

Local runners race at Cullaby Lake

By GARY HENLEY
The Astorian

WARRENTON — It was a low-key meet at a familiar old location, for some local cross-country teams Wednesday afternoon.

In one final tune-up for their respective district meets, the Astoria, Seaside and Warrenton cross-country squads met at Cullaby Lake county park for a three-team run through the woods and along the shores of Cullaby Lake, a course that was a regular part of the schedule in years past.

The Fishermen and Gulls will compete in the upcoming Cowapa League championship meet next Wednesday at Camp Rilea, while the Warriors have a little longer wait before taking part in the 3A/2A/1A Special District 1 meet, Nov. 1 in Tualatin.

Astoria and Seaside both saw some encouraging signs.

While the Astoria girls will contend for the Cowapa League team title, the Seaside boys had an individual winner in Wednesday's meet.

The Gulls' Luis Moreno



Warrenton runner Forrest Cooley literally ran out of one shoe, left, as he was finishing Wednesday's race.

won the boys race, covering the 3,000-meter course in 10 minutes, 3.8 seconds, just

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ahead Astoria freshman John Clement (10:07), with Astoria's Nikolai Boisvert (10:35)



Seaside runner Luis Moreno crosses the finish line first in Wednesday's meet at Cullaby Lake.

third. Warrenton's Kale Moss (10:40) and Forrest Cooley (10:50) were fourth and fifth, respectively.

Moreno's win was even more impressive because the senior had to run a couple hundred yards more. Moreno arrived at the starting line without a bib number on his uniform. He had to jog back to the finish area to pick up the bib number, then ran back to the starting line.

The winner of the girls' race was the runner who's been winning all season, Astoria's Sophie Long.

The junior was the only runner to break 12 minutes, finishing in 11:54 for her personal best over 3,000 meters.

Freshman teammate Ella Zilli was a distant second (12:19), followed by Lady Fishermen Lindsay Riutta (12:52) and Allyson Pritchard (12:52). Astoria's fifth runner



Astoria's Sophie Long won the girls race Wednesday.

SCOREBOARD

PREP SPORTS SCHEDULE	
TUESDAY	
Girls Soccer — Banks at Seaside, 6:30 p.m.	
Boys Soccer — Seaside at Banks, 4:30 p.m.	
WEDNESDAY	
Cross-Country — Cowapa League Championships, 2 p.m.	

was Annalyse Steele (12th, 14:16), with not a single senior among their top five.

Seaside sophomore Elise Seppa placed fifth in 12:56, followed by Warrenton's Kaisa Liljenwall (13:02, new school record) and Abigail Miller (13:32).

GIRLS SOCCER

Astoria celebrates 0-0 tie with Valley Catholic

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In soccer, sometimes a scoreless tie is as good as a win.

There's the "play-it-safe" scoreless tie — load up on the defensive end, and sacrifice any offensive attacks. There are the "unlucky" ties, where one team dominates the other, but still can't score. And there's the aggressive ties against the much higher-ranked teams.

The Astoria girls soccer team scored one of the category No. 3 ties Thursday night, as the Lady Fishermen played first place Valley Catholic to a 0-0 tie at CMH Field.

In Astoria's recent history with the Valiants, Valley Catholic defeated the Fishermen 3-0 earlier this season. The Valiants swept two games last year, 5-0 and 4-0; Valley won 6-0 and 7-0 in 2017; 5-0 and 9-0 in 2016; a pair of 6-0 wins in 2015; and Valley Catholic won by 8-0 and 9-0 counts in 2014.

The Fishermen showed how far they've come and what they can do when they are healthy and playing at full strength in 2019.

Valley Catholic possessed the ball for the majority of the first half, but it was Astoria that had better scoring opportunities.

The Lady Fish generated several attacks from midfield or the defensive end.

Fresh off her three-goal game in a win over Tillamook, Elle Espelien had an early chance out in front of the Valiant defense, but her attempt sailed wide right.

Midway through the first half, Espelien stole a ball near midfield, then played a give-and-go down the right sideline with teammate Meghan O'Meara.

After Espelien passed it to O'Meara, O'Meara sent it right back to Espelien, whose open shot from 20 yards out missed to the left.

Astoria's third oppor-

tunity of the first half was another near-miss, as Espelien's free kick from 40 yards out just missed connecting with O'Meara in front of the net.

The Valiants had three corner kicks and one shot on goal in the first half, but it was saved by Astoria keeper Baylee McSwain, who also broke up several Valley Catholic chances on crossing passes.

The Fishermen stepped up the offensive pressure in half No. 2, as did the Valiants.

A free kick by Valley Catholic's Quinn Walker sailed over the cross bar, and shortly after, Valiants' keeper Shivani Naresh deflected a free kick from O'Meara from 30 yards out, and Espelien's close range putback opportunity was wide right.

McSwain also had more work in goal, as she made saves on Valley Catholic shots on goal from Anna Kinder and Chloe Bauer, while another attempt by Walker missed left.

O'Meara's best shot on goal of the game came with 12:20 left, an attempt straight up the middle that was saved by Naresh.

With the intensity building as time ran out, Espelien's free kick from 35 yards away missed to the right, while McSwain made her save of the game with just 1:40 left on the clock, as she made the stop on a breakaway by Valley's Riley McGee.

Astoria honored seven seniors before the game — Abi Albright, Taileigh Cole, Erin Grauff, McSwain, Mariali Hernandez Rojas, Orbilia Zaragoza and Brooklyn Zerangue.

Fishermen fans and players all celebrated the scoreless tie, which was Astoria's second of the season, and leaves the Fishermen with a 2-4-2 league record, 4-6-4 overall. Astoria will await an opponent for the play-in round.

In other league action Thursday, Seaside and Tillamook played to a 0-0 tie at Tillamook.



