ATHLETE OF THE WEEK

Hannah Rannow
Junior

CROSS COUNTRY

Highlight:
Hannah Rannow is this week's Athlete of the Week. Hannah finished in fourth place at the OSAA 4A state championship with a time of 19:02. Her strong finish was instrumental in the girls cross country team taking a second place finish. Hannah has been a consistent top finisher this season with 5 top 5 finishes.

Honorable Mention
Brea Blankenship
CROSS COUNTRY
Highlight:
Honorable Mention goes to sophomore Viking runner **Brea Blankenship**. Brea finished 15th overall in the 4A state championship with a time of 20:16.

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Clockwise from left: Seniors Robert Mans **(far left) and** Naomi Shoji **run in their final race for Siuslaw; junior** Jared Northrop **sets his pace for a season-best time of 18:26; sophomore** Brea Blankenship **paces herself during the first lap of Saturday's state meet, where she placed 15th individually.**

PHOTOS BY NED HICKSON/SIUSLAW NEWS

State

from 1B

Gracie Freudenthal, a sophomore, was 41st (21:38) and senior Naomi Shoji finished 45th in 21:47.

Tillamook junior Solace Bergeron, the defending state title holder, claimed her second consecutive title, trimming 14 seconds off of last season's winning time, finishing in 18:30 for the 2018 title.

In team scoring, a total of just seven points separated first through third place.

Marist won the title with 70 points, followed by Siuslaw (73) and Tillamook (77).

Ironically, it was also only seven points that separated fourth through sixth place, beginning with Sisters (141) in fourth, followed by La Grande (145) and Philomath (148)

Henley was seventh (174), then Phoenix (193), Baker (203), Valley Catholic (220), Estacada (297) and Gladstone (302) in 12th place.

In the boys race, juniors led the way for Siuslaw, beginning with Brendon Jensen's time of 17:15 for 25th place overall. Kiger Johnson was the next Viking to cross the finish line and 38th overall in 17:41, followed by Jonah Jarman in 17:57 for 39th place.

Sophomore Ryan Jennings was the fourth to score for the Vikings, placing 56th in 18:08, and senior Robert Mans was the final scorer, finishing 58th with a time of 18:09.

Junior Jared Northrop didn't score but ran a season's best time of 18:26 and 64th place, and freshman Chad Hughes finished with a time of 18:42 for 71st place.

Marist won the state title with 54 points, followed by Newport (81), Tillamook (84), Valley Catholic (119), Klamath Union (120), Baker (170), Philomath (187), Siuslaw in eighth place (188), La Grande (211), Gladstone (266), North Valley (281) and Molalla (307).

Cape

from 1B

Prior to European Contact

Dick Mason — Cape Perpetua Volunteer: Learn about the pre-European inhabitants of Cape Perpetua from one of Cape Perpetua's exceptional volunteers. Mason will also take you on a quick and entertaining tour of world history that occurred while the Alsea were enjoying their evening seaweed and mussel dinners at Cape Perpetua.

• **Saturday, Dec. 1, at 1 p.m.**

King Tides, Sea Star Wasting, Marine Debris

Fawn Custer — CoastWatch Volunteer Coordinator: Custer will give a brief introduction to CoastWatch describing the various opportunities for volunteers who love the Oregon Coast to help document changes. King Tides will be the focus of this talk, and their impact on our shoreline and infrastructure. Custer will explain the guidelines for the photos needed to document these events and how best to get involved.

• **Saturday, Dec. 8, at 1 p.m.**

The Impacts of Microplastics on a Near Shore Food Chain

Dorothy Horn — Marine Corps Veteran and a Graduate Research Fellow for the National Science Foundation: Horn will talk about the plastic pollution problem in the ocean, how it breaks down into microplastics as well as other sources of microplastic pollution.

For more information on additional classes being offered through December, contact the Cape Perpetua Visitor Center at 541-547-3289.

All events are free and open to the public, but a Northwest Forest Pass, Oregon Coast Passport, Federal Recreation Pass or $5 day-use fee is required within the Cape Perpetua Scenic Area and at many Oregon Dunes National Recreation Area recreation sites.

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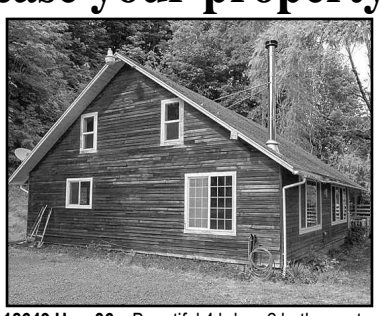

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