

Nov. 2, 2015

## **Ospreys Battle Elements, Run Well in NWAC Southern Region Meet**

View this press release online at <http://www.roguecc.edu/PSA/2015/N15-090-NWACSouthernRegionCrossCountryMeet.pdf>.

Grants Pass/Medford, Ore.--The Rogue Community College Ospreys cross country team battled rain, wind, and 6 other teams at the Northwest Athletic Conference Southern Region cross county meet at Clackamas Community College on Oct. 30. The Ospreys men placed 5th in the meet.

"Nearly everyone finished with a seasonal or personal best," Coach Cole Watson said of the solid effort.

Shane Crowfoot was the first Osprey at the finish and came in third overall with a 25:51 time for 8 kilometers.

Other Ospreys men at the finish were:

- 24. Devin Rodman 27:11
- 28. Zach Blanco 27:31
- 33. Nigel Leonis 27:37
- 48. Tony Gil-Juarez 29:01
- 51. Cameron Merker 29:25

The Ospreys women did not field a full team and were not counted in the final standings, but they turned in some great individual times in the 5 kilometer race.

- 22. Allex Bachtell 21:52
- 28. Katie Vermillion 23:21
- 35. Zoe Brown 24:44

"I was really excited with how everyone performed," said Watson. "They ran intelligently and handled the harsh elements well. It was great to see everyone finishing strong and running others down. Everyone is rounding into top form at this



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critical point in the season. We are right where we should be at this time of year with only two weeks until the NWAC championship race."

The next meet for the Ospreys will be at Lewisville Park in Battleground, Wash. on Nov. 14. Community colleges in competition will be Clackamas, Clark, Everett, Green River, Lane, Mt. Hood, Olympic, Rogue, Skagit Valley, Treasure Valley, SW Oregon, and Spokane.

For regular updates and info on NWAC sports visit <http://www.nwacsports.org>. For updates and information about the RCC Ospreys, visit [www.roguecc.edu/athletics](http://www.roguecc.edu/athletics).

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