

4A GREATER OREGON LEAGUE

Top returning runners:

(BOYS) — Bennett Welch, jr., La Grande (18:11.05); Quinn Suzuki, sr., Ontario (18:15.04); Conner Cline, sr., Baker (18:19.08); Thayne Krumbah, soph., Mac-Hi (19:50). **(GIRLS)** — Maia Vandervlugt, soph., La Grande (20:30.03); Kendra Blake, sr., La Grande (21:33.04); Abby Crews, jr., La Grande (21:33.05).

**McLoughlin
Pioneers**

Head coach: John Milleson, 14th year
Assistant coach: Stacie Lieuallen
Key returners: (BOYS) Thayne Krumbah, soph.; Isael Ibarra, sr.; Stephen Medina, jr.; Eric Saldana, jr.; Ian Miller, soph.
Impact newcomers: Mekenna Simpson, soph.; Deazen Zerba, sr. (missed 2016 for foreign exchange).



2017 Schedule

Sept. 9	Runner's Soul XC (Hermiston)	10 a.m.
Sept. 15	at Catherine Creek Scamper	TBD
Sept. 22	at Footrace to Valhalla (Umatilla)	TBD
Sept. 23	at Connell (WA) Invite	TBD
Sept. 29	at Baker Invitational	TBD
Oct. 7	at Tigers Invite (La Grande)	TBD
Oct. 13	Mac-Hi Gutbuster	TBD
Oct. 19	Wildhorse Invite	TBD

3A/2A/1A SPECIAL DISTRICT 5

**Heppner
Mustangs**



Head coach: Russ and Toni Nichols, 3rd year
Returning boys varsity: Hunter Nichols, Hayden Qualls, Leo Waite, Gibson McCurry, Mitchell VonGunten
No returning girls varsity runners, but the Mustangs do have a complete girl's team this year.
Newcomers to girls team: Madelyn Nichols, Makenzie Heideman, Sarah Knop, Hannah Palmer, Stephanie Dubry
Nichols' key to the season: "Our primary goals this season are to continue to build a solid team focusing on individual achievement and good team cohesiveness. We finally have built a big enough team that we can use each other's abilities to help us train and push harder in races."

2017 Schedule

Sept. 2	Ultimook Nike Invite	8:15 a.m.
Sept. 9	Runner's Soul XC Fest (Hermiston)	10 a.m.
Sept. 15	Catherine Creek Scamper	TBD
Sept. 22	Footrace to Valhalla (Umatilla)	12:15 p.m.
Sept. 23	Bridgett Nelson Memorial Invite	10 a.m.
Sept. 30	Nike Portland XC	12:05 a.m.
Oct. 5	Mustang Invitational	5 p.m.
Oct. 7	Red Barn 5k Fundraiser	TBD
Oct. 12	Helix Stubblebuster	4:30 p.m.
Oct. 19	Kyle Burnside Wildhorse Invite	3 p.m.
Oct. 27	Special District 5 XC Championship	TBD

Top returning runners in district

(BOYS) — Tim Stevens, jr., Union (16:08.05); Jeremy Baxter, sr., Union (16:48.6); Hunter Nichols, jr., Heppner (16:59.0); Emmet Klus, jr., Burns (17:09.7) **(GIRLS)** — Olivia Page, soph., Nyssa (20:14.9); Jaimee Baxter, soph., Union (20:22.3); Eliza Irish, sr., Enterprise (20:22.8)

Helix Grizzlies

Head coach: Jeff Newton, 5th year
Assistant coach: Andrew Griggs, 1st year
Returning lettermen: (BOYS) Gavin Newton, jr.; Colton Reynolds, jr.; Dartagnan Carlson, soph. (GIRLS) Emma Fehrenbacher, sr.; Hannah Christman, jr.; Kaylee Cope, soph.
Other returners: (BOYS) Preston Brower, jr.; Logan Davis, soph.



Impact newcomers: (BOYS) Bryce Fairchild, fr.; Tyler Greenhalgh, fr.; Zach Johnson, fr. (GIRLS) Lucy Case, sr.; Karalin Reynolds, fr.; Ryann Stahancyk, fr.; Noelle Texidor, fr.
Primary goals: Newton says "to place at district as a team and compete at state we began a summer running program this year to help us meet some of these goals."

