

## Just keep running

### SPORTS FOR NEWBS

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The cross country season is coming to a close, but why not take advantage of an opportunity to learn about the sport for next year? The concept and practice of competitive open-air running is prehistoric, and the cardio exercise during practice or a race is greatly beneficial to your body. Now would be the perfect time to start training for next season, or start with track and field which is a spring sport.

The objective of cross country is to run long distances across rugged or natural terrain, competing against other runners to cross the finish line first. Participants in the "meet" run a total of four to 12 kilometers across flat land, gravel, hills, woodlands, open fields of grass and more. It is usually a fall or winter sport, taking place in a wide range of temperatures as well as during any weather conditions, including: rain, hail, wind, sun or snow. Cross country coach Keoni McCone makes the goal very clear.

"It's basically a sport where people try to outrun each other, and then there are team tactics that are used as well," said McCone.

One common team tactic is to group the athletes who run a similar pace together. The technique encourages runners to motivate and pull each other through a race.

But how do you become a cross country athlete in the first place? CCC's top male runner, Jorge Gil-Juarez, is passionate about the sport and encourages others to give it a try.

"Give something a chance, because if you don't, you won't find out if you'll wind up loving it," said Gil-Juarez. "This is perfect. Just go out on a trail and come back more relaxed."

After deciding to get involved with cross country, training begins. This means base training, or going out and running a lot of miles. An athlete must commit to running multiple miles every day, utilizing a variety of routes and terrain. Simply running, and running and running some more should be at least 25 percent of your top-end effort. The mission is not only to run long distances, but to run faster than the competition.

"A lot of the research shows that the more mileage you run, the faster you run," said McCone.

Cross country is both an individual and a team sport. Awards are given to the team with the fewest points (calculated by adding the teams' finishing scores together) as well as to the individual athletes who cross the finish line first. Success depends on dedication to be the best, as well as an ability to work as a team and encourage each other. Working closely with your team can be beneficial when training gets tough.

"Just take it one day at a time," said Gil-Juarez. "Find a friend that likes doing what you do so you don't have to do it alone."

I think the individual challenge, teamwork and physical benefit of running are the key to cross country's long history and growth as a sport. Although its likeness existed before, the rules and traditions of cross country emerged from Britain. The English championship began in 1876, the first national competition, followed by the International Cross Country Championships in 1903.

The sport progressed until it became part of the Olympics, but only took place in 1912, 1920 and 1924. A heat wave in Paris resulted in only 15 of 38 runners reaching the finish line during the 1924 Summer Olympics. The other 23 competitors suffered from heat stroke, fainted, blacked out or suffered from some other form of unconsciousness. The spectators were shocked and the Olympic officials decided to ban cross country from future Olympic Games, although a similar run is part of the pentathlon.

Despite obstacles that had to be overcome, cross country is still a growing sport. The USA Cross Country Championships have been held since 1890 and include six races. More recently, The USA Masters 5 km Cross Country Championships had its start in 2002. The USAIT National Junior Olympic Cross Country Championships, first held in 2001, have races for boys and girls in five two-year age divisions. Could it be possible that cross country will soon be an Olympic sport again?

Thank you for learning about Cross Country with me this week. Feel free to let us know what you think about the sport or if you have been inspired to start a new hobby at [www.theclackamasprint.net](http://www.theclackamasprint.net).

# Seasoned Cougars vs. Newcomers

Being a Cougar is something to take pride in. Friday night the men's basketball team scrimmaged former members of CCC basketball, and the alumni proved once a Cougar always a Cougar in an exciting and competitive exhibition at Randall Hall.

The alumni team comprised former Southern region champions, NWAACC champions and players who continued college ball after CCC. Some were recently on the team and some graduated over a decade ago. The mix was interesting and entertaining.

It was a good game all around, but CCC's current squad dominated the friendly match. The first half was CCC's best, with quite a few useful defensive and offensive rebounds. The younger team showed their hard training and teamwork. Powerful plays by Tim Lot were some of the highlights during the first half, a slam-dunk being one of them. Anthony Russel of CCC scored the final shot of the first half with a three pointer at the buzzer. CCC was ahead 46 - 32.

