

Sports & Recreation



LOST CREEK TRAIL for the handicapped is located about seven miles north of Zigzag off Lolo Pass Road.

The half-mile paved trail meanders through the woods by a stream, a buried forest and a beaver pond.

Lost Creek Trail

Mt. Hood National Forest offers trail for handicapped

By Mark Floyd
Sports Editor

Easing the accessibility of handicapped persons in public places, especially those in wheelchairs, has been a fairly recent phenomenon. But getting around in one section of Mt. Hood National Forest hasn't been a problem for some time.

The Lost Creek Nature Trail is specifically designed for handicapped hikers. Work on the trail was begun in 1972 by volunteers who wanted to offer the handicapped a chance to experience the National Forest. They couldn't have picked a better place.

The trail is located off Lolo Pass Road, about seven miles northeast of Zigzag. The site is flat enough for easy maneuverability and a paved pathway aids those in wheelchairs. There are several interesting features to observe from the trail that distinguish it from other parts of the forest.

The beginning of the half-mile trail follows the small creek for which it was named. Across the creek is Zigzag Mountain. An old road and a stand of alder are remnants of the logging that

took place in the 50's. Further up, white snags are visible reminders of the huge forest fire which burned nearly all of Zigzag Mountain at the turn of the century.

A bench and rest area are situated about 100 yards into the trail. A short distance later, a side trail leads down to the creek. Since construction of the path, the creek has changed its course and washed away the sandy beach and a man-made landing area. The rest of the trail is slowly washing away as well.

A few yards up the path another bench offers a chance to rest and view Mt. Hood. Several beaver stumps also dot the landscape. The beaver had been working on Douglas fir, hemlock and cedar, which, according to forest service officials, is an indication that the normal food supply of willow and alder has been exhausted.

The beaver had been working on the stumps in the mid-60's before exhausting the supply and leaving. In their absence, new growth of willow and alder sprang up. So in 1975 the beaver returned.

Beavers have dammed up part of the stream creating a pond. A final rest area is located near the pond for those who wish to sit on the bench and hope a beaver will appear. From the pond, the path loops back to the original trail which takes you back to the parking lot.

At the head of the trail is a picnic area with tables and fireplaces. No camping is allowed. The stream flowing through the picnic area and along the trail is open for angling from late May to November.

As you walk along the creek, watch for standing snags. These mark the top of a forest that was buried by mud about 3,000 to 4,000 years ago. Although the trees are not petrified, they are preserved by the dense layer of mud that flowed from the western flank of Mt. Hood and didn't begin to rot until exposed by erosion from the creek.

Lost Creek Nature Trail is a beautiful, well-kept recreation site. The trail is clear, the scenery is beautiful and the picnic area is clean. It should be kept that way. After all, the handicapped don't have many trails they can call their own.

Local tracksters garner ribbons

Michelle Cleland and Kevin Peterson have qualified for the regional Junior Olympic Track Meet in Seattle July 16.

Cleland qualified in the girls 14-15 shot put and javelin while Peterson qualified in the boys 16-17 long jump. Both marks came at the state Junior Olympic meet at Madison High School June 3.

Cleland's winning javelin throw of 141'4" shattered the state age-group record by 25 feet. She also won the shot with a put of 40'4".

Peterson's effort of 20'11" was good enough for second place.

If either competitor places in the top three at Regionals, they will qualify for the national meet at Knoxville, Tenn. in August.

Cleland, Peterson and Hutchinson competed in the Rose Festival Track meet June 6 which was also the Oregon AAU Championships.

"It was an open meet — no age divisions," said Sandy High track coach Randy Hutchinson. "If you were in the discus, you might be going against Mac Wilkens."

Although Wilkens wasn't there, plenty of good competition was. Cleland placed third in the shot put (four kilos) with a best mark of 39'11". Peterson took second in the long jump with a leap of 21'1" and Hutchinson took third in the javelin with a toss of 222'11".

Several Sandy athletes competed in two recent all-

comers meets at Sam Barlow High School in Gresham.

At the June 12 meet, Christie Elliott took first places in the girls 14-15 220-yard dash (29.6), the 440-

yard dash (63.0), the 200-meter low hurdles (33.0) and Cherie Elliott took second place in the long jump (14'7").

Kevin Leader won the boys 16-17 pole vault with a vault of 12-0; Robin Rohde won the girl's 16-17 high jump with a leap of 5'3"; Carol Bakke took second in the girls 14-15 220 with a time of 29.8 and third in the 200 low hurdles with a time of 37.9.

