

Cross-country raring, ready

The Cougar runners get ready for the Southern Region championships and use the week off to rest up their injury-plagued team

Frank Jordan
The Clackamas Print

The Clackamas cross-country teams are gearing up for the Southern Region championships to be held this Saturday at Lewisville Park in Battle Ground, Wash.

"Both teams are rounding into shape as we prepare to run strong on Saturday," said Head Coach Keoni McHone. "We still won't have a full

women's team competing, but the men are looking particularly strong."

On the men's side, perennial favorite Lane McCone again will lead the pack at the regional meet, but Clark College and Clackamas look to make

a serious run at the title. The men have had a strong week of training, especially Alex Garajas and Daniel Alvarez, who have been fighting injuries all season, but finished 1-2 in a training run last Friday. Season-long leader Brandon Hook was a close third in the run, so the men are encouraged as they head into the

regionals.

"Our goal at regionals is to run a patient and smart first two miles as a team, then see how everyone is physically," said McHone. "We don't want to push too hard, but if the conditions are right, we will then make a serious run at the top of the heap."

The women's team is progressing nicely in training, with Lyndsey McKillup looking to make a run at the women's title in Battle Ground.

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Keoni McHone
Head Coach

"Lyndsey has looked really strong in training and has helped to push the rest of her teammates," said McHone. "We have stuck to the training plan all season, and we will all the way until the end. We will have a fifth

female runner by the time the NWAACC meet rolls around in three weeks, so we will be ready."

The women's meet begins at 11 a.m. in Battle Ground, and the men's meet will begin at 11:30 a.m. on Saturday.

The NWAACC championships are on Nov. 11 in Spokane, Wash.



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Freshman Andria Scheese runs like the wind as she chases a victory for Clackamas.

NEXT UP . . .

Southern Region Championships:

Sat., Oct. 28 in Battle Ground, Wash.

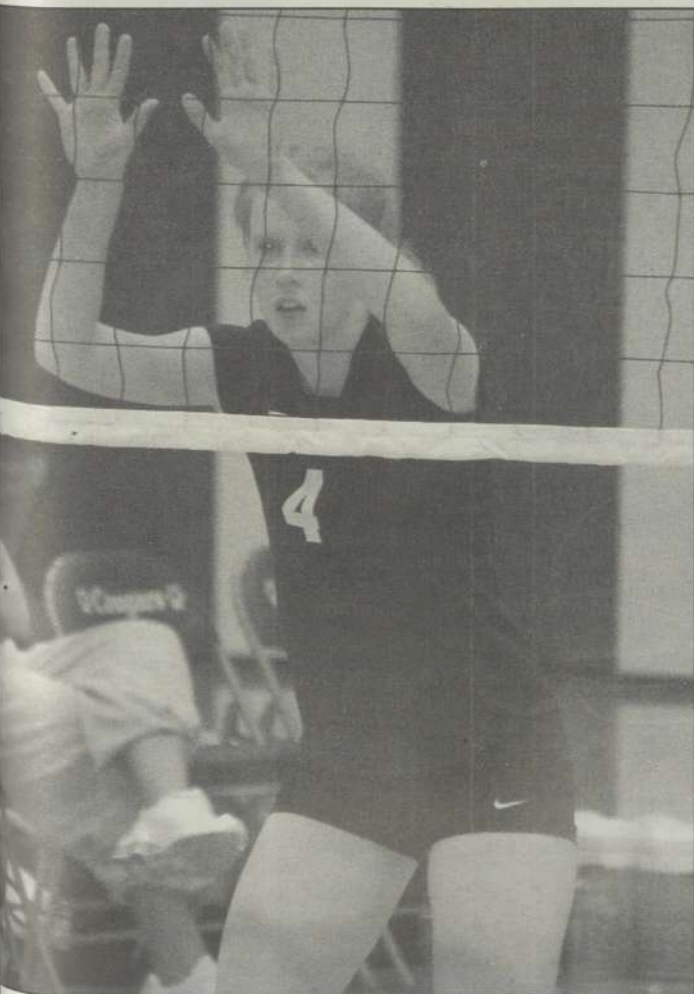
NWAACC Championships:

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Sports editor's note:

Make a road trip out of it and come support the men's and women's teams in Washington as they finish out the season playing in the meets for all the marbles.

Volleyball falls to Mt. Hood

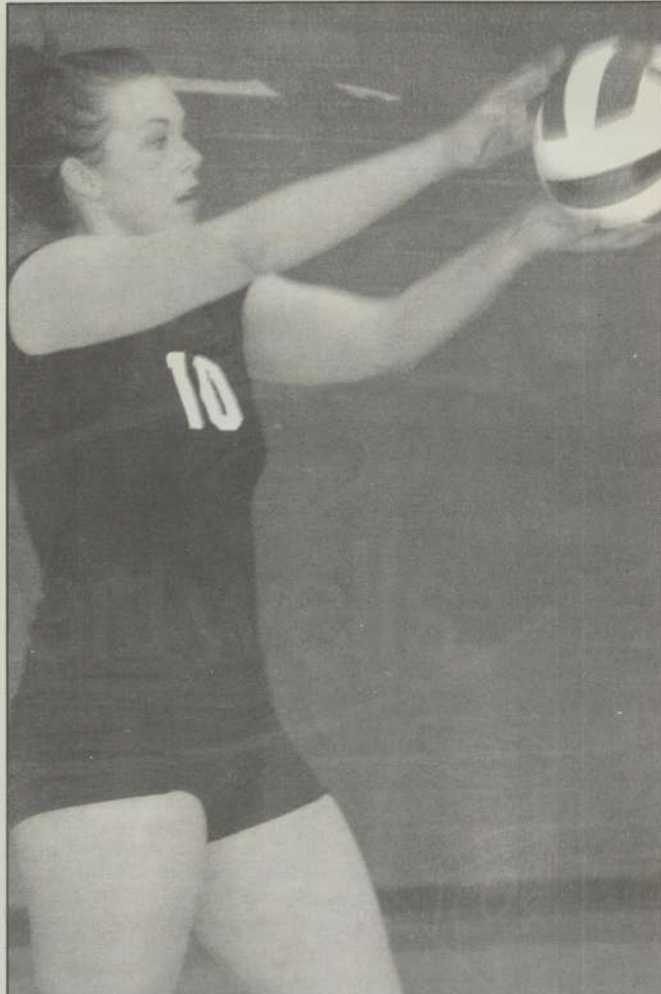


Last week, the Lady Cougars fell to Mt. Hood CC in what could end up being the decisive game for the Southern Region championship. The match went to five games (31-29, 22-30, 33-35, 30-24 and 18-16). As of Oct. 1, the Cougars are still ranked No. 1.

This weekend, the Cougars will travel to Mt. Hood CC to participate in the Mt. Hood Halloween Classic, where they look to avenge last week's loss. The Cougars have the week off as they gear up to play a number of different NWAACC teams at the tournament.

RIGHT: Rhea Wortman (10) had 28 kills and 40 digs.

LEFT: Carley Johnson gets ready before a serve during a recent game.



All photos by Jeff Sorensen Clackamas Print