

Volleyball falls short to nemesis Mt. Hood

By Katie Aamatti
Associate Sports Editor

Describing the intensity between two rivaling volleyball teams is near impossible. This is true when it comes to the Clackamas Cougars and the Mt. Hood Saints; you had to be there to witness the five grueling sets of back and forth play that had both teams diving, jumping, rolling, slipping, and sliding with high hopes to achieve the victory.

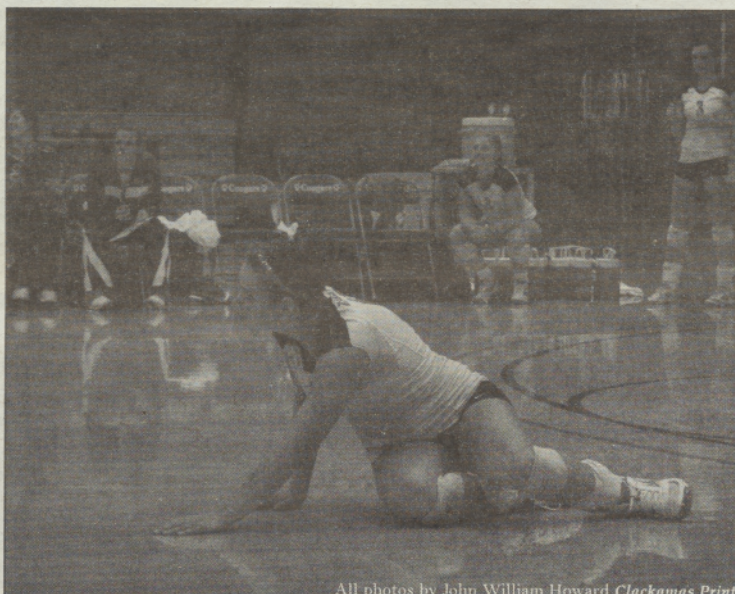
As the two teams headed into the fifth set last Wednesday in the Randall Hall gymnasium, sparks flew with each serve, set, and spike. In the end the Saints took home the win after the Cougars fell by a count of 3-2 resulting in their second loss in southern region play. Mt. Hood moved to 4-1 in the southern region, defeating Clackamas 25-22, 21-25, 13-25, 27-25, 12-15.

Before the game began Clackamas Head Coach Kathie Woods remarked that "taking the court against Mt. Hood will be intense," and as each play was made and the spectators moved closer towards the edges of their seats, it was clear what she meant.

The first set started off at a fast pace with the Cougars scoring four points in a matter of moments before Mt. Hood raced back for the tie. The score remained few points apart as both teams began to build on each shot that came over the net. Clackamas held onto a slim lead and eventually won the set by three.

Mt. Hood fought back in the second and third games, slowing down the Cougars' defensive pace with powerful low-hitting spikes, resulting in a four point win in the second, and a 12 point trouncing in the third.

In the fourth game the Cougars jumped to an early lead and held on as best they could while Mt. Hood built their momentum. Eventually the two teams tied the score at 24, and then at 25, before Clackamas scored two more to



All photos by John William Howard Clackamas Print
Outside hitter Taylor Richardson falls to the floor after Clackamas conceded a point during last Friday's match. Richardson had 20 kills and 8 errors on the night.

win the game with a close call of 27-25, leading them into the decisive fifth set.

Much like the first set the two teams pushed hard for victory, trading a point here and there, but Clackamas fell to the Saints as they scored the last three, winning the set 12-15, and going home with the match victory.

"It's the typical Mt. Hood-Clackamas rivalry," said Woods, "we knew it would be tough and tight the whole match. It's rough that it came at a loss, we like to win these games, but we'll come back."

"I didn't feel as much craziness towards their team as I could see in the sophomores," said Freshman Libero Maeghan Angel, "but after a game like this, next time I'll definitely have the burning fire in me."

Angel led defensively with 25 digs, fol-

lowed by Sophomore Outside Hitter Taylor Richardson (20) and Sophomore Setter Courtney Pattock (17). On the offensive side, Richardson paced Clackamas with 20 kills with Freshman Outside Hitter Julia Toscano adding 13.

"This is a hard rivalry; this is personal," said Fellow Teammate Taylor Richardson.

As the first half of Southern Region league play comes to an end the Cougars have identified their weaknesses.

