

Lions conclude season on high note at LCC District Meet

After yet another week of many runners setting new personal records, freshman Konrad Raum will represent Cottage Grove and the Sky-Em league at the OSAA 4A State Championship

BY JIM SETTELMAYER
For the Sentinel

On Wednesday, The Cottage Grove Cross Country Team had a phenomenal showing at the District meet at Lane Community College. The team's performance was a crowning testament to the efforts of the athletes and the work they put in all season. Many athletes set P.R.s (Personal Records) and all four of the CGXC Teams placed equal to predictions or better on a course not known for being "fast".

The positive post-meet mood was tempered by several opposing sentiments. First, the team was happy having earned the opportunity to extend their season another week to continue their support of CG's single State qualifier, Konrad Raum. Secondly, the graduating seniors reflected in different ways on the fact this would be their last High School Cross Country race with this team. Ryan Barger, Connor Howard, Jayden Tucker, Kevin Manuntag, Anthony

Trujillo, Kale-a Galbreath, Maeve Dahlen, Arianah Hanke and Tesslyn Foster-Gordon are all graduating in the spring. The loss of their positive, supportive energy will leave a void that will be impossible to fill.

The Boys Varsity team of seven runners placed fifth overall, matching the seeding of times from season bests that predicted they finish fifth. Max Gause and Konrad Raum set personal bests to lead this effort.

The J.V Girls team with 10 runners placed second overall with solid performances by all athletes. Most impressive were the times turned in by Maeve Dahlen, Sandy Locke, Jenn Simons, Tesslynn Foster-Gordon and Lexie Hall. These ladies all set personal bests on this challenging course.

The J.V. Boys team with five runners placed fifth overall. An impressive result of the passion with which the boys ran were the P.R.s set by Mitchel Johnson and Kevin Manuntag. Kevin's run was a blistering three minutes faster than his former per-

sonal best. Senior Anthony Trujillo ran a great race to lead this team in an inspirational manner, competing gamely to end a season mired with an injury that prevented all but two competitions.

Konrad's 17:17 time surprised the opposing coaches, who asked Cottage Grove teammates and coaches who this was and where did he come from. This late in the season, it is odd for a competitor with this kind of time to improve a full half-minute in the conditions faced in this meet. His efforts earned him second place when his time seeded him seventh going in.

Konrad will compete on Halloween morning with the best runners in Oregon during the combined OSAA Cross Country State Championship. Sisters' boys and girls and Elmira boys, a couple of boys from Junction City and Junction City Girls will join Konrad in representing the Sky-Em League in the 4A races that start with the girls at 11:15 a.m. followed by the boys at 11:50 a.m.



Photo courtesy of Jim Settelmeyer

The Cross Country boys take off at the start of their district meet at Lane CC.

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NIC This Week Stats:4-9 Season Stats:53-38

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