Photos by Stan Sporseen

The Knappa cross-country team, following Thursday's league championship race.

KNAPPA BOYS RUN TO LEAGUE TITLE

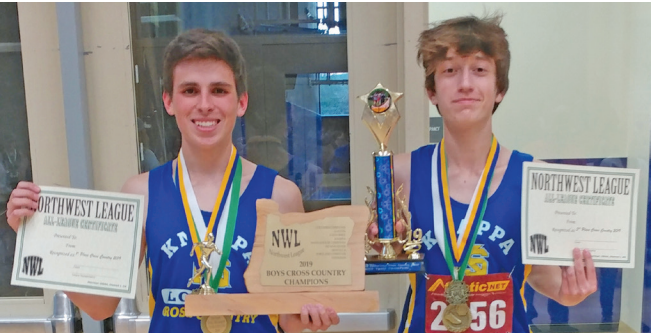
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The Knappa boys cross-country team scored its first league title since 2005, as the Loggers ran to victory Thursday afternoon at Vernonia in the Northwest League championships.

The no-surprise part of the win came from senior Robert Piña-Morton, who collected his third straight individual title by winning the 5,000-meter race.

It was Knappa's depth that made the difference, said coach Stan Sporseen.

"(Finn) Corcoran, (Clay) Keyser, (Ethan) Smalley and (Shane) McMahan really pushed it big to make the difference," he said. "For a



Knappa's top two runners from Thursday's league championship win, Robert Piña-Morton, left, and Isaiah Rodriguez.

really young group, they are not afraid to get after it."

Corcoran, Keyser and Smalley are freshmen, and McMahan is a sophomore. Piña-Morton will now contend for an individual state title Nov. 1, while the

Knappa boys finished with 45 points to win Thursday's league title.

Nestucca was second with 64, followed by Vernonia (71), Neah-Kah-Nie (79), Columbia Christian (131) and Faith Bible (136).

Neah-Kah-Nie won the girls' team title over Vernonia, the only two scoring teams.

Piña-Morton won Thursday's race in 17 minutes, .6 seconds.

Jared Doyle of Columbia Christian was a distant second (18:15), followed by Knappa freshman Isaiah Rodriguez (18:23).

Corcoran was 13th in 19:41, Keyser placed 22nd (20:11), followed closely by Smalley (24th, 20:15) and McMahan (29th, 20:25).

Sophomore Jordan White of Neah-Kah-Nie was the girls' individual champion in 20:11, with Knappa freshman Emily Larson placing 13th in 24:29.

PREP ROUNDUP

Valiants sneak past Astoria, 1-0

Just three days after playing Seaside to a 0-0 tie, Valley Catholic narrowly defeated Astoria 1-0 in a Cowapa League boys soccer game Thursday night in Beaverton.

Astoria coach Lee Cain said, "I'm very proud of the boys tonight. We knew that Valley Catholic would be very tough. There's no doubt they've earned the top spot in the league (or at least a share of the title with Seaside), although Tuesday's 0-0 game was impressive both ways."

The Fishermen finish 3-5 in league (5-9 overall), and will open the playoffs next week.

Astoria's plan Thursday night "was to play extremely tight defensively, but counter attack when we had the opportunity," Cain said. "The team carried that out exactly as planned."

The lone Valley Catholic goal "was unlucky for us," he said, "a hard shot down in the lower right, inches from the post, that Dylan (Altheide-Nielson) was forced to block. Unfortunately it bounced out two yards into a Valley Catholic follow up."

Cain added, "Our best chance was when David Bermudez (who suffered a pulled hamstring just two days earlier in a loss at Tillamook) nearly scored with a hard 35-yard blast that just grazed the top bar."

For the remainder of the game, "we held them scoreless, in a tremendous defensive effort both by the teamwork and by Dylan's incredible work in the box."

Altheide-Nielson had 15 saves on the night.

"Dylan has been a tremendous asset for the team, all the more amazing in his first year ever," Cain said.

In other Cowapa League action Thursday, Seaside defeated Tillamook 5-2 at Broadway Field. The Gulls can earn a share of the league title with a win next Tuesday at Banks and a Valley Catholic loss at Tillamook.

Nestucca ends Knappa season

The season came to a close for the Knappa volleyball team Tuesday night at Nestucca, where the Bobcats finished off the Loggers in four sets in a Northwest League playoff, 25-12, 25-21, 18-25, 30-28.

Knappa finishes 10-13 overall.

After dropping the first two games, the Loggers bounced back for their lone win in the third set.

"I only asked one question in the huddle between the second and third games," said

Knappa coach Jeff Kaul. "I simply asked, 'are you done?' And the Lady Loggers said no!"

Knappa led from start to finish in the third game, before Nestucca regrouped to win the fourth set.

Still, "These ladies played their hearts out in that last game," Kaul said. "The game was basically tied at every side out or within one or two points at the most, with both teams taking the lead at times."

Hannah Dietrichs had 12 kills, to go with 17 digs. Vicki Ramvick finished with 12 kills, 12 blocks and 12 digs. Carlie Casper was 17-for-17 serving, while Sophia Carlson added 17 digs, six kills and four aces. Megan Hellberg had nine blocks.

"It was a good season of some very good volleyball," Kaul said, "and I believe there is more to come next year."

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VOLLEYBALL

Banks blanks Seaside

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In a Cowapa League volleyball finale Thursday night at Seaside, Banks clinched second place in the league standings with a sweep over the Gulls, 25-11, 25-9, 25-13.

The seventh-ranked Braves finish 5-3 in league play, just ahead of fifth-ranked Astoria (4-4).

Banks, Astoria, Tillamook (3-5) and Seaside (0-8) will all take part in the play-in round next week.