2017 Schedule

Sept. 9	Runner's Soul XC Fest (Hermiston)	10 a.m.
Sept. 16	Seaport Invite (WA)	TBD
Sept. 22	Footrace to Valhalla (Umatilla)	12:15 p.m.
Sept. 28	Bulldog Fest (Hermiston)	4 p.m.
Oct. 5	Mustang Invite (Heppner)	5 p.m.
Oct. 12	Helix Stubblebuster	4:30 p.m.
Oct. 19	Kyle Burnside Wildhorse Invite	3 p.m.
Oct. 27	Districts (Pendleton)	TBD

Stanfield/Echo Tigers

2017 Schedule:

Sept. 9	Runner's Soul XC (Hermiston)	10 a.m.
Sept. 15	Catherine Creek Scamper	TBD
Sept. 22	Footrace to Valhalla	12:15 a.m.
Sept. 28	Bulldog Fest (Hermiston)	6:10 a.m.
Oct. 5	Mustang Invitational	5 p.m.
Oct. 7	Max Jensen Richland Invitational	9 a.m.
Oct. 12	Helix Stubblebuster	4:30 p.m.
Oct. 19	Kyle Burnside Wildhorse Invite	3 p.m.
Oct. 27	District Championship	TBD

Head coach: Eric Jensen, 9th year
Assistant coach: Mandy Blackburn, 9th year



Key returners: (BOYS) Elias Esquivel, jr.; Cody Griffin, jr.; Hugo Hernandez, jr.; Franklin Gomez, soph.; Rafael Orozco, soph. (GIRLS) Katy Cook, sr.; Chelsy Lemmon, jr.; Kaitlyn Lemmon, soph.; Emily Collinworth, soph.; Mackenzie Cook, soph.

**Weston-McEwen
TigerScots**

Head coach: Tanna Munck, 5th year
Returning starters: Gavin Smith, sr.; Lawson Denny, jr.; Khai Robertson, jr.; Kamryn Dalrymple, jr.



Impact newcomers: Nicole Lee, soph.
Team's primary goals: Munck says that "the team has a lot of potential to place in the top twenty for our district. After several years with Hayden Scott as a role model, the team knows what it takes to be a good cross country runner. Even though we will not have a boys team this year, the boys plan to individually earn personal records."
Munck's key to the season: "Focus and training. Work together as a team to encourage and push each other."

2017 Schedule

Sept. 9	Runner's Soul XC Fest (Hermiston)	10 a.m.
Sept. 22	Footrace to Valhalla (Umatilla)	12:15 p.m.
Sept. 28	Bulldog Fest (Hermiston)	TBD
Oct. 5	Mustang Invitational (Heppner)	5 p.m.
Oct. 12	Helix Stubblebuster	4:30 p.m.
Oct. 13	Mac-Hi Gutbuster	TBD
Oct. 19	Kyle Burnside Wildhorse Invite	TBD
Oct. 27	Districts (Pendleton)	TBD

Umatilla Vikings

2017 Schedule

Sept. 2	Ultimook Nike Invite	TBD
Sept. 9	Runner's Soul XC (Hermiston)	10 a.m.
Sept. 15	Catherine Creek Scamper	TBD
Sept. 22	Footrace to Valhalla*	12:15 p.m.
Sept. 28	Bulldog Fest (Hermiston)	TBD
Oct. 7	Tigers Invitational (La Grande)	TBD
Oct. 13	Mac-Hi Gutbuster	TBD
Oct. 19	Kyle Burnside Wildhorse	3 p.m.
Oct. 27	Districts (Pendleton)	TBD

Head coach: Josh Ego



Returning lettermen: (BOYS) Aden Cappello, jr.; Anthony Contreras, sr.; Tony Contreras, sr.; Trey Dohman, sr.; Dylan Hodge, sr.; Anthony Ibarra, jr.; Joaquin Murgia, soph.; Zayne Troeger, jr.; Ryan Wheeler, sr. (GIRLS) Julene Brown, sr.; Samantha Contreras, jr.; Katelyn Lorence, sr.

*-home race

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