

Runners rally on the runway

By Charlie Kanzig
Correspondent

The annual Rally on the Runway 5 kilometer run and walk kicked off the Fourth of July festivities at the Eagle Airport early Thursday morning.

The Rally includes a unique kick-off of a hot rod truck “racing” a plane flying above the runway, which got the runners off to an adrenaline-filled start. The course headed eastward down the runway, looped over to Camp Polk Road, traversed back past the airport to Barclay Drive and finished on the runway.

The race, which is a fundraiser for the Sisters High School swim team, is a no-frills affair that forgoes prizes, drawings and refreshments. Race director and head swim team coach Bryn Singleton reported that a total of 59 people took part in the race, a bit up from last year’s turnout.

Other activities taking place at the airport included a car show, a fly-in, helicopter rides, a rubber chicken drop, and a pancake breakfast.

John Peckham, a rising junior at Sisters High School, led from start to finish and ran exactly the time he set out beforehand of 16:59. “I said before the race that all I wanted was to be under 17:00 and that’s how it turned out.”

Will Thorsett, also a junior-to-be at SHS, took



PHOTO BY CHARLIE KANZIG

Some 63 runners signed up for a 5k trek around Sisters Eagle Airport to raise funds for the swimming program at Sisters High School.

second place in 18:11, well ahead of third-place finisher Toby Woods, who crossed the line in 20:29.

Karly Nash came across as the first woman in sixth place overall in a time of 22:19. Erin Kanzig placed second among women with a time of 25:23 and Kate Pryor placed third in 28:31.

“I thought the race start was a novel idea and the finish line with the mountains looming beyond was inspiring and beautiful,” said Paul Green of Philomath. “It was a great way to start out the

Fourth of July celebration here in Sisters.

Just at the conclusion of the running race, a trio of skyjumpers dropped in from 8,000 feet to a grassy area near the tarmac, including one carrying the American flag while notes of The Star-Spangled Banner wafted heavenward in honor of our nation’s Declaration of Independence.

“The parachutist descending with the flag was dramatic and quite moving,” said Barb Green, visiting from Detroit, Michigan.

Running commentary

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It’s now July and summer’s long days provide me with more time for reading. While I have a variety of interests — historical fiction, mysteries, spy thrillers, and travel—I tend to enjoy most those books that have to do with running or related endurance challenges.

A fellow cross-country coach recommended my latest read, titled “Running to the Edge: A Band of Misfits and the Guru who Unlocked the Secret of Speed” by Matthew Fitterman, which chronicles the coaching career of Bob Larson and the impact he had on helping to resurrect truly elite distance running in America, which had waned terribly by the 1990s after some golden years in the 1970s and 80s. It sounded good, so I headed straight for Paulina Springs bookstore and purchased it.

Larson, a runner himself in high school and college, believed through his own struggles with injuries and inconsistent performance that there had to be a better way to train for races ranging from 1,500 meters to the marathon and he set out to figure that “secret sauce.” He began this quest in the late 1960s. After four years of coaching high school runners he moved on to San Diego’s Grossmont College, a junior college, which before long,

produced running teams that could rival most of the best four-year universities and clubs. The author weaves characters from Larson’s long career, which eventually includes coaching for the U.S. Olympic team, throughout the book. You don’t have to be a coach, or even an experienced runner, to appreciate the passion, hard work, innovation, and drive represented in the book. I especially appreciated Larson’s belief in building camaraderie as a team.

The latter part of the book focuses mainly on Meb Keflezighi, whom Larson coached for nearly 20 years and who became not only an Olympian but the winner of the 2014 Boston Marathon a month before his 39th birthday.

Other books that I recommend to stoke your summer

See **RUNNING** on page 24

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