

Running commentary

By Charlie Kanzig
Correspondent

Two likely Olympians stood before me about 15 minutes apart at the NCAA Track and Field Championships on Saturday, June 11, after winning their races. I had come as a reporter, hoping to get more of an inside view of an elite athlete or two.

One was Raevyn Rogers, who had just won her second consecutive 800-meter title for the University of Oregon. Poised, exuberant, humble, and tremendously talented, Rogers may well rise to further greatness in the years to come. Hers is definitely a name for track fans to remember as the Olympic Trials return to Eugene in July to determine who will represent America in Rio later this summer.

She said to make the Olympic team she will have to experience discomfort.

“Being uncomfortable will help me grow,” she said.

She ran away from the field in the final 200 meters Saturday, but knows that competing against post-collegiate professionals will be an entirely different matter.

Marta Freitas, a Portuguese runner for Mississippi State, winner of the 1,500-meters by .01 seconds over Stanford’s Elise Cranny, provided an even more compelling and inspiring story.

I was drawn to meeting Freitas after watching her run a courageous race, which she led from the second lap onward. Her gutsy strategy made me wonder if there was more to her story. Early leaders seldom win championship-level distance races. Her style reminded me of the great Oregon runner Steve Prefontaine.

The joy on her face after

winning looked deeper and richer to me than other victors, so I headed to the media tent to listen to her when she meet the press. This is where I learned the reason behind her effusive smile.

Freitas came to the U.S. to be a collegiate student and athlete in the hopes of fulfilling a dream to be an Olympian. She is the fastest 1,500-meter runner in her home country. “By 15 seconds,” she told me. It hasn’t been easy.

Her father died two years ago while in attendance at one of her races in Portugal. He told her he would shout out her 1,000-meter split, but the shout never came and she discovered after the race he had collapsed from a massive heart attack.

Despite her grief, she returned to Mississippi State, where she found the road rockier still. Last season she required leg surgery during the winter, but returned to form enough to qualify for the NCAAs where she made the final. During the race, she fell, breaking her wrist, and finished last.

Her will to strive for her and her father’s dreams, along with her faith in her coach, carried her into 2016 and ultimately to the top of the podium.

Her day played out just as she had hoped. I discovered that she took the lead early in the race to avoid getting tangled up with other runners again. She celebrated, albeit a little early, thinking of her father. She demonstrated



PHOTO BY CHARLIE KANZIG

Raevyn Rogers was inspiring.

in one race the beauty of sport: Perseverance. Heart. Motivation. Faith.

When asked after the race how she had overcome so much adversity, she said, “You need to choose whether to go to the bright side and turn bad things into something positive.”

I talked with her in person for a minute after the rest of the reporters left and inquired about her Olympic aspirations. She ran 4:09.53. If she can run 4:07 in the next few weeks, she will attain the Olympic standard and represent Portugal at the Games. After watching her and talking with her, I became the newest member of her fan club. I hope I see her and Rogers’ names among the entrants in Rio.

Blow-down trees used for fish habitat

The Sisters Ranger District has partnered with the Upper Deschutes Watershed Council, Confederated Tribes of Warm Springs and Deschutes Land Trust for a stream restoration project in Whychus Canyon.

This restoration project includes the removal of several large trees near the gravel pit off of Forest Road 1514 on the Sisters Ranger District. Trees that blew down over the winter near the gravel pit off of Forest Road 1514 and near the west end of Forest Road 1516 will be removed and hauled to Whychus Canyon.

The public is encouraged to stay out of the area from June 13-17 while trees are cut and removed

and Metolius-Windigo and Peterson Ridge Trail users should be cautious when crossing Forest Roads 1514, 16, and 4606 (Brooks Scanlon Road).

This is the first phase of a six-mile stream restoration project on Deschutes Land Trust property known as Whychus Canyon. All parties have coordinated restoration efforts to ensure the trees placed in the stream will create and enhance fish habitat. Additionally, placing the downed timber on the floodplain will reduce stream energy during high waterflows. Subsequent phases will include further habitat improvements.

