Cross Country racers run with confidence

GU, Monument runners go the distance

By Angel Carpenter
Blue Mountain Eagle

The Eagle/Kristina Kreger

Grant Union's cross country runners include, from left, Sam Bentz, Tanner Elliott, Trejan Speth, Bo Olson, and Brogan McKrola (not pictured).

Maya Thomas

Dinorha Vidrio Landin

Grant Union

Grant Union is sporting a full boys varsity cross country team this season under the leadership of volunteer head coach Sonna Smith.

This is her second year as head coach, but she did previously start a cross country team in 1995. By 1996, she had a full girls and boys varsity team.

"In 1996, I took the girls team to state," she said.

Smith continued coaching at Grant Union until 2000 when she began working in Unity.

When she returned to Grant Union in 2002 she started a small team, then took a break from coaching until 2014, now with a high school and junior high program and assistant coaching from Richard Thompson and Eric Lougee.

"We have three juniors and two freshmen on our boys team," she said. "We need five to run as a team, so keeping everyone healthy and eligible is a priority."

Four are returning runners from last year's team, with one new athlete joining the team.

In the off-season, the runners take on a lot of miles, but because of high school policies, the running is all on their own.

Smith said that early in the season the team takes on hills and works on tempo, and mid-season they focus on quality speed and race pace intervals two days a week, one race day and three easy runs.

"Championship season is what we are in now – two weeks before district – this is our peaking season," she said. "Mileage is cut back and short speed intervals, one day a week with one race to allow fresh legs for district."

Grant Union is hosting the Run the River Race on Friday at Clyde Holliday State Park in Mt. Vernon with Burns and Trinity Lutheran attending.

"It will be a 2.5K loop that starts at the east end of the park in the grass, follows the trail along the river to the west boundary of the park, loops around the pond and returns on a different portion of the trail to the starting area," Smith said. "The junior high will do one loop and high school will do two loops to equal a 5K, the standard distance for high school cross country races in Oregon."

Monument

Athletes for Monument cross country run as individuals, since there are only two out for the team, senior Maya Thomas and junior Dinorha Vidrio Landin.

They are led by head coach Chuck Thomas.

Both girls have raced in each scheduled meet this season.

Maya joined the team as a freshman and said she's enjoying the fact that she's running without any injuries this year.

"This year, the meets seem more fun," she said. "You gain confidence in yourself because you know you can conquer courses that are hard – racing for three miles is not the easiest.

She said the toughness of the sport shows the character of the athletes who participate.

"It's been fun having my dad coach me since my freshman year," she said.

This is Landin's first year running as a high school athlete.

"The courses are fun like the Union meet – we got to run through mud," she said. "We are a small, but fun, team."

Coach Thomas said Maya has improved through the season.

"She'll just go out and run 6-7 miles," he said. "She really puts her heart into it and seems to enjoy it."

He said Landin also works hard.

"She puts 100 percent into it, and she's easy to coach and a good kid," he said.

Coach Thomas also has three middle school runners: Mark Thomas, Miranda Cook and Aubreianna Osborne.

The coach said Mark has done well on the team, and Cook and Osborne have also improved since the start of the year.

It's not uncommon for Mark, a sixth-grader, to finish first or second in the meets he attends.

Coach Thomas said all the runners have fun at the meets.

"They're here every night ready to practice," he said. "To put in 100 percent and to improve through the year and have fun, that's our main goal."

the corner's HOT SHOT OF THE WEEK

ALEJANDRA "ALE" CABRAL

School: Long Creek
Grade: 12
Parents: Alejandra Rodriguez and Manuel Cabral
Host Parents: Mike and Myla Corley
Sport: Volleyball
What I like best about my sport: "I like the energy and adrenaline of the game, and I like being with my teammates and how we have to work together to be successful."
Coach's Comment: "She's definitely picked up the leadership role and has run with it. She made a difference in how the team acted and played in our last two games."
– Coach Reagan Enriquez

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Tiger gridders feel Hornet's sting

Home team keeps no-quit attitude

By Angel Carpenter
Blue Mountain Eagle

The Eagle/Angel Carpenter

Dayville/Monument Tiger Garrett Warner (30) moves past Harper/Huntington players with blocking from his teammate Dakota Emerson (1).

DAYVILLE – The Tiger football players may have been on the losing end of last week's homecoming game against Harper/Huntington, but the team persevered through the challenges.

Highlights from the first quarter include Tiger Hayden Schafer deflecting the Hornets' fourth-down pass.

Tiger Garrett Warner followed it up with a successful catch and run for 20-plus yards, then quarterback Dakota Emerson rushed the ball in for a touchdown. Gabe Walker got the conversion points, making the Tiger score 16-20.

The Hornets scored on their next possession, but Warner deflected to prevent a score on the conversion. Harper/Huntington added eight more points to end the quarter with the 34-16 lead.

Emerson was out with an injury in the second quarter, and the team's only score came when Schafer connected with Warner for a touchdown and the two extra points.

The Tigers finished the half down, 24-76.

Dayville/Monument's final score came when Warner, in as quarterback, connected with Schafer, who ran to the end zone.

Head coach Nathaniel Ashley said the game went fairly well despite the loss.

"We did some things really well – that was a good team we played," he said. "We are going to build off last week's game and keep improving. The guys never quit playing until the final whistle, and that says a lot about the heart and determination of this team when the game is going like that one was in the second half."

He said having Emerson out with an injury is a big loss. "We ask a lot of the quarterback, and when he is out, it's a game changer for sure," he said. "We are hoping to get Tanner Walczyk back this week which will be a big help."

The Tigers host the No. 1-ranked Adrian Antelopes in Dayville at 1 p.m. Friday.

FALL FAMILY FROLIC

WHO - All families!
WHEN - Sunday, October 25th from 3PM to 5PM
WHERE - Grantville Theatre, Canyon City Community Hall
WHAT - Interactive Children's Music
Brain Building Activities for Children
Active Parenting opportunities
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GOOSEBUMPS PG
A teenager teams up with the daughter of young adult horror author R.L. Stine after the writer's imaginary demons are set free.
FRI & SAT (4:10) 7:10 9:40
SUNDAY (4:10) 7:10
MON-THURS 7:10

CRIMSON PEAK R
A woman tries to escape the ghosts of her past and is swept away to a house that breathes, bleeds...and remembers.
FRI & SAT (4:00) 7:00 9:35
SUNDAY (4:00) 7:00
MON-THURS 7:00

THE MARTIAN PG-13
An astronaut stranded on Mars is presumed dead and must find a way to signal to Earth that he's alive.
FRI & SAT (3:30) 6:30 9:30
SUNDAY (3:30) 6:30
MON-THURS 6:30

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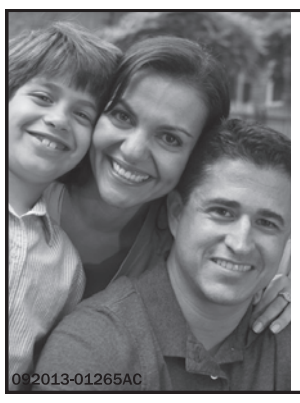

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