

# Cross-Country Season Begins

The Lions begin the season by hosting their two-mile trial

By Zach Silva  
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When the starting gun fired last Thursday at Cottage Grove High School's (CGHS) track, the 2017 cross-country season was officially underway.

Seven teams from around the state toed the starting line for the annual two-mile trial. The goal of this meet is to get the runners back into the groove of racing at a shorter distance than they will run during the season.

On the boys side, the Lions jumped out to a fast start. After the first 300 on the track, junior Konrad Raum and sophomore Jimmy Talley were in striking distance of the leaders. The pack raced to the running trail where they would then complete two laps before returning to the track for the finish.

While running up the hills of the trail, Raum worked to maintain his pace as he passed Talley and moved closer to the lead group of runners. As the runners went downhill to head back to the track, he continued to climb up the ranks. In the last 300 on the track he passed two more runners to take fourth place.

"I was hoping I would have the energy at that last downhill coming and I did. I planned that out actually better than I thought I was going to," said Raum. "I wanted to be under 12 [minutes] and I was like 11:19... I was pretty happy with it."

Shortly after Raum crossed the finish line teammates Talley and junior Paesen Timm followed in 7th and 9th place respectively. The Lions top five was finished off with a 19th place finish from sophomore Justin Francis and 22nd place from junior Eric Cortes. The team finished in second with 53 points. Roseburg, a 6A school, finished first with 31 points.

The Lions have six runners back from last year's team that finished 9th in state. Of those runners, four posted faster times at this meet than they did at last year's two-mile with Francis dropping an impressive 56 seconds off of last year's mark.

"[The] message to the team is this is our first race - don't overthink it. Go out and you should feel like you're pushing and... we'll get some times off of this to start playing with. So early in the season, finish feeling okay about yourself," said coach Jim Settlemeyer.

On the girls side, the story of the race was the freshman standouts. Four freshman finished in the top 12 including Junction City's Anika Thompson in first place.

The Cottage Grove first runner was sophomore Leslie Chacon-Romero in 16th place. She was followed by sophomore Nadia Witt and junior Kenzie Parsons. Parsons took off just over a minute from her time at this race last year. Finishing out the Lions top five were senior Savannah Davis and sophomore Lizbeth Zarate-Hernandez in 27th and 33rd place. The team finished fourth behind Roseburg, Pleasant Hill and Sutherlin.

Both CGHS teams will race again on Saturday at the Ultimook Race Nike Invitational in Tillamook, Oregon. The race features two shallow river crossings and a mud pit for runners to go through.



New Cottage Grove coach Nick Finley while he was head coach at Ninilchik School in Alaska.

## High School Sports Recap:



## GOLF

Middlefield Men's Club  
Saturday 8/19  
Game: Closest to the Pin

Champion Flight:  
Name, Low Gross, Net  
Jerry Singer, 139, 125  
Jake Cox, 143, 129  
Dylan Rowe 144, 143  
Larry Zuvich, 146, 124  
Kent Russo, 147, 133  
Gary Sparks 149, 133

KP's  
#5 Jerry Singer  
#7 Bruce Dorman  
#14 Todd Dennis

A Flight  
Al Nelson, 159, 129  
Manny Anderson 165, 137  
Tom Arney, 165, 133  
Bob Martindale 165, 135  
Tom Lemmon, 167, 129  
David Morris, 169, 141  
Larry Strickland, 171, 133

KP's  
#5 Phil Hamilton  
#7 Bob Martindale  
#14 Bob Martindale

B Flight  
Jerry Pennington, 157, 133  
Rudy Nellermoe, 159, 133  
Bob McCarty, 161, 135  
Russell Bryce, 162, 135  
Jim Wamsley, 170, 142

KP's  
#5 Jerry Pennington  
#7 Jim Wamsley  
#14 Gary Welch

Middlefield Men's Club  
Monday 8/21/2017

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Game: 2, 3 Best Ball

First Place: -17 (tie)  
Tom Marx  
Rudy Nellermoe  
Jerry Singer  
Rickie Ambrose

