

# Cross-country 4th at NWAACCs

## Frank Jordan

The Clackamas Print

The Clackamas cross-country teams each finished fourth at the NWAACC championships last weekend in Spokane, Wash., getting solid performances from the men's team and competing for the first time all season with a complete women's team.

"We ran very well as a group; we just had one unfortunate thing happen to the men that kept us from a trophy," said Head Coach Keoni McHone. "Having a full women's team was a positive, and the women all ran very well. We just came up short."

Freshman Andria Scheese ran a solid seventh place in the women's race to lead the Cougar women, finishing the 5000-meter race in 19

minutes, 15.78 seconds. Sophomore Lyndsey McKillup ran a 19:35.85 for 12<sup>th</sup> place, freshman Allison Body finished 15<sup>th</sup> with a time of 19:41.42, freshman Savannah Walruff ran a 20:21.75 for 21<sup>st</sup> place, and freshman new-comer Chelsea Bowen ran her first collegiate cross-country race in 23:55.71 for 56<sup>th</sup> place.

**"We just had one unfortunate thing happen to the men that kept us from a trophy."**

**Keoni McHone  
Head Track Coach**

Sheryl Page of Mt. Hood CC won the women's individual championship with a time of 18:25.41, while Spokane CC won the women's team championship by a 44-point margin over Clark College, with Mt. Hood picking up the third-place trophy.

Brandon Snook finished in 13<sup>th</sup>

place with a time of 27:13.05, to pace the Clackamas men in the 5000-meter race. Jose Barajas ran a 28:23.55 for 24<sup>th</sup> place, Daniel Alvarez ran a 28:36.46 for 27<sup>th</sup> place, Nathan Ingram ran a 29:26.22 for 39<sup>th</sup> place, and Kyle Pfenning ran a 31:27.31 for 56<sup>th</sup> place. Chris Baker took a wrong turn on the course with about 800 meters to go and failed to back-track his way back onto the marked course, being disqualified at the end of the race.

"It was unfortunate what happened to Chris (Baker); he just took a wrong turn," said McHone. "The mistake cost us at the end; we may have been able to pick up a trophy if it would not have happened."

Jordan McNamara of Lane CC blew away the field, winning the men's individual championship with a time of 25:25.23. Spokane CC won the men's team title, edging out Lane CC by five points, with Clark College finishing a distant third.



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Jose Barajas (left) and Nathan Ingram (right) run hard as they compete in a race earlier in the cross-country season.

## Soccer team loses in first round, disappointing end to solid season



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Meaghan Durand ushers the ball upfield.

## Mike Guidice

Sports Editor

The Cougars' solid season came to a disappointing end this last Wednesday as they were defeated by Spokane 6-2 in the opening round of the playoffs.

"We were all over Spokane the first five minutes of the game. If we were able to put one in the back of the net during that time, it would have been a different game," said Head Coach Tracy Nelson.

Playing at home, the Spokane Sasquatch jumped out to an early lead and added on to it, eventually going up by a score of 6-0.

Goals by Hannah Nash and Stephani Catt in the 63<sup>rd</sup> and 66<sup>th</sup> minutes made the score

look more respectable, but on this occasion the opposition simply was the superior squad.

"Spokane was the better team on the day," Nelson added. "We came out and played the best we could; unfortunately, it wasn't good enough."

The Lady Cougs had high hopes and lofty goals going into the match-up, despite being decimated by injuries.

"The team was very focused and motivated for the game," Nelson said. "We were still dealing with a lot of injuries, so we weren't one-hundred percent healthy, but we hadn't been injury-free for the past three weeks."

The soccer team had another successful regular season, finishing 14-5-1, and entered the postseason as a number

three seed.

Clackamas attempted to win their third consecutive NWAACC championship, but came up short in their efforts against a dominant and healthier Spokane team.

Nelson is already looking toward next year. She expects the team to learn from the loss

and come out playing inspired ball.

"The team was very disappointed, and there wasn't anything that I could say to change that," Nelson said. "I believe this game will be set in their minds come next season and will motivate them even more to be better."

## Volleyball final game recap:

The volleyballers ended their regular season Wed., Nov. 8 by defeating Linn-Benton 30-23, 30-27, 30-27.

### Match Leaders:

Rhea Wortman led the way with 17 kills, while Malia Kamahoahoa chipped in with 12.

Kamahoahoa also led the team with 15 assist; Carla Crowder added 14.

Wortman led the team with 16 digs, with Heather Gerke not far behind, accounting for 13.



"It's great to participate in courses where the material you learn is applied, then discussed by the whole group. There are many times people share perspectives that I've never considered."

**Garrett Beck**  
Management and Organizational Leadership, 2006 graduate

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