In the June 19 meet, Christie Elliott nabbed three first places as did Michelle Cleland. Elliott won the 110-meter hurdles with a time of 18.3, the 100-meter dash in 13.2 and the 200-meter low hurdles in 32.5.

Cleland took the shot (41'7"), the discus (115'3") and the javelin (144'11"). She also took third place in the 100 meters with a time of 14.6.

Ken Urban won the boy's 16-17 880-yard run in 2:15.2 and the mile in 4:59.1; Tom Curtis won the boy's 16-17 discus with a toss of 117'6" and Aaron Brown took second with a throw of 117'.

Robin Rohde won the high jump at 5'0"; Sara Shreeve took second in the girls 14-15 110-meter hurdles in 18.9; Carol Bakke took second in the 100 meters with a time of 14.6 and third in the long jump with a leap of 14'4".

Hutchinson said that meets scheduled this July at Mt. Hood Community College have been cancelled because of the absence of MHCC track coach Jim Puckett. Puckett, who is one of the coaches of the U.S. Junior track team, is in Russia for the U.S.A.-U.S.S.R. junior meet.

Other track meets are being held, however. On Wednesdays, there will be an all-comers meet at Madison High School at 6 p.m. Events will be held in age group categories.

On Thursdays, Beaverton High School will host an all-comers meet at 6 p.m. Events will also be in age-groups divisions.

Post Scoreboard

Sandy Softball League

In Sandy Men's Softball League action last week, Carlson Chevrolet shut out Sheep, 7-0; Paola Pizza Barn buried Ken Stone's Nursery, 18-5; Ron's Texaco doused the Sandy Volunteer Firemen, 19-8; Adventist I cut up Northwest Butcher Supply, 17-5; the Hoodview Royals nailed Cedjka Hardware, 12-3; and Bob Griesen sheared Sheep, 7-0.

In Women's Softball League play, Paola Pizza Barn annihilated Bill Richardson Realty, 28-2; Babe's Bigboy Pizza dumped Bill Richardson Realty, 16-6; and in the "Pizza Bowl," Paola's knocked-off Babe's, 14-4.

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Tri-County Baseball

MIDGET FEDERAL June 29 Scappoose at Sandy Orient at Reynolds Lynch at Rockwood

MIDGET AMERICAN June 29 Scappoose at Rockwood II Sweetbriar at Lynch II Lynch I at Orient Troutdale at Corbett Rockwood I at Sandy

July 6 Lynch II at Orient Sweetbriar at Scappoose Sandy at Rockwood II

Corbett at Rockwood I Troutdale at Lynch I

MIDGET NATIONAL EAST June 29 Sandy at Rockwood Lynch at Welches Troutdale at Fairview Corbett bye

JUNIOR FEDERAL June 30 Rockwood at Corbett Scappoose at Reynolds Sandy at Lynch

JUNIOR AMERICAN June 30 Fairview at Orient Lynch at Scott Scappoose at Sandy Rockwood I at Rockwood II

SENIOR FEDERAL June 29 Corbett at Scappoose Lynch at Sandy

SENIOR AMERICAN June 29 Lynch at Sandy Scappoose at Welches

TRI-COUNTY BASEBALL ASSOCIATION Note: On any questions concerning scores or standings, please call the Tri-County Baseball Association secretary-treasurer.

Midget Federal W L Rockwood 9 0 Reynolds 6 3 Scappoose 5 4 Sandy 4 6 Lynch 3 6 Orient 0 8

SCORES: Rockwood 14, Sandy 13; Lynch 14, Orient 2; Reynolds 9, Scappoose 3; Rockwood 12, Orient 6; Reynolds 10, Sandy 4; Scappoose 4, Lynch 3.

Midget American W L Sweetbriar 10 0 Corbett 9 1 Orient 22, Rockwood 11 5; Scappoose 21, Sandy 16; Troutdale 14, Sandy 6; Rockwood 16, Lynch 11; Corbett 14, Scappoose 8; Sweetbriar 28, Fairview 7.

SCORES: Troutdale 6, Sweetbriar 4; Corbett 14, Lynch 11; Rockwood 16, Lynch 11; Orient 22, Rockwood 11 5; Scappoose 21, Sandy 16; Troutdale 14, Sandy 6; Rockwood 16, Lynch 11; Corbett 14, Scappoose 8; Sweetbriar 28, Fairview 7.

SCORES: Fairview 10, Lynch 9; Welches 31, Sandy 4; Corbett 30, Rockwood 29; Welches 10, Corbett 8; Fairview 31, Sandy 7; Lynch 18, Troutdale 13.

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