



UP AND AWAY - An Inner Foal Workshop was conducted by Molly Ayers (left) at Out 'N' About Treesort in Takilma on Saturday and Sunday, June 26-27. The intent was to offer tips and tricks to train horses. Karen Parker and Lisa Shelton also assisted in the workshop. Approximately 20 people participated in the two-day event. For more information about future programs phone 592-5452. (Shane Welsh photo)

One of the secrets of life is to make stepping stones out of stumbling blocks. - Jack Penn -



Members of 'Chain Reaction,' an outstanding bicycle club led by Jim Heern at IVHS (Photo provided)

## State-winning bike club outstanding spokesmen

By CHRISTINA HILL  
Correspondent

Being the best is not always easy.

But a bicycle club at Illinois Valley High School, known as "Chain Reaction," makes it look easy.

The coed team, which consists of 15 boys and five girls from Lorna Byrne Middle School and IVHS, recently snagged first place for the high school series state title in mountain biking. However, its success didn't come overnight. The team spent many grueling months practicing and preparing for the five races that showcased their skills.

"We started riding in the rain and cold in January," said Jim Heern, team coach. "I was kind of surprised that some of those kids would come out and do it."

Heern has been teaching welding and agriculture at IVHS since 1978, when he moved to the valley. He began coaching the team in 2003 after he was approached by a couple of students.

"I've been riding for 14 or 15 years," said Heern. "Caleb Culver and

Andy Brooks came to me," he said, "and asked me if I could start a team."

Brooks, whose parents and brothers race as well, has been racing since he was 6. For the past three or four years, he has advanced to racing on a professional level.

"I'm ranked fifth in the junior division for the nation," said Brooks. "In January I went to Europe for two weeks to compete in the world championship series for mountain biking, but I didn't place because I ended up crashing and messing up my bike pretty good."

While Brooks may not have fared so well, back home he was an asset for "Chain Reaction," as he raced in the elite division and scored high points for his team.

However, everyone on the team made a huge contribution toward winning the state title, he added.

According to Heern, practice wasn't easy, even for those who were already athletic.

"When you're biking, you're using a lot of leg muscles that you don't normally use," Heern said. "Even for the people who

were really athletic, it was hard keeping up the endurance while using all those new muscles."

The rigorous practices, which whipped the team into shape, were harder than some of the races, Heern said.

"For practice, we would ride to the California tunnel and back, a roundtrip of 25 miles," he said. "We would also go to Rockydale Road and do 1-mile sprints. We would also do hill climbs and a race pace, where we started out really fast and would go hard the whole time. We also did mock races before any of the real races, which were usually 17- or 18-mile-long rides," said Heern.

The team peddled its way to victory without any Three Rivers School District funding. Members relied heavily on fundraisers and sponsorships, and were able to purchase team jerseys and travel across Oregon to the five racing events.

The first event, "Mud Slinger," was in Corvallis. Next the team traveled to Roseburg for the "Big K," and then it was on to Ashland for "The Spring

Thaw." Team members concluded the season with the two final races, "The Chain Breaker" and "Picket's Charge," both of which were held in Bend.

"The first-place winner of each race was awarded 30 points; second place 25 points, and so on down to one point for the first 15 racers who crossed the finish line," said Heern. "All the points from all the races were combined to determine the winning team. In the end, we had the most points."

The team appreciates all the help it received from its sponsors: Oregon Caves Chevron, Spin Cycle, Bike Craft, Old Stage Auto, Wild River Brewing & Pizza Co., Z Coffee, Junction Realty, McHugh Enterprises, I.V. Mini Storage, CJ Video Mart, True Value and Video Explorer.

Because the team is rapidly growing, Heern is looking for volunteer help. For more information, contact Heern after Sept. 7 at 592-2116.




**ILLINOIS RIVER  
ACUPUNCTURE**  
NEW LOCATION:  
Western Plaza - 222 Redwood Hwy.  
(Former Dr. Noriss' Chiropractic Clinic)  
**592-5041**  
Jo Anne Stone, M.S., L.Ac.



**CONE TEN  
POTTERY**  
25895 Redwood Hwy. 592-4646  
**Now accepting NEW students!  
Children and adults**  
**CLAY - CLASSES - GALLERY  
SECONDS SALE!  
Friday & Saturday  
July 9 and 10**

**Com-Bow**

**Archery**

- \*Alpine
- \*Browning
- \*Champion

- \*Oneida
- \*PSE
- \*Renegade

*Stops Here'*

In-house bow string and cable manufacturing  
Custom arrow manufacturing \* Wide range of archery magazines

**Now featuring: Matthews Bows**  
219 S. Redwood Hwy., Cave Junction, Ore. 97523  
(In the Oregon Mountain Real Estate Complex)  
**(541) 592-6708**

*A Perfect Start...*



Visit our Showroom and find Bedroom Collections, Futons, and Sleeper Sofas. Queen Mattress Sets from \$198!

Bunkbeds complete with Mattresses

from **\$288**

www.bedsforless.com

**BEDS FOR LESS**

Your Bedroom Specialty Center  Open 7 Days

**GRANTS PASS SHOPPING CENTER- (541) 474-1060**  
Stores also in Medford and Roseburg

# Dave's Perfect Pizza

212 N. Redwood Hwy. (next to I.V. Video)

## SPECIAL!

**Buy any X-large Pizza at regular price and get a medium single-topping pizza for only \$1.99!**



**FREE Cinnamon stix with purchase of any large or extra-large pizza!**




**We will be closed Sunday, July 4**

**Phone for delivery 592-2220**

**Burn Fat, Improve Skin and Support Your Joints ~ All In ONE Product!**

Previously used by more than 3,800 physicians and hospitals for more than 28 years, *AminoSculpt™*, the original, enzymatically hydrolyzed collagen protein (*CollaPure*) - with 4 U.S. Patents - is now available to consumers. Much different than other protein sources or supplements, *AminoSculpt's* patented formula contains high ratios of the unique, high nitrogen amino acids (protein): Glycine, Proline, Hydroxyproline and Arginine. These have been shown to influence: weight loss, bone and connective tissue, improvement of skin appearance, optimal body growth and repair, improved metabolism, elevation of growth hormone secretion (which affects: fat loss, muscle retention, energy levels, softness and elasticity of the skin and improved sleep), and healing, especially for wounds. These four special amino acids maintain lean body mass, which helps provide a firm, toned and more youthful looking body - as well as helping improve skin and joint function.

*AminoSculpt* is great to use with any weight loss, anti-aging or body-shaping program -- and also for protein supplementation and joint support. Simply taken at bedtime, *AminoSculpt* is all natural, contains no stimulants and tastes great!



**AminoSculpt can help:**

- \*Reduce body fat
- \*Increase the metabolism
- \*Increase energy
- \*Support joint function
- \*Improve skin, hair and nail appearance

**New Life Natural Foods - 202 W. Lister, Cave Junction**  
**11 a.m. - 6 p.m. Monday - Friday**  
**11 a.m. - 4 p.m. Saturday**  
**592-3816**