In the second half the action was even more competitive as the alumni gained leverage with

some spot-on plays. Some of the alumni team's momentum was due to consistent three-pointers. They were able to accumulate 30 points out of 18 attempts in the second half. CCC seemed to still battle and put together great plays, but the alumni had a slight edge in the second.

The alumni garnered 55 points in the second half to CCC's 50, an impressive comeback after the first half, but not enough to redeem it. CCC won 96-87 against the very game alumni.

Leading in points Friday night was alumnus Justin Steinke, earning 33 points with eight successful three-pointers out of 13 attempts. For the current Cougars, Mitchell Beckwith earned 18 points with two nice three-pointers out of three attempts. Beckwith was followed closely by Lott, who accrued 17 points including a couple of solid slam-dunks.

The last preseason scrimmage was a fun ice-breaker to foreshadow the 2013-14 season. The Cougars return to Randall for their first game of the season as they face Concordia University JV at 7 p.m. this coming Friday.

—Compiled by David Beasley

## Wrestling recap

The Clackamas Cougars wrestling team improved to 2-0 on the season beating NCAA Division 2 Simon Fraser University of Vancouver, B.C., 33-12 last Saturday. The Cougars dominated the visiting Canadians by winning seven of 10 matches.

SFU started strong at 125 pounds as Skylor Davis pinned Clackamas' Kamron Day in 1:43, but CCC came back and won the next four bouts. Cary Palmer led the momentum by defeating SFU's Sukhan Chahal 17-0 at 135 lbs. in a technical fall.

Clackamas would streak three more consecutive wins when Lawrence Otero at 141 lbs. and Eleazar Deluca at 151 lbs. beat their opponents 12-2 and 24-9 respectively. The 149 lbs. Kenny Martin did not wrestle for Clackamas this evening but still picked up a win as SFU forfeited at the weight class.

At 165 pounds, SFU's Brock Lamb was able to edge out CCC's Kyle Bateman in a 7-5 overtime decision but Clackamas would still keep their momentum going despite the close loss.

Dustin Harris pinned SFU's Cody Coombes in 1:53 at the 174 lbs. class while CCC's 184 lbs. Adrian Salas beat Joshua Kim 5-0. Clackamas' final dominating victory came by a 13-0 major decision as the 197 lbs. Ithoghama Odighizuwa manhandled SFU's Ryan Yewchin.

Simon Fraser capped the event off with a win at 285 as Arjun Gill defeated Brandon Johnson, but the 8-3 win did not earn enough points to come close to Clackamas' performance on the day.

This was the first home meet of the season for Clackamas and the second monster performance in a row coming off last week's 34-6 win over Simpson University in the SF State Open

in Redding, Calif. Clackamas is currently sixth in the NJCAA men's wrestling poll with 65.5 points.

On Sunday the Cougars traveled to Forest Grove, OR. to Pacific University's Mike Clock Open wrestling tournament. The men put on a strong showing with wrestlers appearing in four tournament finals and winning two class titles.

Adrian Salas battled his way to win the 184 lbs. weight class in Forest Grove in with a string of matches that included a close 9-8 victory over Stanford's Garrett Krohn. Salas capped off the day beating Stanford's Mike Sojka by a 6-2 decision.

Clackamas' Kenny Martin also had his share of success winning the 149 lbs. weight class. Martin started off strong picking up a pin fall and a 13-5 majority decision on his way in the finals. Martin won the bracket in a fall after 56 seconds of wrestling with Oregon State's Reed VanAnrooy.

In the 197 lbs. tournament Ithoghama Odighizuwa would dominate his way to the finals by picking up a pin fall and a major decision. The effort would was not be enough to beat Oregon State's Taylor Meeks in the finals as Meeks defeated Odighizuwa 14-0.

Cary Palmer did not have a bye in the 133 lbs. bracket but was able to reach the tournament finals. Palmer was dominant early on in his effort picking up four big wins, one by pinfallpin fall and three by decision. In the finals the Palmer would was not be able to keep up with Oregon State's Drew VanAnrooy who had a first round bye in the bracket. VanAnrooy defeated Palmer in the finals in a close 5-3 bout.