First Place: -17 (tie)  
Gary Culp  
Jack Doleman  
Frank Gates  
Gary Ingram

Third Place: -14  
Mel Gowing  
Steve Lindholm  
Gary Rider  
Larry Strickland

Fourth Place: -12 (tie)  
Bob McCarty  
Don Perkins  
Dave Tooker  
Richard Vargas

Fourth Place: -12 (tie)  
Tom Arney  
Phil Hamilton  
Al Nelson  
Gary Welch

Sixth Place: -11  
Larry Emery  
John Kallbrier  
Pat Rickard  
Gary Sparks

Low Gross:  
Gary Sparks 72  
Jerry Singer 75  
Larry Emery 75  
Jake Cox 76

Low Net  
Don Perkins 62  
Ricki Ambrose 63

Frank Gates 64

Jim Wamsley 65  
Jim Lehl 65  
Phil Hamilton 65  
Pat Rickard 65

Closest to the Pin  
#5 Gary Rider  
#7 Jake Cox  
#14 Darrell Lee

Longest Putt  
#11 Bob McCarty

Middlefield Men's Club  
Thursday 8/24  
Game: Closest to the Pin

Champion Flight:  
Name, Low Net  
Larry Zuvich, 124  
Jerry Singer, 125  
Jake Cox, 129  
Gary Ingram, 130  
Bill Avery, 131  
Dallas Doudna, 131

KP's  
#5 Larry Emery  
#7 Jake Cox  
#14 Bill Avery

A Flight  
Tom Lemmon, 129  
Al Nelson, 129  
Tom Arney, 133  
John Kallbrier, 133  
Darrell Lee, 133  
Larry Strickland, 133  
Dave Tooker, 133

KP's  
#5 Larry Strickland  
#7 Phil Hamilton  
#14 Phil Hamilton

B Flight  
Don Arendell 129  
Russell Bryce 132  
Rudy Nellermoe 133  
Jerry Pennington 133  
Pat Rickard 133

KP's  
#5 Russell Bryce  
#7 Russell Bryce  
#14 Pat Rickard

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### Cottage Grove:

Football (see front page) and cross-country (see above) both competed this week. The boys and girls soccer teams were scheduled to play at a jamboree in Phoneix, OR but the event was cancelled due to poor air quality caused from the wildfires.

### Yoncalla:

Football - Last Thursday, Yoncalla played at the Lowell Jamboree where they faced off against Lowell, Hosanna Christian and Powers. Coach Matt Bragg noted that they won one game and that the defense did not look as good as they could at this point of the season. Bragg also noted that the team was without a few key players who

are still in the process for being cleared to play this season.

### Elkton:

The Elkton volleyball team played Mohawk twice last week. In both games the team won in straight sets. Head coach Tera Monroe said that she likes where the team is at right now and that they will be looking to build on the success that they have had. Senior Hannah Maxwell noted that she believes that this team has the ability to get to the state playoffs this season.

Last Saturday, the football team travelled to Rogue River for a football jamboree. In the jamboree they played against Rogue River, Prospect, Butte Falls and Riddle. For their jamboree each team had nine plays on each side of the ball.

Against Rogue River, the team gave up a touchdown but

was able to move the ball well according to coach Bill Shaw. Shaw noted that they drove to the 2 yard line but then were out of plays. Shaw felt the team played well against Prospect and Butte Falls but struggled against Riddle who scored two touchdowns against them. He believes that if it were a full game his team would have been able to make the necessary adjustments to compete.

### Next Week:

Check out next week's paper when there will be a 20-page look at all of the varsity teams in Cottage Grove, Elkton, North Douglas and Yoncalla. It will include interviews with players, coaches and athletic directors from each school in addition to each team's schedule for the coming year.

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**ALWAYS WEAR A LIFE JACKET.**  
84% of all victims in fatal boating accidents were not wearing life jackets.

**STAY SOBER ON THE WATER.**  
21% of all boating fatalities resulted from some involvement with alcohol.

**TAKE A BOATING SAFETY COURSE.**  
77% of all boating fatalities occurred on boats where the operator had not finished a safety course. The National Safe Boating Council also suggests having a Vessel Safety Check (VSC) and installing carbon monoxide detectors on your boat to enhance safety. (Statistics are from U.S. Coast Guard's "Boating Statistics 2014" which is based on reported incidents only.)



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