

SPORTS

HUSTLERS Strong pitching highlights games

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The Hustlers scored three runs in the third to grab the lead and they added one in the fourth and two more in the fifth for a 6-0 advantage. They extended it to 8-0 in the sixth for the final margin. The quartet of Wade Fields, Hunter Hough, Gabe Petroff and Brock each had two hits and two RBI to lead the Hustlers' 11-hit offense. Fields and Cameron Groves both had a stolen base.

The Hustlers' momentum continued against Westview in a seesaw Game 2 that included three lead changes. The Hustlers were on top 5-4 in the seventh inning and appeared to be on the verge of a doubleheader sweep. But Westview overcame the deficit, scoring twice in the bottom of the seventh for a 6-5 win, snapping the Hustler win streak.

Anthony (2-for-4, RBI) and Petroff (2-for-3, RBI) led the offense for the Hustlers, who outthit Westview 9-7. The trio of pitchers Brock, Sam Shaver and Hough combined for eight strikeouts and five walks.

The Hustlers started the week with a July 12 doubleheader home sweep, winning 14-11 and 10-3, over the Gladstone Gladiators, to snap five-game losing streak. In Game 1, Anthony and Braden Schwartz led the offense as they both had three hits and three RBI. The Hustlers overcame a 4-0 first inning deficit by scoring five runs in the bottom of the first and adding three in the second for an 8-4 lead which they wouldn't relinquish.

In Game 2, the Hustlers took a 2-1 first-inning lead and then scored in four consecutive frames to build a 10-1 fourth-inning lead. Gladstone added two in the fifth for the final 10-3 margin. The Hustlers' offense continued to shine, as they outthit Gladstone 10-2. Nolan Donovan led the offense with three hits and two RBI. Hustler starting pitcher Sam Shaver had a strong performance on the mound with 10 strikeouts.

In a July 16 home doubleheader, the Hustlers got revenge against the Pepsi-sponsored Yakima Beetles (20-23), who won a doubleheader matchup between the two teams June 29 at Yakima. Starting pitcher Schwartz threw a two-hitter with a season-high eight strikeouts and he hit a two-run homer to help lead the Hustlers to a 15-0 Game 1 win.

"That was the best game that I've pitched this year and it was nice to get my first home run too," said Schwartz, a The Dalles High incoming junior. "We won the Pendleton tournament and we played pretty good at a tournament in Spokane, and we won three-out-of-four games there, so we're having a very good season. We're having lots of fun for sure and we're hoping to win our league and then



Gorge Hustlers catcher Gabriel Petroff heads to the dugout after a no-hit inning uring the second game of a double header at Quinton Ball Park in The Dalles Friday, July 16, 2021.

Mark B. Gibson photo

achieve our goal to qualify for the state playoffs. It was nice to beat Yakima, especially after losing to them earlier this season. Ben Schanno did a nice job pitching to help us win the second game. He had a pretty good finish and he closed it out nice."

The Hustlers, who outthit Yakima 14-2, were led offensively by Anthony (three hits), Hough (three hits, two RBI), and Donovan (RBI). The 15 runs scored marked the highest total for a Hustler home game this season and their second highest overall. The Hustlers beat Bend 19-2 in their June 12 season-opener.

"Schwartz pitched really good in the first game; he's showing improvement in every game and he's just getting better and better," said Sugg. "It was good to see Schanno pitch really well in the second game and Isaac is pitching very well, too."

Game 2 looked like it might be a repeat of the first game, as the Hustlers jumped in front 6-0 early, led by starting pitcher Garrett Peters (five strikeouts). After Yakima trimmed the margin to 6-3 in the second, the Hustlers answered with three runs to go up 9-3 after two innings.

The Hustlers' three-run third was highlighted by an RBI triple by Fields. Yakima rallied, trimming the margin to 12-10 after five. Austin Neil scored on a passed ball in the sixth to put the Hustlers in front 13-10. The Beetles then got a run in the top of the seventh and had two baserunners and the go-ahead run at the plate. Relief pitcher Schanno (three strikeouts) had a strong performance in the last two frames on the mound, as he struck out the final batter to help preserve the victory.

The regular season concludes with three consecutive home doubleheaders, including a 1 p.m. July 24 contest versus Madison of Portland, followed by a 1 p.m. July 25 season finale against Sunset. Both games will be at Dufur City Park. The Hustlers are hoping to qualify for the American Legion state playoffs next week.

40-year-old Ultra Runner wins 100 mile race in record heat

By Chelsea Marr
Columbia Gorge News

When most are cutting calories, Riva Muehlbauer is adding calories including: Two cheeseburgers, bags of potato chips, chicken teriyaki, and nutrition bars as she competes.

This is not just any race. Runners often consider the 26.2 marathon the ultimate accomplishment, but for the 40-year old mother of four, the ultra-race of 100 miles is her passion.

