

Hop Fest run still on

By Charlie Kanzig
Correspondent

Despite the sad news that the Sisters Fresh Hop Festival, hosted in part by Three Creeks Brewing and Circle of Friends, is not happening this year, the associated Sisters Hop Fest Half-Marathon and 5k will still be taking place, according to race director Sean Meissner.

Registration is still open for the race, which is set for Saturday, September 25. The event benefits the Sisters High School swim team.

The Sisters Hop Fest Half-Marathon starts and finishes at the Three Creeks Brewing production facility on Barclay Drive in the industrial park at 8 a.m. The course is a single 13.1-mile loop, taking advantage of rural paved and dirt county and forest service roads north of town, according to Meissner.

The 5k course begins at 8:15 on Sun Ranch Drive, just a quarter mile from the half-marathon start. The course, which Meissner says is actually a tad over 5 kilometers, is mostly flat on a mix of paved and dirt roads.

Meissner, a former Sisters resident now living in Fruita, Colorado, said he was inspired to do a race tied to a brewfest after taking part in a similar event in Durango, Colorado. "I figured if Durango

could create a super-fun event that includes a good, long run and a brewfest, then Sisters could, too!"

Meissner takes pride in putting together races that don't cost an arm and a leg.

"I'm sort of turned off by the many overpriced, overhyped events that take place these days," he said. "We are offering a lot of bang for the buck."

On the event website Meissner has reminded people to wear masks when not running and to maintain other protocols for safety, including social distancing pre- and post-race.

All finishers receive a "super stylish" Sisters Fresh Hop Festival trucker hat or a "cool" pair of Sisters Hop Fest socks, along with a custom pint glass, according to Meissner.

Registration is open on www.ultrasignup.com.

The Fresh Hop Festival, which benefits Ronald McDonald House Charities, hopes to return next year at full strength. In the past, the event drew more than 20 brewers of fresh-hopped beer, and included music, food, and lots of fun.

Sisters Country birds

By Douglas Beall
Correspondent

Gliding up- and downstream on the Metolius or Deschutes rivers, the American Osprey (*Pandion haliaetus*) searches for available fish, which is 99 percent of its diet. When its prey is spotted, the Osprey dives in the water and uses the barbed pads on the bottom of its talons to grip the slippery fish, and carries it headfirst to make it as aerodynamic as possible. An outer toe is reversible to enable it to grasp the fish with two toes forward and two back, which provides a more stable grip in flight.

During breeding season, males will perform an aerial "sky dance." Clutching a fish or nest material, they hover as much as 600 feet above the nest for up to 10 minutes, with screaming calls, while slowly descending to the nest. One to four creamy to pinkish-cinnamon eggs are laid in a large stick nest and hatch in 36 to 42 days. Chicks remain in the nest for 50 to 55 days while being fed fish by both parents. Ospreys will nest up to 12 miles from their watery hunting areas. I have observed a number of



PHOTO BY DOUGLAS BEALL

An American Osprey with its catch.

Ospreys nest on the shoulders of Mt. Jefferson.

Osprey populations in North America declined dramatically from 1950-1972 due to pesticides such as DDT, which caused eggshell thinning. DDT was banned in 1972 and ospreys have thrived ever since. However,

they remain on several states' endangered or threatened lists.

Ospreys are also known as "fish eagles," "seahawks," or "river hawks."

For more American Osprey photos visit <http://abirdsingsbecauseithasasong.com/recent-journeys>.

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Studio Tour Guides Are available at Sisters galleries, and businesses and online at www.sistersarts.org/sistersstudiotour

