

Sept. 18, 2015

## Ospreys Cross Country Off and Running *Crowfoot Named NWAC Athlete of the Week*

GRANTS PASS/MEDFORD, Ore.—The Rogue Community College Ospreys cross country teams competed in their inaugural meet at the Invitational at Richardson Park at the Fern Ridge Reservoir in Eugene, Ore. on Friday, Sept. 11.

It was a three-way, collegiate level meet with Oregon Tech, Northwest Christian, and RCC competing. Northwest Christian ran away with both men's and women's team titles.

“They did a great job,” said cross country coach Cole Watson. “They stayed with our strategy and ran a solid race.”

Ospreys freshman Shane Crowfoot finished fifth overall in 26:13.8. The former Hidden Valley standout led RCC to 72 points and third place. Oregon Tech finished second with 43 points. For his outstanding effort, he was named NWAC Cross Country Runner of the Week. For more information about his recognition, visit the NWAC website at <https://www.everettcc.edu/athletics/resources/nwac-athlete-of-the-week/index.cfm>.



*Shane Crowfoot*

“Our guys did great job,” Coach Watson said to the Grants Pass Daily Courier. “The amount of points we lost by is a small margin considering all our guys are freshmen going up against upper classmen.”

On the women's side, NCU took the top four places to run away with the team title.



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Alyssa Harmon won in 18:04.2, while teammate and former Hidden Valley standout Sierra Brown earned second in 18:05.4.

RCC didn't have a full team available. Alex Bachtell finished 19th in 22:58.9, while Katie Vermillion was 21st in 24:46.4.

"The girls ran very well," Watson said. "They stayed with our plan, did what I asked, and executed." Watson added that for a first meet, it was great effort to, "Get their feet wet, literally. The first mile was slow and sloppy with a lot of mud."

The Ospreys will be back in cross country action Sun., Sept. 20 at the NW Classic in Eugene, Oregon.

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