The Strawberry Fields Forever in North Bonneville, took place on June 26 and included a 100K, 50K, 10K and the 100 miler. Muehlbauer, of Underwood, broke the 100-mile record in record breaking heat. The heat was a major factor in the day's race, with a high of nearly 109 degrees on race day, according to Accuweather.

Riva's first place finish was 19:37:24. A total of seven male and female athletes finished in this category, the youngest being 27 years old. More racers started but either dropped out or did not finish.

This was Riva's second 100 mile ultra-race, and her seventh ultra-race. She competed in 2020 in the Strawberry Fields race in the 100K, which she also won.

Riva enjoys ultra-racing and the challenge it gives her. The heat was intense in North Bonneville, with little shade, but the loop course allowed familiar faces to encourage the runners as they made their way. Riva said the long race causes a mental "zone" when you are running for so long, and it is refreshing to have company along the way to change the focus.

"There was a boat ramp along the course, so I started submerging in the river — shoes on and everything — halfway through each lap. I'd come out soaking wet, continue running, and everything would be dry again by a couple of miles! I'd grab ice at each aide station and fill my hat and shirt and soak a bandana that I draped over my neck"

"For me, my mind kind of relaxes, and I just focus on the headlamp light in front of me. It's zone-out time. Left foot, right foot. Drink. Repeat."

Riva Muehlbauer
Ultra Runner

She also takes salt pills by the hour to be sure she doesn't cramp up during the race and to replenish electrolytes.

She avoids too many food alternatives, such as gels and bars, since the real food helps her perform the best. High quantities of real food during the race including cheeseburgers or chicken teriyaki from the aide station grill, perfect food for the ultra-runner.

Riva explained if she doesn't eat she gets sick, especially as she approaches the 70-plus mile mark.

Training for Riva consists of 70-100 one mile runs in a week. She aims for back-to-back long runs of 20-25 miles. The weekly schedule allows one rest day. A 13-mile workout is a regular run for the athlete.

During the North Bonneville race, there was relief as the sun went down and the runners had a break from the heat.

The water submerging stopped but the icing continued as temperatures remained in the 80s. Riva explained, "There's a comforting silence running in the dark during an ultra. For me, my mind kind of relaxes, and I just focus on the headlamp light in front of me. It's zone-out time. Left foot, right foot. Drink. Repeat."

Riva was able to run with another experienced ultra-runner around the 75 mile and was appreciative of the company. It was at the 94-mile when she rested at the aid station that she knew she had it in her to finish the race. She explained everything was hurting, but she felt excited to hit the trail and finish. Her pace for the last 10K of the 100 miles was what she described as a



Riva Muehlbauer pictured at the finish with her son Troy Muehlbauer. Both her son's Troy and Dylan were there for the 4:30 AM finish. Anna Bates photo

decent ultra-pace, running about 10-11 minute miles.

The final stretch of the race was at sunrise, under a full moon, finishing at 4:30 a.m.

Riva was overwhelmed to see the race director, friends and her family at the finish line. She said she doesn't normally cry at races, but this one was more emotional.

"I was really very nervous going into this race with the extreme heat, and I was just so glad to have finished," she said.

In addition to the 100 miler, in the past Riva has competed in 50 mile runs and was in her first marathon when she was 23 years old and ran in the Columbia Gorge Marathon. She has always enjoyed running, competing in cross county throughout her school days.

Riva was pulled to trail running when she realized it was less prone to injury than road running. She also prefers the solo aspect of trail running.

She considers it the perfect stress relief after a long day, running in the woods on the beautiful trails in the Columbia Gorge, or her neighborhood of Underwood.

Riva is employed as a White Salmon School District employee.

Riva said it will take her a few weeks of rest to recover from the ultra-race.

She will then begin preparing for another 100 miler on Sept. 18 called the Mountain Lakes 100 race that begins at Historic Clackamas Ranger Station, and around Olallie Lake in Oregon.

Crosswhite earns CoSIDA Academic All-District honors

Hood River High graduate Justin Crosswhite earned a spot on the College Sports Information Directors of America (CoSIDA) Academic All-District Team for the second straight year after holding a perfect 4.0 GPA at Western Oregon University.

Crosswhite is a graduate major in organizational leadership and returned for the 2021 outdoor track and field season. He set personal-best marks in the 800 meters and 1500 this past season. Crosswhite set his PR in the 800 of 1 minute, 51.97 seconds during the Oregon Relays. Then at the Oregon



Photo courtesy Western Oregon University

State High Performance, he ran the 1500 in 3:50.61.

During the GNAC Outdoor Championships, Crosswhite

placed second in the 1500. He ranks ninth in program

history for his time in the 1500 and 10th in program

history for his time in the 800. Crosswhite's time in the 800 ranked 46th nationally and his time in the 1500 ranked 64th nationally.

Earlier this year, Crosswhite was named to the GNAC Academic Team for the fourth straight time. He earned GNAC Men's Track Athlete of the Week on March 15 after he opened the year with a win in the 1500 at the PNW Team Clash on March 13, winning by four seconds with a time of 3:54.82.

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Job postings can also be found on Indeed.com