

Celt XC ready for country miles



KEIZERTIMES/Eric A. Howald
Members of the McNary High School cross country team jog along Chemawa Road North during practice.

By ERIC A. HOWALD
Of the Keizertimes

McNary High School sophomore Kaylee Doult finished squarely in the middle of the pack (57th of 138) in the 2014 state cross country race. But that taste of competing against the best left her wanting more.

“I’m hoping to make it to state again, but there are a lot of new, good runners coming up,” said Doult.

Her personal record was 19:32.3, but she wants to push that into the lower 19s or even sub-19. Coach Rob Wood thinks that’s entirely within reach.

“She’s talented to start with, but she’s put in a good amount of work between the offseason and track season last spring,” Wood said.

Doult will help lead the girls’ side of the Celtic cross country team while senior Angel Goemaere will be filling the same role on the boys’ side of things.

“I’m excited for this whole team because I know there are a lot of people who haven’t tapped into their full potential yet,” Goemaere said. “I know Coach Wood is going to break under their skin and they are really going to get faster.”

Goemaere is shooting for a time around 16:45 after a personal best of 17:25.1 last season.

“Angel has also put in a lot of miles this summer. He’s running with a bit more purpose, and he’s quite a bit stronger and faster based on some early time trials,” Wood said.

The one thing the boys will have going for them is numbers. The team’s ranks are 23 runners strong and almost half of those are incoming freshmen. The girls had only eight at press time, but Wood said there was still athletes trickling in.

Goemaere said he didn’t anticipate taking it easy on the new faces in the crowd.

“I can see them pushing themselves a lot more, but it comes down to having everyone chasing the person in front of them,” he said.

Wood said runners Alison Repp and Jesse Honeyman are positioned to make gains over their times last season.

That improvement over time, regardless of whether the team or individuals bring home medals, is what Wood always hopes to see.

“The primary goal is making sure that they’re having fun being out here with each other and going running. The biggest contributor to having fun is improving, and that is a

matter of setting goals and working hard to achieve them – all those things that help them become better people and harder workers,” Wood said.

“I can see them pushing themselves a lot more.”

— Angel Goemaere

ROSTER

BOYS

Albright, Matthew
Becker, Nathaniel
Biondi, Grant
Egli, Noah
Gerstner, Blake
Goemaere, Angel
Graneto, Adam
Grine, Wyatt
Groves, Nathaniel
Grunberg, Noah
Harri, Jonathan
Honeyman, Jesse
Honeyman, Jonas
Howard, Derek
Jones, Alan
Lewis, Kody

Reeb, Emmett
Roth, Zachary
Schra, Ethan
Short, Carter
Torres, Alan
Valle, Adrian
Wyer, Brock

GIRLS

Aydelott, Amanda
Doult, Kailey
Gillette, Reese
Hodson, Carina
Koenig, Kelsey
Lane, Xena
Long, Makayla
Repp, Alison

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