



Cross Country finishes fourth in team results

David Beasley
Sports Editor

"That was probably the best race of my life, it's tough to lose that close," said second place winner Jorge Gil-Juarez of CCC.

Leading Cougar runner Gil-Juarez finished the men's eight kilometer race first with a time of 24:20, but so did Daniel Schofiel of Spokane CC. If not for an untimely fall, Gil-Juarez may have edged ahead at the finish line, but the tumble cost him a few inches and Schofiel broke through the tape first.

"I rolled my ankle at the end," said Gil-Juarez. "My legs just gave out, it was a fast race."

The NWAACC Cross Country Championship race took place at Lewisville Regional Park last Saturday along the banks of the East Fork Lewis River. The waves of runners resembled the rushing river as they followed the flow of the current. Teams maneuvered around the bends and adapted to the varied terrain of the course. The caravan of athletes seemed an unstoppable force of nature.

Race fans were grouped around the start to kick off each race with loud cheers. As racers circled the loop they again passed

by fans who loudly encouraged the athletes. The loudest, most frantic cheering was at the finish line when the first few runners neared the end.

The Cougars help each other through each race as a team. Using team strategy, they group together and keep a close pace to give each other confidence and pace the trail correctly.

Courtney Repp was proud of the teamwork the women's team was able to accomplish throughout the season and at the championships.

"We all did really good as a team, all the girls did really good," said Repp.

Repp finished first for Clackamas and 16th in the race with a time of 20:04. She also received the week three NWAACC athlete of the week award.

The terrain of the course was a challenge to some of the competitors as there were a few injuries. The ground was moist and varied from grass to gravel or pavement.

"It wasn't an easy course, it was muddy, bumpy and holey, kinda' twisted my ankle at the beginning," said Repp. "But it was easier than when we ran it earlier this season."

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Badane Sultessa nears the finish line in the NWAACC Cross Country Championship race at Lewisville Regional Park along the East Fork Lewis River. Sultessa placed sixth in the competition.



Jorge Gil-Juarez competes in a tight race with Daniel Schofiel of the Spokane Community College cross country team. Gil-Juarez was edged out at the last second and subsequently earned second place in the championship.



The Clackamas men's team gathers together after competition. The men's team placed third in the championships.

Photos by Britany HomeThe Clackamas Print

Alternative ideas for Thanksgiving Day traditions

Larissa Harper
& **Elizabeth Anel Diaz**
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The turkey is in the oven. Mashed potatoes, gravy and green beans are on the stove, and a delicious homemade pumpkin pie will soon be done. This can be none other than

Thanksgiving Day — the one day of the year when family, friends and gratitude are the center of the celebration.

However, sometimes people do not have annual traditions with their family for this holiday, or maybe some want to try something new. The Portland-area holds many options for a fun-filled Thanksgiving Day. Here are some suggestions of alternate ideas for celebrating Thanksgiving:

For those who don't want to spend their whole day stressing about cooking the perfect meal and then cleaning up afterward, why not go out to a restaurant with your family or friends?

Many great restaurants in Portland offer a Thanksgiving-dinner special. Most range from \$22 to \$55 per adult. Lucy's Table on Northwest 21st Avenue has a full turkey, mashed potatoes, gravy, vegetable and stuffing dinner for

\$22 a person.

Blossoming Lotus on Northeast 15th Avenue has a vegan dinner spread with carrot ginger soup, cranberry and toasted walnut salad, tofu roast and wild rice, pumpkin and pecan pie and live hemp nog plus hot spiced pumpkin cider. All this is \$35 per person.

Lots of places are closed on holidays, but on Thanksgiving Day the Oregon Zoo is open! Take friends and family to go

walk around to see all the animals the zoo holds. Just make sure to bring a jacket, scarf, gloves and a hat, if the weather is a bit chilly.

Regal Hilltop 9 Cinema in Oregon City, just a few minutes from campus, will be playing various movies on Thanksgiving Day.

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