



PHOTO PROVIDED

SPRD's cornhole and softball leagues proved popular this summer.

SPRD wraps up adult sports leagues

Generally, parents act as a taxi service for their kids to get to all of their extracurricular activities during the school year. This summer, Sisters Park & Recreation District (SPRD) felt it was time for adults to taxi themselves to an activity designed for them, that the whole family could enjoy. SPRD did just that this summer, offering two new adult sports leagues that have just wrapped up, crowning the first league champions in cornhole and co-ed softball.

The cornhole league started this summer on June 13 in partnership with The Landing Zone at Three Creeks Brewing Co.'s production facility. Ten teams participated, with over 25 adults having a great time throughout the season that ended on July 25 after an eight-team playoff.

Sisters Coffee Co. took home the championship.

The league was such a success that SPRD is in the process of planning a cornhole tournament in partnership with Three Creeks Brewing in mid-September.

After a few-year's hiatus, softball is back in Sisters. The league included three teams, including an SPRD staff/board member/family team, Gregg's Team and a "Free Agent" team that included various individuals that signed up to play.

SPRD offered a four-week season that ended with a single-elimination playoff. The Free Agents won the league, beating the SPRD team 15-10 in the championship game. The co-ed rec league is designed for players of all skill levels, and generally is more about having fun than competition.

SPRD looks forward to expanding this league and offering it every year.

Due to the feedback received by both leagues, SPRD is organizing another four-week co-ed rec softball league that will begin near the end of August.

Information on fall and winter programs will be available after August 15 at www.sistersrecreation.com, or in the fall/winter guide, available online and at various locations in Sisters Country.

Running commentary

By Charlie Kanzig
Correspondent

As I looked at the imprint of my shoe in the "moon dust" that the roads and trails of Sisters Country become in August, I sort of chuckled when I thought how it reminded me of Neil Armstrong's footprint on the moon, since the 50th anniversary of the moon landing was so recently in the news. While his was "one small step for man and one giant leap for mankind," mine simply represented "one step at a time."

Approaching 60, I have become keenly aware of the challenges of age in physical fitness process. It seems I have had one hurdle after another in getting in a good routine of running and hiking. A winter goal of running a race with a friend in February came to an end with a fall on the ice that resulted in an ankle injury which I foolishly thought would heal in a week or two. Ten weeks and numerous physical therapy sessions later I was finally pain-free.

Long walks with my wife got me moving again as I eased myself toward some running, and things were looking up as we entered summer. A road trip to Tennessee with an old coaching friend of mine included daily stretching and walking until a case of bronchitis descended on my body and waylaid my training for over a week.

So yesterday's trek into an area my family calls "Manzanita Meadow" was my first outing in a while. As my dogs raced ahead I hiked up the gravel road to where it turns to dust, taking in the panoramic views of North Sister, Mt. Washington, Three-Fingered Jack and Mt. Jefferson. The crisp morning air and the beauty of the scene before me got me through a steady one hour out and back trek.

I had to fight to curb negative self-talk such as "you should be running" and "you



PHOTO BY CHARLIE KANZIG

A running shoe print in Sisters "moon dust." One step at a time.

need to work harder on your fitness" and accept the situation as it was. The lungs were still a little wheezy and the energy a tad low, but an hour moving about outdoors did my soul a world of good.

So today, my wife and I are headed north to Alberta,

Canada to experience Banff and Jasper national parks and other surrounding areas. I look forward to hikes each day and perhaps get the running going again. Then it will be back to Sisters Country to hit the dusty trails once again.

One step at a time.



PREPARE TO BE BLOWN AWAY!

— BR 800 X MAGNUM® —

The most powerful blower in the STIHL line is ready to go home with you to tackle a multitude of projects. Easy start — right from your back — and lightweight.

As Dan says: "Actually rather lightweight compared to what I was expecting. Great blower, can clear my whole driveway of debris in 10 seconds or less. Gutters... no problem. Dry your car after a wash with the hose... no water spots. This thing is the cats pajamas. I am sure it will be as reliable as the rest of my Stihl products."



WEEDS OUT OF CONTROL?

Show them who's boss with a STIHL trimmer, made specifically for use around the home. These grass trimmers are lightweight, powerful, and easy-to-use. Several models in stock and ready to go!

Check out these reviews and others on the product pages at STIHLdealers.com. © 2019 STIHL

SISTERS RENTAL
541-549-9631

506 N. Pine St., Sisters | chainsawsatsistersrental.com
Mon-Fri: 7 am-5:30 pm | Sat: 8 am-5 pm

Whatever Your Dream Destination...

Pack Your Bags!
I'll plan your trip of a lifetime!

RECENTLY PLANNED CUSTOMIZED ITINERARIES:

- Alaska and Baja Small Ship Cruising
- African Safaris • Galapagos Islands
- Hiking In Scotland & the Dolomites (Italian Alps)

30 Years Worldwide Travel Experience
Luxury, Adventure & Cruise Specialist
Concierge-Level Services, Pocket Travel Apps.

...Or Preferred Method of Travel

SUSAN WAYMIRE CTC, TRAVELSTORE
541-719-8997 | Susan.W@travelstore.com