

Athletes of the Week



Gary Henley/The Daily Astorian

The sophomore had a part in the game-tying goal, then scored the game-winner in a 2-1 victory Sept. 20 at Seaside. Trailing 1-0 with three minutes left, Espelien and Taileigh Cole set up a goal for Meghan O'Meara to tie the game. Just over a minute later, Espelien scored on a header off a corner kick from O'Meara. It was just the second victory for the Fishermen in the last 18 Clatsop Clash meetings.



The eighth grader is on a hot streak, with one of his biggest wins coming last week in the 3-Course Challenge. Clement was the individual winner (out of 152 runners) in the 3,000-meter middle school race, covering the course in 11 minutes, nine seconds. He helped the Astoria Vikings finish as the top scoring middle school team. He continued his win streak by taking first in Tuesday's Wreck Race.

Olson's slam helps A's top Mariners 9-3

Associated Press

SEATTLE — Oakland Athletics manager Bob Melvin said he wasn't paying much attention to the out-of-town scoreboard at Safeco Field during his team's 9-3 victory over the Seattle Mariners on Wednesday night.

No matter, Melvin and his team got the result they wanted.

Matt Olson hit a grand slam that capped a six-run fifth inning. Khris Davis added his major league-leading 47th home run and the A's moved closer in the AL wild-card race.

The Athletics took advantage of the Yankees' 8-7 loss to Tampa Bay to move within 1 1/2 games of New York atop the wild-card standings.

Oakland (96-63) improved to a big league-best 41-21 since the All-Star break. New York (97-61) holds the tiebreaker to host the Oct. 3 game; the winner advances to the Division Series against AL East champion Boston.

SCOREBOARD

PREP SPORTS SCHEDULE

TODAY	
Volleyball	— Valley Catholic at Astoria, 6:45 p.m.; Seaside at Tillamook, 6:45 p.m.; Taft at Warrenton, 6 p.m.; Vernonia at Knappa, 6:30 p.m.
Girls soccer	— Tillamook at Astoria, 7:15 p.m.
Boys soccer	— Astoria at Tillamook, 7:15 p.m.; Seaside at St. Helens, 4:30 p.m.
FRIDAY	
Football	— Astoria at Banks, 7 p.m.; Seaside at Valley Catholic, 7 p.m.; Knappa at Vernonia, 7 p.m.; Triangle Lake at Jewell, 6 p.m.; North Beach at Ilwaco, 7 p.m.; Naselle at Lummi Nation, 7 p.m.
SATURDAY	
Volleyball	— Astoria, Seaside at Hood River tournament, TBA
Girls soccer	— North Bend vs. Seaside (at Newport), 2 p.m.

RANKINGS

4A Football coaches poll	
First place votes in parentheses	
1. Seaside (10)	134
2. Marshfield (3)	119
3. Banks	98
4. Mazama	97
5. Gladstone	77
6. Woodburn	51
7. Newport	40
8. Estacada	32
9. Marist Catholic	30
10. Elmira 12	
Others receiving votes: Cottage Grove 11, North Marion 11, Molalla 8, Sweet Home 8.	

2A Football coaches poll	
First place votes in parentheses	
1. Santiam (9)	156
2. Knappa (5)	149
3. Monroe (2)	122
4. Sheridan	101
5. Neah-Kah-Nie	84
6. Jefferson (1)	71
7. Glide	54
8. Heppner	39
9. Coquille	35
10. Kennedy	26
Others receiving votes: Central Linn 18, Lost River 16, Toledo 16, Grant Union 13.	



Warrenton cross-country

The Warrenton girls team gets pumped up before Tuesday's 'Wreck Race' at the beach.

Student runners gather for Warrenton's 'Wreck Race'

The Daily Astorian

WARRENTON — The Warrenton cross-country team hosted its annual "Wreck Race," held Tuesday on the beach and sand dunes near the wreck of the Peter Iredale at Fort Stevens State Park.

Runners from seven other high school teams showed up to compete, along with eight middle school teams.

Ilwaco scored well in the team standings, as the Fishermen tied with Rainier for the boys' team title, while the Ilwaco girls took first place, scoring 10 points better than second-place Warrenton.

Individually, Knappa junior Robert Piña-Morton won the boys' race, covering the 5,000-meter course in 17 minutes, 57 seconds. Ilwaco junior Daniel Whiting was second in 18:13, and Fishermen teammate Tristan Trudell placed fifth in 19:02, out of 64 runners.

Warrenton's top runner was sophomore Forrest Cooley (ninth, 19:57), while Seaside's Sam Henderson placed 15th in 21:08.

On the girls' side, Clatskanie junior Gina Limon cruised to the win, finishing in 21:26, well ahead of Portland Adventist's Mara Kramer (22:03).

Warrenton senior Adriana DeJesus took fourth in a personal best time of 23:01, ahead of three Ilwaco runners — Carli Kemmer (fifth, 23:40), Alex Carper (sixth, 24:01) and Estella Sheldon (seventh, 24:12).

Warrenton's Kaisa Liljenwall took eighth (24:26), ahead of Seaside's Elise Seppa and Warrior teammate Serena Moha, as Warrenton had



Warrenton's Kaisa Liljenwall, right, races to the finish line with Seaside's Elise Seppa.

three runners in the top 10 out of 39 runners.

As a team, the Warriors were coming off a third-place finish in their division of the 3-Course Challenge.

Athletes from Astoria dominated the middle school race.

Led by Hannah Groncki's individual win (11:00 over 3,000 meters), the Astoria girls took first place with 22 points, ahead of Scappoose and Rainier.

Teammate Ella Zilli was second

(11:14) and Keira Long took third (11:23).

Fresh off his win in the 3-Course Challenge, Astoria eighth-grader John Clement won the boys' race in a personal best 9:55, ahead of teammate John Colquhoun (10:19), Isaiah Rodriguez of Hilda Lahti (10:22), and Astoria's Andy Wintersteen (10:33) and Tommy Laman (10:37).

The Astoria boys' team finished with 17 points, topping Hilda Lahti (44) and Rainier (92).

Carroll continues to downplay saga with Thomas

By TIM BOOTH
Associated Press

RENTON, Wash. — Seattle Seahawks coach Pete Carroll attempted Wednesday to downplay safety Earl Thomas' lingering dissatisfaction, saying he believes the sides will be fine with a plan that includes Thomas not taking part in many practices.



Thomas was again a nonparticipant in practice Wednesday as Seattle began preparations for Sunday's game against Arizona. After last week's victory over Dallas, Thomas said he had no intention of putting his future at risk by practicing unless the Seahawks provided him contract security beyond the 2018 season or granted his wish to be traded.

"We've done the whole conversation. We've been through it. We're very clear," Carroll said. "I might have demonstrated to you that I was confident that we would be OK about working through this because I felt like we would be. I think we are and I'm really looking forward to another week of playing ball. Everything is taking place and we're not really sharing it with you but it's going on."

Thomas said after Seattle's 24-13 win Sunday that he didn't feel the need to practice because of the lack of a long-term commitment from the Seahawks. Thomas said he expected to be fined for his actions, and Carroll indicated there could be consequences.

"If they were invested in me, I'd be out there practicing, but if I feel like anything — I don't give a damn if it's small, I got a headache — I'm not practicing," Thomas said.

Allowing Thomas to dictate the terms of his practice participation isn't entirely outside the norm, but does go against Carroll's convictions about the importance of practice and competition. Marshawn Lynch essentially had his own practice plan during his time in Seattle, and numerous veterans have been given days off in the past.

Carroll said that Thomas would not practice Wednesday as, "This is a day he always gets a break."