

## Softball team racks up another win, now 12-1-1



**Kristen Hiett waits for a pitch from a City College of SF pitcher during Ohlone's win on Wednesday.**

Photo by Taylor Dunn

By STEVEN CHAVEZ  
Sports editor

The Lady Renegades won another game by way of the mercy rule on Wednesday, defeating the obviously overmatched City College of San Francisco by a final of 11-0.

Aggressive baserunning and powerful hitting were again the key ingredients for Ohlone, who forced CCSF into making six errors while collecting eight hits, half of which went for extra bases.

Ohlone scored seven runs in the second inning, sending 12 batters to the plate before CCSF could get the

third out of the inning.

The Lady Renegades went on to add the final four runs in the third inning, highlighted by Debi Prince's 2 RBI triple to deep left field. Prince later scored on a groundout by Keri Macinsky.

Kristine Beristianos was dominant on the mound in a somewhat brief appearance. Beristianos struck out eight of the nine outs she recorded in three innings of work, allowing only one hit.

Beristianos gave way to Angelina Franceschini in the fourth inning.

The freshman had a performance nearly as strong, also allowing just

one hit while striking out one in her two innings.

Ohlone's offense was led by Mallory Lantz, who was two for two with 2 RBIs on the day, as well as Prince and Kristine Beristianos who was one for one with a triple.

Ohlone will take on Chabot College today in Hayward at 3 p.m.

Their next home game is next Tuesday, March 8, at 3 p.m. against De Anza College.

Look for next week's issue of the *Monitor* for information on the 13th Annual March Madness tournament to be held in Fremont March 12 and 13.

## 2005 fitness challenge under way

By NICK ZAMBRANO  
Staff writer

When one decides to travel to someplace overseas, it's pretty obvious that walking is not an option. Nobody said you couldn't simulate it though.

This year, members of the Ohlone College staff and faculty are competing in a friendly competition entitled, "Tallyho to Taizhou." The competition, which is being supervised by Ohlone's own athletic trainer, Chris Warden, is a physical one. Teams race against one another to accumulate the actual amount of miles it takes to get from Fremont all the way to Taizhou, China. The teams will not really be leaving the country, but are having to exercise to gain more miles.

Teams can gather miles by par-

ticipating in cardiovascular activities such as running, hiking, bicycling or swimming. They can even lift weights if they choose to. The teams then enter their information into a log and then hand it in to Warden.

Warden, who also acts as the competition's Grand Marshall, then gathers every team's logs and determines what can equal a mile. For instance, one mile of swimming equals three miles, or three miles of hiking can equal one mile earned towards one's team overall score.

Adding more excitement to the game, Warden has teamed up with Bizarre Travel, for special bonuses. If a player completes a special task assigned by Bizarre, a certain amount of miles will be added to that team's score.

In total, there are 120 people

active in the competition, which comes out to 10 people on 12 teams. Among the teams involved are the Culture Clash, whose team saying is, "a team of cultures united in exercise." Then there are last year's champs, the Bean Team.

Involved in the challenge is Ohlone College President Doug Treadway, whose team name is the Whirlwinds. Also participating are softball coach Donna Runyon, who is on the Thunderbolts squad and swim coach Gene Kendall who is on the Quiksilver team.

The challenge has been going on since February 7, and will finish up at the end of April. Check out the Amazing Global Challenge map, which is in Building 1, to keep up to date with who is in the lead and what is going on with the challenge.

## Raiders collecting Moss



**The final score**  
By STEVEN CHAVEZ  
Sports editor

The Oakland Raiders picked up another top tier pass receiver this week, adding superb, yet sometimes controversial superstar Randy Moss to their team.

This, along with the multi-year contract that was just signed by Jerry Porter, gives the Raiders what could easily be called the most potent 1-2 punch at receiver in years for any team.

Trading for Moss, and giving up so little in the process, was probably the steal of the century as far as trades are concerned (yes, I realize the century is only 50-months young).

The Raiders, no strangers to controversy or controversial players don't seem to be phased by Moss' past, where he has been everything from a mooner to a quitter (hey, he's the one that said he didn't go all-out on every play, so save your jeers for someone else, alright).

