 50th place. This weekend, the Cougars will host teams from around the Northwest in the annual Mike Hodges Invitational. McHone has gotten commitments from the nationally-ranked

teams at the University of Oregon and the University of Portland to run in the meet, as well as the team from Willamette University, which is nationally-ranked in NCAA Division III. "This is the only meet that we host all season; we will have some nationally-ranked runners to compete here, and we are very excited to have them," said McHone. "I hope that we have a lot of people to come out and support our athletes as we compete with some of the nation's best."



LEFT: Cougar runner Savannah Walruff (880) runs with the pack during a recent meet. ABOVE FROM LEFT: Walruff, Barajas and Andria Scheese wait to bounce, rock and skate their way to a winning place. The Cougars have three meets left this season: The Mike Hodge Invitational, The Southern Region Championships and the NWAACC Championships.