—Compiled by Chris Browarski



Men's Basketball head coach Clif Wegner motivates his team members (left to right) Anthony Russell, Charles Smith III and Austin Harris prepare.

Scott Kalanikai The Clackamas Print

## Blazermania

Zak Laster  
Ad Manager

There's no better feeling for a sports fan than the home opener for his favorite team. The excitement of waking up, donning the jersey of a favorite player and getting ready for the big game can't be matched for any sports fan.

With the Portland Trail Blazers being Oregon's longest-operating major-league sports team, the level of fan enthusiasm for the Blazers is always off the charts. Wherever you go in Portland, you're bound to find someone sporting a Blazers T-shirt, jersey or hat.

Blazers fans have had to endure many rough eras of basketball through the years. Ever since their last trip to the Western Conference Finals in 2000, against the Los Angeles Lakers, the Blazers have yet to make it past the first round. The closest they have come since winning the championship in 1977 was their championship losses in 1990 to Detroit and 1992 to Chicago.

This 2013 team has fans excited that this may finally be the year they see their team not only make the playoffs, but possibly even get out of the first round. Team officials have added several young, talented players such as Damian Lillard and Thomas Robinson, whom they hope will lead the team to a championship in the near future.

This is a franchise that loves its team win or loss. Blazers fans, or Rip City, as they're called, have a reputation for being one of the loudest, wildest fan bases in the entire National Basketball Association. Prices for games are very reasonable, and despite the city's love for the team, tickets can be very easy to come by.

One of the best methods for going to a Blazers game is to wait until the day of the game. Unless it's one of the more popular opponents, like the Miami Heat, which are likely to sell out, some of the best ticket deals can be found at 5:30 p.m. for a 7:00 p.m. game. If you're willing to gamble, it can be one of the best ways to save a few dollars at the game.

Always be constantly checking StubHub or Craigslist. While it's always easier to purchase tickets from the Blazers' website, the better deals are found through these ticket resale websites for less desirable games. But if your goal is to watch the home team, regardless of opponent, you're guaranteed to get a better deal for

prime seating. A lot of season ticket holders post their less desirable game tickets on these websites for prices that are lower than face value. The gamble referred to earlier is that the longer you wait before tip-off, the lower the prices will go because at that point sellers are just trying to get what they can for them.

Once you arrive at the Moda Center, the first line you will want to hit is the concession stand. A hot dog and a beer is a must for any Blazers fan over 21. The best beer stand is the Pyramid Bar, just be ready to overpay. At \$10 a beer, things can add up fast. If the line for Pyramid beer is too long, it's recommended you try walking into the actual restaurant and standing at that side of the bar. Most people don't realize they have servers on that side too that will assist you and you'll be able to get to your seat much faster.

In the off-season, the team announced new features and options to improve the fan experience at games this year. The Blazers added popular new food options such as Fire On The Mountain Buffalo wings and Sizzle Pie. The arena is also equipped with free Wi-Fi for fans to enjoy, although the quality of Wi-Fi signal is not that impressive.

As far as fan experience goes, the Blazers arena ranks high as one of the best places to watch a game. It's definitely recommended for any basketball fan young and old. The Blazers do a great job of incorporating the fans into the game such as a remote-controlled blimp dropping envelopes containing coupons for free prizes, or on-court fan contests. When the Blazers are winning, they're usually dancing in the aisles during timeouts, or jumping out of their seats after an explosive dunk.

You just won't find the passion and excitement to be as intense anywhere else. These Portland Trail Blazers fans have experienced successful teams in the past but have had a string of bad luck roster decisions, whether it be the Jail Blazer era or choosing to pass on drafting Michael Jordan and Kevin Durant for injury prone Sam Bowie and Greg Oden. But after all that, it appears that this team is ready for many successful years ahead.

These Blazers are a team that the city and fans can be proud of. Hopefully, they will give this city what they've been waiting for, another NBA championship. The city is ready to party like it's 1977.