

NORDELL: Runner won prestigious race in Wyoming

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with this (understanding)," she told *The Nugget*.

The pre-school-aged kids and juggling schedules has led Nordell to battle sickness and fatigue more than her competition. Bugs come home with the kids, and although she is very healthy, the training load requires her immune system to ride a razor edge of fighting off sickness.

"It is essential to balance stress, work, and training," she said.

A 100-mile trail race is not a pleasant trail run. Nordell described these events as 80 percent mental. She described some tips and techniques she used which can be applied to almost any discipline.

Keeping her mind on the positive edge of reality is the consistent factor in her success.

"Dark thoughts creep into your mind during a race, and you struggle to overcome them, staying positive and thinking about all the work, all the people, and all the fellow competitors who are there with you is very motivating," she said.

Another approach is taking what the conditions, her body, and the competitors give. For instance, during the Bighorn her body wasn't feeling up to speed for the first third of the race. It wasn't until mile 37 that she found her groove.

"I just keep thinking about making it to the next checkpoint, to run within my body, adjusting to how I feel," she said.

She uses this tactic as a check-and-balance system. Surely, "pushing through" the first miles of this race would have left her in desperation toward the end.

The nature of trail running inevitably leads to some feeling of desperation. Runners get spread out, they're in very remote areas, and they are often required to self-navigate. Nordell is used to these conditions and the nervous trepidation subsides. Getting through this while also running at such a pace is an amazing feat of mental fortitude.

“ I just keep thinking about making it to the next checkpoint, to run within my body, adjusting to how I feel — Ashley Nordell

An aid to the fortitude is to off-load the reel of thoughts that roll through the mind on a solo endeavor through the wilderness. Nordell achieves this with music or finding a competitor to share the agony with. Competitors in these events support each other. It is more a battle of human vs. conditions than person vs. person.

The second half of Nordell's race proved much better than the first. She attributed this to the support of a fellow competitor.

Nordell completed the grueling challenge in 21:38:43.9. According to the *Sheridan Press*, the previous course record for women was 22 hours and 27 minutes.

STROLL: July 3 event is Sisters Outdoor Quilt Show kickoff

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display inside businesses that sponsor SOQS. Brochures assisting the self-guided tour can be found at the Sisters Area Chamber of Commerce and participating businesses

throughout the month of July. The world's largest outdoor quilt show will display more than 1,200 quilts that day. A special exhibit and lecture on Sunday takes place at the FivePine Campus.

On Wednesday, July 6, at 5:30 p.m. is the annual fundraiser featuring the third Men Behind the Quilts Calendar Preview Party and Calendar Quilt Auction presented by

Moda Fabrics. Community-minded men are models in the third calendar, a 12-month 2017 calendar. These men who volunteer their time and donate equipment and expertise to the local community are featured along with gorgeous quilts.

For tickets or more information, call 541-549-0989 or 541-549-1004 or visit www.sistersoutdoorquiltshow.org.

Sisters Middle School Honor Roll

Fifth Grade 4.0: Benson, Ryan; Duey, Brody; Fernandez, Allan; Heuberger, Clayton; Jones, Danny Louvar, Grey; Maddox-Castle, Adam; Mansfield, Elana; Mayes, Ellie; Mccrystal, Lizzie; Moffat, Ashlynn; Newton, Olivia; Patton, Gus; Patton, Josie; Schutte, Isabelle; Smith, Soren; Steffen, Adriene; Thorsett, Ella. **3.5 and above:** Chapman, Catalina; Fendall, Hannah; Hongel, Grace McKenna.

Sixth Grade 4.0: Christian, Gavin; Davis, Greta; Fennimore, Maxwell; Henry, Gaven; Kelm, Shawn; Kizziar, Jenna; Lewis, Hollie; Liddell, Brooklyn; Mannhalter, Kailey; Mansfield, Kaitlin; Myhre, Sydney; Patterson, Payden; Rullman, Sage; Scholl, Andrew; Shields, Braelyn; Staudenmaier, Ryker; Thorson, Olivia; Wessel, Chloe; Wilkins, Sydney; Winter, Chloe. **3.5 and above:** King, Ashton; Leaver, Cambrian; Rychard, Olivia; Foley, Taylor; Henderson, Audrey; Hicks, Christopher; Jeffrey, Marieke; Pollard, Madison; Weston, Jack; Wood, Laela; Barry, Jaxon; Ekern, Austin; Miller, Jared; Palanuk, Maxwell; Wentworth, Alessandra; Brinkman, McKenna;

Johnson, Elijah; Maffey, Wyatt; Sharp, Sadie; Symond, Madison; Harwell, Reese; Hass, Teegan.

Seventh Grade 4.0: Diez, Iris; Gregg, Pearl; Jones, Robert; Kissinger, Sarah; Larson, Shelby; Luckman, Jady; Root, Mary; Thorsett, William; Wilkins, Skylar. **3.5 and above:** Bloking, Juliet; Kennedy, Hailee; Silva, Sophia; Sitz, Tatum; Springer, Katherine; Young, Hayden; Christman, Haley; Springer, Maxwell; Cash, Ian; Leahey, Felix; Lucas, Sahara; Lundgren, Christopher; Marion, Joshua; Parkins, Jackson; Powell, Madeline; Ryan, Samantha; Sitz, Natalie; Wentzel, Paige; Birkland, Kaydance; Ogan, Jack; Robertson, Shea;

Bertagna, Olivia; Debari, Hannelore.

8th Grade 4.0: Anderson, Maddison; Asson, Joelle; Bartlett, Lydia; Collins Burke, Drew; Fernandez, Mariana; Godfrey, Olivia; Green, Lola; Griffin, Mitchell; Jeffrey, Lexi; Martinez, Evan; McCrystal, Delsie; Myhre, Adelyn; Nicklous, Samuel; Salisbury, Rheanna; Schmidt, Daniel; Thorsett, Samuel. **3.5 and above:** Ehrlich, Amanda; Ezell, Hannah; Huber, Kaylee; Owens, Charmayne; Silva, Samantha; Werts, Holly; Peterson, Brogan; Calavan, Maren; Geisen, Aspen; Gil Barrios, Margaret; Mosca, Hailey; Palmer, Evan; Schar, Ramsey; Sundstrom, Gracen; Johnson, Aaron; Komar, Sasha.

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THE GALLERY RESTAURANT AND BAR

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SOUP OF THE DAY
June 29th - July 5th

Wed.....Cheesy Chicken Broccoli	Sun.....Jalapeño Potato
Thurs.....Chicken Tortellini	Mon.....Chicken Noodle
Fri.....Clam Chowder & Vegetable	Tues.....Meatball
Sat.....Tomato Rice	

Orders to go welcome

Breakfast & lunch 6:30 a.m. to 2:30 p.m.
 Nightly dining until 10 p.m. (21 & over)
171 W. Cascade Ave., Sisters | 541-549-2631

Partners In Care

Coffee and Donuts with Bob and the Boys
Fridays, July 8 and 22, 9:30-11:00 am
 This support group is designed for men only.

Monthly Bereavement Potluck
Tuesday, July 12, Noon-1:30 pm
 Bereaved are invited to our potluck for support, fellowship, and connection with others.

All events held at: 2075 NE Wyatt Ct., Bend, OR

Adult Grief Support

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