"The teams main struggle is consistency," said Woods, who has coached the volleyball team to the NWAACC championship match in five of the last 15 years. "The next few weeks will determine the heart of this team, and I believe the team can go all the way to win."

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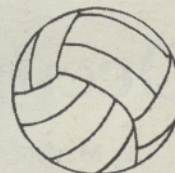
Mehgan Angel
Libero



Clackamas celebrates a point during the first set. The Cougars went on to win the first set 25-22.

Volleyball

Next Up: @ Pierce
Crossover Tournament
October 14-15



Runners lay it on the line



Olympian Johnathan Reiley (center in white) poses with the Clackamas cross country team during practice this fall. Contributed by Keoni McHone.



By John William Howard
Sports Editor

Most people dismiss Cross country as a simple sport. One for crazy people who spend all their time running around the countryside in too short shorts and busying themselves with obsessing about mere seconds over or under one another's times.

This is not so. It's time we give them a little more respect.

Yes, the men and women do make a leg-wear fashion statement, and yes, a few seconds does mean a lot to each runner, but cross country is much more than that. Mental training can be as trying as physical training, and racing tactics differ

from runner to runner and team to team, depending on the strengths and weaknesses of each club. Some teams run in packs, and others run spread, catering to each individual athlete's pace. The goal is to have the first five runners on a team finish with the lowest average place out of all the racers.

Cross country runners have to know the limits of their bodies extremely well. They can't run too hard and risk gassing out before the finish, and they can't run too slowly and have too much ground to make up at the end. It takes careful practice, close attention to split times, and a very good ability to pace themselves in order to have a peak performance.

"A lot of [the] time work-outs are set up to work on that mental aspect," said Keoni McHone, Clackamas' head cross country coach, "the longer intervals definitely make you

have to focus and keep you thinking about what's your role, what are you trying to do so you have to keep up that self-talk throughout the race."

So it's more than just running 10,000 meters. It's about running 10,000 meters as fast as you can, while trying to use your body's energy as efficiently as possible.

As far as running in general, humans have been doing that for thousands of years. Cross country as we know it began in the mid to late 1800s in Europe, branching off of a sport called 'hares and hounds' where one runner would begin along a course and a second set of runners would attempt to catch them by following a paper trail left by the 'hare'.

Since then, cross country has blossomed into an international sport, with an Olympic program from 1904-1924. Nearly every high school and college in the United

Upcoming Events



Volleyball	Time/date
Pierce Crossover Tournament @ Lakewood, WA	October 14-15 Time TBA
Women's Soccer	Time/date
Clackamas vs. SWOCC	1p.m. Wednesday Oct. 12
Clackamas @ Lane	7p.m. Saturday Oct. 15
Cross Country	Time/date
Mike Hodges Invite @ Home	Saturday Oct. 14

States was fielding both a men's and women's team. But even then, cross country wasn't as popular until a young American captured the eye of the country with his bold racing style and confident air. Not to mention his mustache.

Steve Prefontaine inspired a nation in the early 70s, at one time holding no less than seven distance track records, and was the winner of three NCAA cross country titles while at the University of Oregon. He would have won four, but he sat out one year while training for the Munich Olympics.

"His thing was, he wasn't afraid to lay it on the line," said McHone, "if he thought he could beat somebody he would take it out and try to beat them from the very beginning instead of just sitting on the shoulder and waiting for the right time. He just went for it and showed that guts right from the beginning."

"[Prefontaine] didn't care about running a race intelligently. He was determined to run as hard as he could from beginning to end," said YouTuber analyticaa, who went on to call him an icon to his sport because of his audacious mindset.

Pre, as he is known around the world to enthusiasts and general sports fans alike, is often credited as the most popular athlete of his time, and is an inspiration to athletes today. He gave the sport an American 'superstar', and helped to bring running into the national spotlight and pave the way for a strong running culture in the Pacific Northwest.

Olympians such as Galen Rupp, who went to Central Catholic High School, can often be spotted on trails around the area, and the Clackamas cross country program has benefited from the residence of such athletes by having several Olympians, including Jonathan Riley and Simon Bairu, out to speak at practices.

As far as I'm concerned, I'll try to do more than stand back and congratulate the athletes on doing something I couldn't. It's not 'just running'. It's an old and timeless complex mixture of intense physical and mental training that forces the runner to engage in battles on race day. What is perhaps the world's first sport hasn't lost much of its luster or drama.