# SENIOR TRIO TAKES LAST RUN AT WOAHINK SATURDAY

By Stan Pusieski Special to Siuslaw News

Sierra Potter, Mikaela Siegel and Tyler Williams have much in common, as bright 17-yearold seniors at Siuslaw High School with the goal of one day entering a medical field.

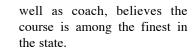
Saturday, they will share one last run in the annual Lake Woahink Cross Country Invitational at Honeyman State

"There's nothing better than running with a bunch of people cheering for you," Vikings coach Chris Johnson said. "We've normally had some good performances every year. The kids get excited about running in front of their home folks."

It will be the third Woahink for Potter, fifth for Williams and sixth for Siegel, who have each run it at least once at the 3.000-meter middle-school level and the 5.000-meter highschool standard.

"It's fun to run in front of everyone, and it's a nice course," Siegel said. "I've run Woahink a million times. You know the course, and it's really familiar to your body."

Johnson, meet director as



"From a cross-country runner's perspective, it has some open field, it has some singletrack trail, even a bale of hay or two," he said. "It's the variety. The lakes. The peninsulas. It's

Williams loves the course. too, but doesn't seem to share his coach's enthusiasm for the trail and the hay.

"Some parts it's super narrow," he said. "It's kind of annoying when you try to pass someone. And there are the five or six hay bales you have to jump."

And then there are the fierce competitors.

"I remember running down the hill and this girl like pushing me off the course," Potter said. "But it's fun. Woahink is a really good course, and they put a lot into it."

Forecast for Saturday is sunny weather, temperatures in the upper 60s and a big crowd.

"Normally the weather is really good the weekend of the Woahink," Johnson said. "It brings a lot of people. The park is packed. It's pretty awesome."

Schools entered include Siuslaw's Far West League rivals North Bend and Brookings-Harbor.

Other schools: Bandon, Churchill, Coquille, Elmira, Mohawk, Monroe, Newport, Oakland, Pacific, Philomath, Reedsport, Roseburg, South Eugene, Sutherlin, Toledo, West Linn, Willamette and

Girls defending champion Sailor Hutton is expected to resume her rivalry with good friend Celie Mans, a junior at Siuslaw. Hutton won last year as a freshman at Bandon in 19 minutes, 49.04 seconds, while Mans was second in 20:19.53.

Hutton and Mans met earlier this season at the North Bend

ishing 1-2. Other Siuslaw entries include Morgan Bingham, Lainey Goss, Kaeli Ramos, Trinity Ramos and Destinie Tatum.

Tugman Invitational, again fin-

The top three boys finishers last year were seniors, including champion Seth Campbell of Siuslaw.

Siuslaw's varsity entries include Murray Bingham, Sean Burns, Isaac Griffes, Kyle King, Jack Pickell and Williams. Pickell is running his first race of the season after recovering from an injury.

#### **Senior moments** at Woahink:

• Threat of high winds forced officials to cancel the 2013 Woahink race, which would have been the sophomore season for Potter, Siegel and

Williams.

Invitational this Saturday at the East Woahink Day Use Area.

### Sierra Potter:

Ran Woahink in Grades 6 and 11. Finished 20th in 22:29.69 in 2014.

"I'm in good shape but I could always be better. I'm just going to run. I'm looking more toward the end of the season."

On coach Johnson: "He inspires me to work as hard as I can every day at practice."

Johnson on Potter: "Sierra's a super-talented distance runner. She has just fought whether or not she wants to run. She's been the kind of kid that, at the end of the season and in the biggest races, she comes through for us."

### Mikaela Siegel:

Ran Woahink in Grades 6, 7, 8, 9, 11. Finished 47th in 25:01.77 in 2014.

"My strategy is to run fast. I

just give my best in all the races.'

Siuslaw senior cross country runners Sierra Potter, Mikaela Siegel and Tyler Williams will compete in their final Woahink

On coach Johnson: "He's been (coaching) awhile. He's a smart guy, and he's got it figured out."

Johnson on Siegel: "Mikaela's a hurdler and a jumper and a (future) heptathlete maybe in track and field. She can do it all. She's just the consummate hard-working team kind of kid."

### **Tyler Williams:**

Ran Woahink in Grades 7, 8, 9, 11. Finished 20th in 21:10.55 in 2014 in junior varsity race.

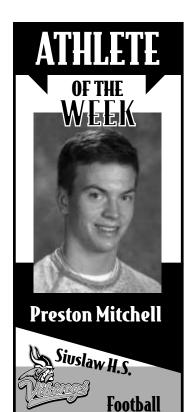
"There's something about Woahink that's really neat. It's kind of special. My strategy is to not start off too fast. I've been trying to stay with Isaac Griffes and Kyle King, because they're some of our faster run-

On coach Johnson: "Johnson is crazy about running. He wants us to do well. He's really motivational."

Johnson on Williams:

"Tyler had some success on the track last spring, and he's been able to take some of that momentum into cross country. He's started to look better in workouts, and starting to get some confidence. He's fighting for a varsity spot, one of the top seven. That's his challenge, and I'm looking forward to seeing him grow."

Retired sportswriter Stan Pusieski writes exclusively for the Siuslaw News and his website, ExplodingWhaleSports. com. Follow him on Twitter @SportsWhale. Email him at explodingwhalesports@gmail.



The senior quarterback ran the ball 14 times for 111 vards and two touchdowns in last week's 35-13 nonvictory league over Hidden Valley. Mitchell also snared two interceptions.

## **Honorable Mention** Reese Siegel

Honorable mention is given to senior tight end Reese Siegel caught one pass in the game for same 61-yard touchdown.

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## Viks

from 1B

Mustangs' touchdown pass with seven seconds to go before the half.

It was the closest Hidden Valley would get to the Vikings' end zone until the final seconds of the game.

In the meantime, Siuslaw continued to build its lead with a strong defense that made the most of its opportunities.

Early in the third quarter, what had been a scoreless drive for the Viks led to a punt that began with a bad snap Thrall's head. over Scrambling, Thrall was able to get it off, with the ball deflected off of the Mustangs' receiver once again.

Mitchell later scored on a 25-yard run that put Siuslaw ahead 21-7 after Thrall's third PAT of the night.

Six minutes later, the Vikings completed an 11-play, 92-yard drive that sent junior Cade Clawson across the goal line for a three-touchdown lead - and the Viks' 28th unanswered point.

For it's final touchdown of the game, Siuslaw returned to the air, capping a five-play, 72-yard series with a 61-yard TD reception by junior Reese Siegel.

With 16 seconds remaining in the game, the Mustangs ended the Viks' 35-point rout on a 15yard touchdown for the final score, 35-13, after Hidden Valley's extra point attempt failed.

Mitchell led rushing with 14 carries for 123 yards, including two touchdowns. Thrall had 86 yards on 12 carries, including a 30-yard touchdown. Clawson had 44 yards on 13 carries, with a 1-yard touchdown run and a first down.

Gordon had 33 yards on two catches, Siegel had a 61-yard reception for a touchdown, and Evan Teter had a 13-yard reception for the Viks.

Thrall was 5-for-5 in PATs.

The win bumped Siuslaw, now 3-0 in preseason play, up from 20th to 10th in the OSAA's 4A rankings — two spots above the previously No. 4-ranked Mustangs.

Friday, Siuslaw will open the league season at home, hosting South Umpqua.

Kickoff is set for 7 p.m. at

Hans Petersen Memorial Field.

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