For more information on the project, contact Cari Press at 541-549-7720 or cpress@fs.fed.us.

PAID ADVERTISEMENT

4 Ways a Budget Can Pay Off

What comes to mind when you think of creating a budget? For many people, even the thought of putting one together is unappealing. However, there’s another more positive way to look at budgeting that may surprise you. Budgeting can be a way to gain more control of your finances and empower you to do more of what you want to do in life. So while making a budget does require forethought and discipline - and may require you to reign in impulse purchases - it pays off by putting you in the driver’s seat. Over time, a budget has the power to:

- 1. Let you decide.** When you allocate dollars as part of a budget, you give yourself a chance to be thoughtful about where your money is going and to make adjustments, if needed. For example, if you are shocked by how much you’re spending dining out or buying new clothes, you can curtail spending in those areas. Ultimately, knowing your spending patterns gives you the power to put your dollars toward the things that mean the most to you, and helps you reach your long-term goals.
- 2. Take the pain out of daily decisions.** Daily temptations to overspend become easier to navigate when you have a framework and guidance in black and white. Setting a budget equips you with the power to say “yes” or “no” to a purchase without guilt. You’ll be able to see what’s within your price range and get a clear view of how each purchase will impact your savings plan. The more specific your budget is, the better.
- 3. Make it easier to see the value of every dollar.** When you’re cavalier about your spending, you’re discounting the effort it takes to earn money. In contrast, when you consider everything that goes into earning a paycheck, and the expenses you’re incurring for your home, food, clothing, entertainment and so on, you’ll have a clearer picture of your daily financial life. It’s also important to consider the potential long-term benefits of investing some of your hard-earned savings. It’s likely this will bolster your resolve even more.
- 4. Help you make larger financial goals possible.** Large purchases can seem out of reach when you’re not tracking your spending patterns. Creating a budget gives you a roadmap to follow, making it clear what trade-offs are possible if you’d like to reach your goal sooner.

No matter what your net worth is, a budget can be a useful tool to help you be a good steward of your finances. Your financial advisor can help you examine your spending and recommend investment strategies to keep you on track with your financial goals.

Mark Greaney is a Financial Advisor with PacWest Wealth Partners, an advisory practice of Ameriprise Financial Services, Inc. in Bend, Oregon. He specializes in fee-based financial planning and asset management strategies and has been in practice for 17 years. Contact Mark at www.PacWestWealthPartners.com, or call him at 541-389-0889. Mark is located at 35 NW Hawthorne Avenue, Bend, OR.



Ameriprise Financial and its affiliates do not offer tax or legal advice. Consumers should consult with their tax advisor or attorney regarding their specific situation. Ameriprise Financial Services, Inc. Member FINRA and SIPC. © 2015 Ameriprise Financial, Inc. All rights reserved. File # 1445539

SPRD SISTERS
Park & Recreation DISTRICT

WHEN SECONDS COUNT

WITH CHUCK QUANDT (COACH Q)

Classes June through August
Tues & Thurs 5:30-6:30 p.m.
& 2nd Sat. of the month
10:30-11:30 a.m.

SELF DEFENSE FOR THE REAL WORLD

Contact SPRD for information or to register, 541-549-2091
SistersRecreation.com | 1750 W. McKinney Butte Rd.

SNO CAP MINI STORAGE

Sisters Industrial Park
157 Sisters Park Dr. • 541-549-3575
www.SistersStorage.com

- State-of-the-art Security Technology
- Sizes from 5x5 to 12x40
- Individual Gate Codes
- Long-term Discounts
- On-site Manager

Old-School
BARBER SHOP
Veterans Discounts
& Hot Shaves!

OUTLAWS

Walk-Ins No appt. needed

NEW Location!

BARBER SHOP

161 Elm St., #D
(Next to Metamorphosis)
541-549-9000

Tues-Fri 8 AM-5 PM
Sat 8 AM-3 PM

NEW! POOL TABLE
COMPLIMENTARY
BEER ON TAP!