

# SPORTS

## LAMORINDAS LOCAL SPORTS NEWS



### Campo Takes Down Northgate

By Steven Johns



Rodriguez Anthony (20)

Photo Gavin Schlissel

A stout defense and a strong rushing attack lead the Campolindo Cougars to victory on Friday Oct. 26, as the Campolindo Cougars faced the Northgate Broncos in an important DFAL football game. Thanks to a dominant offense, and Northgate's inability to move the ball, the Cougars were able to roll over the Broncos, 34-12.

After an early three and out by the Broncos, the Cougars took the field and wasted no time to get on top. A steady diet of senior running back Bo Richter and a long pass from senior quarterback Andrew Ertola moved the Cougars up the field to the 14 yard line. With a hard run up the middle, Richter put Campolindo on top 7-0.

On the Cougar's next possession, the offense once again proved much better than the Broncos' defense. Richter capped off a 72-yard drive with an 11-yard touchdown run. After the missed extra point, Campolindo was on top 13-0.

The turning point in the game came at the end of the first half when Northgate finally put together a good drive. After few running plays, Chris Pelayo caught a 25-yard pass to put the Broncos on the nine yard line. Following a five yard loss, and a



Bo Richter (34) Photo Gavin Schlissel

run for no gain, the Broncos were looking at a third and 14 on the 14 yard line with three seconds left on the clock before halftime. Northgate coach Darin Owens called a time out to discuss his next play. Instead of taking the three points from a field goal, Owens decided to go for the touchdown. A pass to the corner of the end zone was knocked down and the Cougars went into the half leading 13-0.

After halftime the Cougars came out determined to put the Broncos away. With a balanced running attack of Richter and Kawa "Cookie" Kazzaz, Campolindo was able to run their way down the field. The 62-yard drive ended when Kazzaz scampered 33 yards through Bronco defenders into the end zone to put the Cougars in front 20-0.

A rushing touchdown by junior Connor Perkins and another rushing touchdown by Richter put the game out of reach with a 34-0 Campolindo lead.

The only bright spots for the Northgate Broncos were their last two drives. The Bronco offense was able to make their way down the field and Pelayo was able to run the ball in from the 5 yard line to get Northgate on the board. After a successful onside kick, Pelayo was able to get another 5-yard rushing touchdown making the game 34-12.

The Cougar victory makes Campolindo 6-2 in DFAL and 7-2 overall. With the loss, Northgate fell to 3-5 in DFAL and 4-5 overall. When asked how the Cougars were able to play so well, senior lineman Robert Huddleston responded "we work hard in practice everyday, so we were ready in the game. All of that hard work has paid off."

The Cougars hope their hard work pays off this Friday against the first place Las Lomas Knights.

### Nor Cal Japan Karate-do Team Shows Courage, Skill

Submitted by Dave McKinnis

Students from the Northern California Japan Karate-do school, including some national competitors from Moraga, attended the Ajari Cup in Oakland on Sunday, Oct. 14. The Ajari Cup is a traditional Japanese karate tournament, a combination of ritual and martial art, emphasizing respect for the pursuit of excellence, respect for one's opponent, and respect for the competitive event itself - a competition in which the athlete responds to the official with a respectful bow whether receiving points for a score or a warning for an infraction.

The sparring matches con-



Kassie McKinnis sees scoring opportunity

sist of intermittent attacks and counterattacks, with the competitors being restarted after any score. In the advanced divisions of sport karate each exchange can be over in a heartbeat. The referee and judges stare intently to capture that moment and award points when a score is made.

Unlike a large national tournament, this smaller tournament presents unique challenges in terms of size and age mismatches in the grouping of contestants. The NCJK team performed with great courage and skill, often against older and larger competitors. Everyone on this experienced team received medals and no injuries, including Moraga locals, Ryan Liu, and Kyle and Kassie McKinnis.

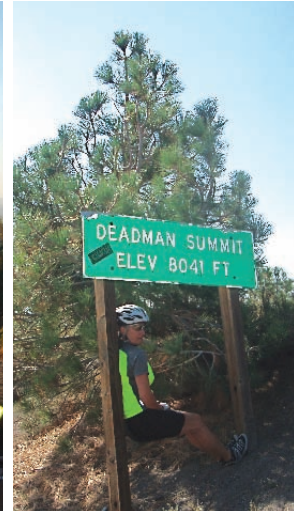
Ten-year-old Kassie McKinnis won the bronze in Kata (forms), and bronze in Kumite (sparring) in the 10-11yr. old female group. Kyle McKinnis, age 14, won the gold in Kata, and silver in Kumite in the 14-15yr. old male group. Ryan Liu, age 16 took the silver in the 16-17yr. old male group.

### Getting into Gear

By Linda U. Foley



Al and Linda Foley take a quick break during Cycling tour Photos Linda Foley



Summit sign offers a great way to stretch the calves

Whatever was it that caused me to say, "Let's do it!" when my husband said, "Hey, Adventure Cycling has a new tour on their agenda called Sierra Sampler in September."

