



**Fit For Sisters**  
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Columnist

**Fit to hike in Sisters Country**

Hiking is a dynamic activity — up and over roots, side-stepping rocks, losing and regaining footing and bracing for stability on uneven ground. There’s a lot more to it than cardiovascular fitness and leg strength.

How well are you conditioned in the eccentric stabilities required? Eccentric muscular stability is the muscle’s ability to hold a tensile state to support a joint. Think of hiking downhill. The knee joint braces the heavy footfall and supports with quad musculature “bracing the joint.” If you’re uneasy about knee buckling, hips “giving out” or inability to control body weight into a chair or walking downstairs, this is an area to improve.

**Exercises for eccentric stability**

Slow lowering into a chair: Take three to four seconds to lower into a chair using the knees as the flexors. Keep the chest upright and sit back (don’t worry it’s still there) into the chair.

Split stance tempo squat: Now take the feet into a split position (one in front of the other two to three feet) slowly lower down, and pause as if kneeling. Raise back up and make sure that the reps are done on both sides.

Are your ankle and calf muscles up for instability and undulating terrain? If hiking is secondary to an everyday life of stable footing and soft shoes, you will need to mobilize the ankles. This will improve the ability to traverse long patches of rough trails without the feet and ankles giving up. Worst-case scenario is an ankle roll in the middle of the wilderness.

**Exercises for ankle and calf**

Stand on the edge of a step with something to hold onto, lower the heel down slow and hold a stretch for 3-4 seconds. Lift the heel back up and repeat many times.

Next squat down low and work ankle mobility by rocking side to side and forward and back with feet as

flat to the floor as possible. This exercise pushes the ankles around their capsule and moves the tight tendons and ligaments about as if they were doing their work on the trail.

The third tenet of hiking fitness is the power (or lack thereof) of the glutes in uphill propulsion. Glutes are fantastic muscles, which many people sit on all day. No wonder they’re chronically underactive. This can lead to instabilities at the knee and lumbar area — and uphill walking suffers greatly.

**Exercises to restore glutes**

Glute bridge: Lie on the back and put the feet flat on the floor. Press the hips up into the air through the heels and feel the back of one’s buttock tighten. Repeat for many reps and hold each at the top for a count.

Step up: On a box of varied height depending on mobility and strength, step up solely with the front leg. Do this with or without weight, repeat for 10-15 reps on each side. Make sure to finish the repetition all the way on the box standing in a very upright and tall posture.

Hiking should be an enjoyable exercise, not an exercise in pain tolerance. These routines can go a long way into making this summer’s jaunts enjoyable feats.

**Motorcyclist killed in Highway 20 crash**

A motorcyclist was killed in a collision on Highway 20 last Wednesday, in a wreck that blocked the highway in both directions.

Oregon State Police reported that OSP Troopers and emergency personnel responded at 4:53 p.m. on July 8 to a two vehicle crash on Highway 20 at milepost 1.5 east of Sisters.

Preliminary investigation revealed a 2007 Harley Davidson motorcycle, operated by Michael Smith, age 70, of Redmond, collided with the back of a 2018 Ford 250, operated by a juvenile male; the truck was stopped waiting to turn left onto Jordan Road.

Sisters-Camp Sherman medics responded and transported Smith to an air ambulance in Sisters, but the motorcyclist was pronounced dead prior to the flight. The young man driving the Ford truck was not injured.

OSP was assisted by Deschutes County Sheriff’s Office, Sisters-Camp Sherman Fire Department, ODOT, and the Central Oregon Police Chaplaincy.

**Grant funding available**

The Central Oregon Intergovernmental Council (COIC) and a host of regional partners have come together to create an emergency grant fund for small businesses and nonprofits impacted by the economic downturn caused by the spread of the novel coronavirus COVID-19.

COIC combined contributions from Deschutes County (\$100,000), Crook County (\$10,000), the City of Madras (\$25,000), Jefferson County (\$18,250) and the Warm Springs Community Action Team (\$15,000) to leverage an additional \$517,500 from the State of Oregon, for a total program of \$685,750, available to sole proprietors, small businesses, and nonprofits across the region.

Some of the local matching funds were originally provided by grants from the Oregon Community Foundation.

Eligible businesses and nonprofits can receive from \$2,500 to \$25,000 in grant funds, depending on number of employees and other factors. A complete list of program guidelines and a link to the application can be found at [www.coic.org/grant/](http://www.coic.org/grant/).

The grant program will close Monday, July 20. In order to be eligible, businesses and nonprofits must have 25 or fewer employees as of February 29, 2020.

Eligible applicants must have been either categorically closed by Governor of Oregon’s Executive Order No. 20-12 ([https://www.oregon.gov/gov/Documents/executive\\_orders/eo\\_20-12.pdf](https://www.oregon.gov/gov/Documents/executive_orders/eo_20-12.pdf)) or able to demonstrate a loss of at least 50 percent of revenue in March or April 2020. Eligible applicants may not have received federal CARES Act funding, must be headquartered in the region, and cannot owe local, state, or federal taxes. Nonprofit applicants must be organized as a 501(c) (3) and in good standing at the time of their application.

The program has a special emphasis on sole proprietorship businesses, with a commitment to award 50 percent of total funding to them. They often received less emergency funding support than other businesses to date.

“Our region’s economy relies heavily on the hard work of small business owners, and our communities rely on our nonprofits,” said Tammy Baney, COIC executive director. “This grant fund is meant to fill an immediate need for these critical institutions.”

The program is funded in part by the State of Oregon General Funds and Lottery Funds administered by the Oregon Business Development Department.

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