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Cribbs, Rachel Hemphill, Kaitlyn Reid and Stefani Dittmar, left to right, run sprints during practice. The team has been running together for one season and has formed strong friendships.



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# GIRLS JUST WANT TO GO RUN

Although they are from different high schools and backgrounds, when it comes to track, these ladies know how to give the competition a run for its money

## Andrea Simpson

Community colleges held Olympic trials these women would be considered as a dream team. Morgan Cribbs, Stefani Dittmar, Rachel Hemphill and Kaitlyn Reid are expected to be reckoned with in the relay, consistently placing in the top three at the meet after meet. At the most recent meet, the Southern Oregon Championships on May 10, the team took first place in both the 4x100 and 4x400 meter relay. In addition, the four athletes not only competed as a team — they take top spots in several individual events. Hemphill is just .27 seconds away from setting the school record in the 200-meter dash. Both Dittmar and Hemphill are All-Americans and Northwest Association of Community Colleges (NWAACC) champions. Cribbs and Reid run the women's 200-meter dash in addition to the 4x100 and 4x400 relay. Hemphill runs the 200- and 400-meter dash as well. Reid is the only one of the four who competes in an event outside of track. She runs the 100-, 200- and 400-meter hurdles during the season. At the Southern Region Championships, Reid took third in the 100-meter hurdle and Hemphill took third in the 400-meter dash. Reid arrived at Clackamas because of Coach Keoni McHone. "I don't really have any plans after high school," she said, "and then my college track coach introduced me to it and it just kind of happened." Reid says that McHone's recruitment led her to the college as well. "I came to a meet and told me Coach McHone," she said. "And the meet was a big draw as well." Reid said, "Well, on the other hand, I was through soccer. Coach McHone asked me if I wanted to run track," she recalled. "It's especially on your body training all

year-round. I suffer a lot more injuries because I play two sports."

Although the women compete together, they are much more than a relay team.

"We have chemistry because we hang out outside of track," Reid said. "We have classes together, and we like spending time together."

For two of them, a deep-seated rivalry played a part in their friendship.

"Rachel and I actually ran against each other," Cribbs said. "We were cross-town rivals in middle school and in high school."

Hemphill added, "Morgan and I are best friends. We relate to each other on and off the track."

As for the athletes' futures, they have a variety of varying mindsets.

For Cribbs, track is the key to her outlook.

"I guess I'll go where track takes me," she said. "My parents are eager to push me to do the best. They never hesitate to boast about me. They are very proud of anything I do."

Hemphill has her cake and eats it too, when it comes to parental support.

"My mom pushes me to be the best I can be, but it is always my choice," she said. "I am very independent in that way."

Reid hopes that her experience in track

will help lead her along a career path closely related to athletics — perhaps an occupation involving working with youth.

"I am thinking about being a trainer at a high school or a PE teacher ... something to do with sports," she said.

Dittmar, who is a sophomore this year, is not highly concerned about establishing detailed plans.

"I am transferring to Western (Oregon University), and I plan to run there," she said. "Other than that, I will probably just mess with my horses. I would like to move somewhere new and just experience life."

The relay team is now preparing for the NWAACC championships May 22 and 23.



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Stefani Dittmar, Kaitlyn Reid and Rachel Hemphill laugh at Hemphill's antics during track practice.

# Sports Scores

## Track and Field

On May 10, the Cougars traveled to Southwestern University to compete in the Southern Region Championships.

The women's relay team of Rachel Hemphill, Stefani Dittmar, Kaitlyn Reid and Morgan Cribbs placed first in both the 4x100 and 4x400 relay.

Sierra Hess, who has suffered from a rolled ankle the last few weeks, came back strong this meet by placing third in the discus throw with a distance of 35.54 meters in the finals.

In the javelin throw, Alaura Little took second in the event. She threw a distance of 36.26 meters.

On the men's side, the relay team of Stan Wester, Logan Fjelstad, Mat Tweedy and Joe Gobel took second place in the 4x100 relay. And in the 4x400 relay, Wester, Fjelstad, Tweedy and Jared Correll placed first.

Freshman Kai Ojala jumped 1.93 meters in the men's high jump, which earned him first place in the event.

Track is taking the next weekend off to prepare for the NWAACC championships at Spokane Falls Community College.

The team has been doing some acclimation in preparation for the event.

"We are preparing for the heat," said Head Coach Keoni McHone. "It will be about 20 degrees hotter than training has been for the last three months."

The team is replicating the temperature by training in full sweats. Although training has switched for the different weather conditions, the team is trying to stay consistent during the resting period.

The Cougars will travel to the Northwest Athletic Association of Community Colleges (NWAACC) championships May 22 and 23.

## Baseball

The baseball team hit a slump this week when the Cougars lost a doubleheader May 8 to Linn-Benton Community College. The games, which took place in Albany, were a landslide loss with the first game ending in a score of 0-3 and the second game only slightly improved, but it wasn't enough for the Cougars, ending in a score of 5-11.

The next game wasn't much better for the team, although the Cougars did manage to win at least one of the games in the doubleheader.

The team came out strong in the first game with a final score of 6-2. The second game was a close call, but the Cougars dropped behind with a score of 3-4.

The Cougars travel to Coos Bay today to play Southwestern Oregon Community College at 1 p.m.

## Softball

Softball qualified for NWAACC's this week by staying in third place. The Cougars lost their game May 9 against Lower Columbia College at home.

The first game ended in a close score of 4-5 in the Red Devils' favor. The second game didn't go much better, with a final score of 1-3.

Luckily, the Cougars came back May 10 with a doubleheader victory against Clark College. The women dominated Clark in the first game with a score of 11-3 and again in the second game with an ending score of 12-0.

Now the team is waiting to play in the NWAACC championships May 16 through 18 in Portland. The games will be at Delta Park, and the time is TBA.