I had not been on my bike in about eight years for various reasons (including battling breast cancer), but a month before the ride I'd purchased a new Canon-dale, I'd been weight and circuit training for a year (with Fit Chix), and considered myself in shape. Mostly, I needed a new challenge.

The Ride started in Truckee. From the previous night's orientation meeting and dinner, we knew we were 64 riders, mid-20s to early 70s, from all over the United States. Professions included a doctor, pilot, entrepreneurs. One couple trained in the Cascades for this event but everyone had clearly done a number of serious rides all over the U.S. and Europe.

Ahead of us, lay 300 miles, about 60 miles a day. Ouch. And we considered our 50-mile roundtrip to Dublin part of our training. Time to get into gear!

Serious climbs were offset by serious scenery. Glittering Lake Tahoe, and Emerald Bay, Markleeville - part of the aptly named Death Ride - Topaz Lake, Antelope Valley, Lee Vining, Bridgeport, Mammoth Lakes, stunning Mono Lake, Bishop, and Lone Tree. Climbs were 9-10 miles long followed by huge, fast descents. You'd better have reliable breaks, strong arms and watch out for anything - like sand, unexpected turns or critters - that might cause you to crash. I've always liked the down hills but tried to stay at 34 mph, feath-

ering my brakes to keep them from smoking.

We climbed a total of 20,000 feet. Thank goodness for granny gears (lowest gear). Some of the climbs were 8 to 12 percent grade. One recumbent rider quit the tour because the steep inclines prevented blood flow to his feet.

One morning - on our five mile ride to the camp at 6:30 a.m. - it was 34 degrees; my fingers were completely numb and I couldn't shift. Still, the new morning was invigorating, the rising day playing with light and shadows. Awesome!

But the adventure was not to be without mishap. Final day, one of the younger strong riders was out for one last fix, and ended up being chased by three pit bulls which she tried to outrun. She was found by a police officer with a broken clavicle, several broken ribs and a concussion. She is now recovering and looking forward to the next ride.

I only fell once when I couldn't disengage one of my cleats from the sticking binding and had only one flat. (Smart to bring my personal mechanic along, as in husband.) Though I know how to change tires, it's hard to do for a female; icky and tough on the nails.

We returned to Truckee by bus. Seeing where we had been from the bus window, we kept congratulating ourselves. Would we have done this had we known how difficult it would be? You betcha! Ride on!

\*Adventure Cycling is a 45,000 member organization that criss-crosses the country year round in a variety of organized rides.

### Don's Win Brings them to Second-Place Tie; Miramonte Takes Dublin, 9-6

Bouncing back from a tough loss to Mt. Diablo on Oct. 20, the Dons moved into a second-place tie with Campolindo in the DFAL standings after their 41-34 win against Concord last Friday. With a 5-2 record, Acalanes will host Dublin at their homecoming at 7 p.m. this Friday. Miramonte held onto their playoff hopes in a tight win over Dublin last Friday. The Matadors held off a late Dublin drive for a 9-6 victory in a game dominated by tough defense and special team play. The Mats will face College Park this Friday at home.



Junior Matt Llyod (19) Photo Jordan Fong



Sophomore Kevin Paulsen (24) Photo Jordan Fong

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### Orinda Police Officer Takes 6 Medals at State Games

... continued from page 4

The TCA lasted nearly 12 hours for Kimball, starting with a 5K run at 7 a.m. and finishing with a brutal obstacle course at 6:30 p.m. Part of the TCA event includes a shot put competition, a 100-yard dash, a 100-meter swim, a 20-foot rope climb, a bench press competition, and a dead-hang pull-up competition. The obstacle course starts with a 145 lb. dummy drag before scaling an 8-foot-high fence and vaulting over a 5-foot-tall wall before the monkey bars, running through tires and a zigzag pattern to the finish (all of which needs to be completed in under two minutes to qualify).

Kimball said he could barely make it to the end of the TCA four years ago.

"The swimming part just killed me. I was stuck in the water," Kimball said. He went to Heather Farms and asked coaches and swim team swimmers for help. "I learned to swim. It was nice to come to the end [this year] and not be gasping for air."

The day after taking the silver at the TCA in Mesa, Kimball entered the 50- and the 100-yard freestyle swimming competitions and took the bronze, missing second place by just 0.07 seconds.

A long-time competitor and master of Karate, Kimball started competing in the Games in 1981. Since karate wasn't included at the Games this year (something that Kimball would medal in every year), he decided to try something new by entering the swimming competition.

"Ten years ago, I thought I'd like to do something where I don't get kicked in the ribs or kicked in the face," he said. "So I added weight lifting and later the TCA."

Kimball finished the Games with two silvers for the TCA (one individual, one with a female partner), a gold in the Bench Press, a gold in the Push Pull, and two bronze in swimming.

"My wife thinks I'm crazy, but it's only once a year," Kimball said. "In the police games, my competitor is out there rooting for me. It's good competition, but very friendly. I'm looking forward to next year."

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