



ZACH URNESS / STATESMAN JOURNAL

Kelsie Lechleiter, 9, navigates a stand-up paddleboard around Detroit Lake.

What's SUP?

On your next trip to Detroit Lake, or any lake, bring a stand-up paddleboard



ADVENTURES ZACH URNESS

They're called stand-up paddleboards.

But after bringing one to Detroit Lake last week, I decided the increasingly popular aquatic conveyance is woefully misnamed.

You can do a lot more with a SUP than just stand up.

Here's a short list of things we did on our SUP during a trip to the reservoir east of Salem last week:

We stood up, sat down, knelt on it, jumped off it, climbed back on it, laid in the sun on it and tried to surf motorboat wake. I even tried SUP yoga — which is apparently popular — and fell into the water.

My point is this: The boards offer a lot more than the novelty of walking on water.

There are obvious reasons not to embrace the SUP phenomenon, of course. Maybe you already have a shed full of kayaks and float toys. Maybe you don't want to shell out hundreds of dollars.

Rent a SUP

What: Rent a stand-up paddleboard

Where: Woodward Surf Co., West Salem

Cost: \$35 per weekday, \$45 per weekend day

Rental: Rent them at woodwardsurfco.com

Contact info: (503) 910-2619; woodwardsurfco@gmail.com

But the beauty of a good SUP is that it works for so many different purposes. It provides the fun of a touring kayak and float toy in one piece of inflatable equipment.

Given the cost, I tested a SUP with a rental from Woodward Surf Co. in Salem. It cost \$35 per day or \$45 per weekend day. For two days midweek, I spent \$70.

Great float toy at Detroit Lake

From our campsite at Southshore Campground — on the south shore of Detroit Lake — we had easy access to a rocky beach and swimming cove.

This was where we spent the majority of our time with a crew that included two kids, ages 9 and 3, and three adults.

We brought an inflatable kayak and float toy along with the SUP to see which device proved most popular.

It was a blowout.

The kids and adults overwhelmingly chose the SUP as the most fun.

The SUP entertained the two kids because of that combination of uses I mentioned above. They used it as a defacto floating dock, but the 9-year-old was easily able to navigate it around the cove.

Unlike a kayak — where you're basically stuck in the sitting position — the SUP allows more freedom of movement but is also fairly stable once you get used to it. It's also a lot more maneuverable than the large, hulking float toy.

It's sort of an all-in-one float toy.

Going on adventure

What makes kayaks fun is traveling and exploring. But you can do the same thing on a SUP.

From our little beach and campsite, I took the SUP out to explore inlets and

coves around Detroit Lake.

When you're standing up, it's a bit of a challenge and takes some getting used to, but it's also fun. I sought out motorboat wake and tried to surf on it.

If I got tired of standing up, I'd just sit down on the board, and from this position, it was actually easier to travel with speed.

There were a number of interesting places to visit on Detroit Lake, despite its reputation as a giant reservoir inhabited only by motorboats.

From Southshore, I paddled up Sauers Creek, a lush and forested little canyon. Later, I checked out Blowout Creek and paddled below a huge suspension bridge.

It wasn't the most scenic paddling in Oregon, of course, but it gave me a sense of touring with a SUP. Overall, it was pretty fantastic.

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Silverton's Maggie Buckholz named to two All-American teams

BILL POEHLER
STATESMAN JOURNAL

Maggie Buckholz is often honored for her play on softball fields.

This time she got two.

Following her junior season as the starting shortstop at Silverton High School, Buckholz has been named to the 2017 MaxPreps Medium Schools Softball All-American Team and to the MaxPreps Underclass All-American Team.

In her junior season, she batted .734 with 64 RBI, 29 stolen bases and had a

slugging percentage of 1.430. She also was named the Mid-Willamette Conference co-player of the year.

This was the third year in a row that Buckholz has been named All-American.

After her freshman year of 2015, Buckholz was named to the Freshman All-American team by MaxPreps and in 2016 she was named to the MaxPreps All-American team.

Buckholz has verbally committed to play softball at Oregon.

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MOLLY J. SMITH / STATESMAN JOURNAL

Silverton softball's Maggie Buckholz has made a verbal commitment to play at Oregon. She has another season to play at Silverton.