Moss has been elected to five pro bowls in his seven NFL seasons, and is basically accepted as the best receiver in the NFL. He has 90 touchdown catches already, ranking him eighth in the league's history. His nine,142 receiving yards ranks him first in league history by players after seven seasons.

I don't think anyone would doubt Moss' awesome athletic ability or his sheer talent for the game. What is questioned is his intensity and his dedication.

There is no question that having Randy Moss on your offense makes you instantly better.

As I've illustrated, he is a giant threat on his side of the field and keeping him in check proves to be a two man job more often than not.

It does strike me as peculiar though, that they would trade away defense for offense when they were the ranked 30 out of 32 teams in team defense last season.

Yes, I realize they were ranked 17th in offense, but they were ranked 8th in passing offense, and it was because of a weak rushing attack that the passing game was never able to, literally, take flight.

If the past few years in the NFL has proven anything, it is that defense truly does win championships.

It is, of course, one of the oldest sayings in sports. You have all heard it a hundred times. "Offense gets endorsements, defense wins championships."

New England, Baltimore and Tampa Bay. These are the only three teams to win a championship in the past five years. Each of these teams had one thing in common; a defense that was either impenetrable or one that at least would not allow an offense to dictate what was going on on the field.

Of course, the defense doesn't always have to be the best when you have an offense that is spectacular, i.e. the St. Louis Rams from the 1999 season. If this is your argument for why the Raiders getting Moss is the answer to all their problems, think again.

The Rams were unique and lucky all at the same time.

The Rams were lucky enough to be playing in a division and conference that just wasn't very good. They were therefore able to get home field advantage throughout the NFC playoffs, and then played in the championship game that was also artificial turf.

Their offense, much like Indianapolis is now, was built on speed and their advantage on artificial turf was huge.

Offenses are good for fans, they're good for the league because the fans love watching guys like Moss fly down the sideline and out-leap an inferior cornerback in the endzone for a touchdown.

It gets you excited, it gets me excited and it gets Nike and Adidas excited because if that person puts his signature on their contract, everyone gets rich.

What it doesn't do is win playoff games.

Look at Moss' former team, the Minnesota Vikings.

The Vikings have had one of the top offenses in the league for a number of years now. They seem to start every season well, then begin losing, usually failing to even make the playoffs.

The reason, it's easier to adjust to defending a good offense than it is to get past a tough defense. Unless the Raiders address their defensive issues, expect another losing season.

## Swim teams looking strong early on

By BRENDEN BLAKE  
Staff writer

The 2005 Ohlone swim season is under way for both the women's and men's teams, and thus far both have been a success. The women's team took home fourth place out of thirteen teams at the Nor-Cal Relays, along with defeating De Anza College in head to head competition. Meanwhile the men finished in the middle of the pack at the Nor-Cal relays (sixth out of twelve teams), and also beat De Anza in a dual meet.

After finishing just fifth out of seven teams in conference competition last season the women's team has high hopes for 2005, and with good reason. Erin Morgan has the potential to qualify for the state meet in three different races, and

also the ability set numerous school and conference records. Her strong events are the 100 meter Individual Medley, 200 meter IM, and the 100 meter breaststroke. Ashley Kendall is looking to qualify for the state meet in two events, the 50, and 100 meter breaststroke. Along with the above mentioned Morgan and Kendall, Melissa Kleinsasser and Lauren Ashley make up a very strong relay team that hopes to go far in regional and state competition.

"In addition to those four really good swimmers, we also have an incredible amount of depth on the team. We have a lot of girls that can score points," said coach Gene Kendall. "With all the talent we have this year, we should

defiantly finish as one of the top two or three teams in the conference."

The men's team is also looking forward to a solid season after finishing fourth in conference last year. Led by Sprinter Bill Purta, and middle distance man Casey Cardone the men also have hopes of qualifying for state.

"Most of the men on our team are primarily water polo players," said Kendall. "Our main goals are to get into shape for water polo season and improve our speed as well. That said, we do have a lot of guys who can swim really strong."

The next meet for both teams is at 2 p.m. on Friday, March 4, at Ohlone. Their opponent will be Foothill College.



Photo by Taylor Dunn

Ohlone swimmers go through drills on Wednesday in preparation for their meet on Friday. Both women and men will take on Foothill College.