



PHOTO BY CHARLIE KANZIG

Brody Anderson won the 400 meters for a State title.

CHAMPIONS: Two Outlaws cashed in on years of effort

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Shelby Larson rode a personal best of 9 feet 6 inches in the pole vault to a third-place tie, and a medal in her specialty. Like her brother, Shelby worked for months to improve her strength and conditioning — and it paid off.

Khaely Aguilar of Marshfield cleared 11 feet for the win.

Kate Bowen finished her junior season in fine fashion, doubling back in the 1,500 with a season-best time of 4:53.17 to finish fourth in one of the most exciting races of the day. Anika Thompson of Junction City nipped Philomath's Hannah Hernandez at the wire to win in 4:47.86.

Samantha Silva eked out a medal in the long jump, claiming eighth place by two inches with a mark of 16 feet 4.75 inches. Ravyn Miranda of Marshfield won the event

with a leap of 17 feet 5.5 inches.

Emma Singleton narrowly missed on the chance to run in the 800-meter final, finishing in a big personal-best of 2:24.03. The next day's winner, Sarah Long of Astoria, finished in 2:20.58 in a strategic race.

"Emma ran great and the prelims overall ended up much faster than the final the next day," said Nordell. "Her time Friday would have placed third in the final."

The meet did not come without heartbreak. On Friday, Ben Johnson missed qualifying for the 100 final, clocking 11.64, his second-slowest time of the season. But the bigger disappointment came the next day.

In the boys 400-meter relay, Sisters got off to a fantastic start with Korbin Sharp out of the blocks. Ben Johnson got the baton and raced down the backstretch with the leaders. His hand-off to Hayden Sharp was clean and the Outlaw looked to be in perfect position, but the exchange from Sharp to Brody Anderson failed and in

a blink of an eye it was over for the team.

On Saturday, the Sharp brothers, Larson, and Anderson ended the meet with more medals after a sixth-place finish in the 4x400-meter relay with a time of 3:31.81. Gladstone won the race in 3:35.06

Summing up the meet, Coach Larson said, "The meet was a roller-coaster of emotions. Truly athletics at its finest.

"Our boys went into the meet hoping for a team trophy. Unfortunately, it's impossible to have a perfect meet which is what we needed to reach the goal. The great news is that a bunch of key returners, particularly our sophomores, gained valuable experience. We'll reload and get back into the hunt next year."

Larson gave credit to his assistant coaches Sarah Thorsett, Dennis Dempsey, Nordell, Jim Anderson, Mark Stewart, and Eden Miller for a strong season.

"I am lucky to work with such fine, knowledgeable people," he said.

Volunteers needed for Sisters events

Spring in Sisters brings plenty of opportunities to get outdoors — and what better way to do that than by supporting local events and activities.

The Sisters Stampede is seeking a few more volunteers to support pre-, post- and ride-day activities this weekend. The Stampede, a mountain bike race in its 10th year, takes place on the Peterson Ridge Trail system and attracts hundreds of riders from near and far. STA is a proud supporter of the race, providing volunteers and maintaining the trail

system that hosts the ride. The ride is Sunday, May 26 and volunteers can register at www.sistersstampede.com/volunteer.

Road cyclists roll into town on Saturday, June 15 for the ninth annual Crest the Cascades ride on the Old McKenzie Pass. The ride is a fundraiser for Sisters Park & Recreation programs and volunteers are needed for everything from packet pick-up and aid stations to on-course support, lunch and clean-up. For more information or to volunteer email crestthe Cascades@gmail.com.



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