

Sports & Recreation

Local skier heads to Chile for training camp

by MARK FLOYD
Sports Editor

While most folks in this neck of the woods are beginning to wonder if Oregon is going to get its share of sunshine this summer, one 16-year-old athlete is going out of the state, and the country for that matter, to find more snow.

Karen Knapp of Brightwood will be leaving for Santiago, Chile, during the first week of August to train with other ski racers from the U.S. Karen is one of a handful of skiers from Oregon, Washington and Idaho chosen to represent the Pacific Northwest Ski Association (PSNA) at the South American summer camp.

The trip should provide the Sandy High sophomore with valuable experience from the standpoint of the rugged terrain, high altitude and intense training. And like work experience to a job hunter, the international racing competition will look good on her skiing resume.

"Coaches look highly on people who show that they are dedicated," Karen said. "If someone is willing to take the time to go train in another country, it will help."

Started Young

Dedication has never been a problem for Karen who began skiing at the age of four. Within two years she was racing for the Mt. Hood Mighty Mites, eventually graduating to the "junior" team.

This last skiing season Karen advanced two divisions to "elite" standing, the highest ranking a skier not associated with an Olympic development program can achieve.

The rapid advancement "will put me at the bottom of the heap," according to the young racer. It will put her up against older, and more experienced skiers on the courses in the Andes Mountains.

Following three weeks of intense training, Karen and

the others will head to Potrerillos, a tough course where ski speed records have been set. Although the skiers will train for slalom and giant slalom racing, the downhill will be emphasized because of the course, which suits Karen just fine.

"The downhill is my favorite race," she said. "I think it's sheer guts. I like the speed, the challenge and the air you get going over bumps."

"I think if you make it down the hill, it's more rewarding than the slalom," she added. "You say to yourself, 'all right, I did it.'"

The site will also be used by the U.S. and European Olympic teams, although they will be in an area restricted to other skiers.

"Hopefully we'll get in on some of their training, though," Karen said, "or at least get to watch them."

Karen hopes that her experience in Chile will help her in the upcoming season when she hopes to qualify for the Nor-Ams (American and Canadian championships), the Junior Olympic program or the Junior Nationals.

Pay own way

In addition to the training, a skier must have a full pocketbook as well. The skiers must finance their own way to the summer

camp. During racing season they must be responsible for fees, equipment, lift tickets, clothing, lodging and transportation.

Karen has five pairs of skis and has ordered another for the trip to Chile. "In the last downhill, I fell and bent my skis; they hit me in the face."

Although the skis took more of a beating than the body in that case, it isn't always so. Last year Karen went over a bump and her ski pre-released, hitting her in the chest and breaking her sternum.

She also has a banged-up knee which she received while trying to stop at the end of a race on a course that wasn't in the best of shape. Despite the physical discomforts, Karen remains undaunted by her spills.

"I've had lots of crashes and been disappointed and discouraged, but nothing really bad has happened," she said. "I've seen other skiers have some pretty hairy crashes, though."

Dedication, desire and ability — all ingredients in the make-up of a competitive ski racer. They might have to be a little crazy, too.

But then, what do you expect from someone who flies south for the summer?



Downhill Racer

KAREN KNAPP speeds down the slopes in a race last year. The 16-year-old Brightwood girl will be leaving for South America in August to train as a ski racer. She hopes to use the experience as a springboard to help her qualify for races next year.

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Wilderness trips offered for women

by MARK FLOYD
Sports Editor

A group of Oregon women have organized a series of outdoor excursions this summer for women in-

terested in backpacking and bicycling.

The "Keep Listening Wilderness Trips," headquartered in Sandy, are sponsored by the Women's Wilderness School, a non-profit organization founded in 1977. The trips are designed to help women gain an understanding of the environment, become involved in wilderness preservation, and learn something about themselves in an unfamiliar surrounding.

The trips range from an easy week-long backpacking trip for beginners and children to a two-week outdoor survival course. Most of the sessions, however, are open to beginners, according to trip leader Marcia Munson.

"The trips are a chance for women to learn backpacking skills," she said. "They'll learn how to do basic things like starting fires, cooking and how to pick the right type of clothing for a trip."

The beginning backpacker needn't worry about supplying their own equipment; it's all part of the registration fee. Packs, sleeping bags, stove, tents, maps, food, transportation and instruction will all be provided; participants must only bring personal belongings.

Even the fees are negotiable. Financial assistance is available for women who cannot afford the entire cost of the wilderness trips.

The assistance comes in the form of scholarships and work exchanges. To supply the fund, the non-profit group charges a fee of 10 percent over the cost of the trip to all participants. Donations are also received.

Trips set

Two wilderness trips have already taken place this summer. The next expedition will be a backpacking trip to Goat Rocks in the southern Washington Cascades July 22-29.

A Washington Outdoor Survival trip will be offered Aug. 9-16. The group will travel the North Cascades around the 10,580-foot Glacier Peak and test skills in map and compass reading. Participants in this trip should have at least three overnight backpacking trips to their credit, Munson said.

Experience is also required for a two-week Outdoor Survival course Sept. 2-16. The trip will begin in the Deschutes National Forest and then move into the higher elevations, focusing on cross-country travel, orienteering, leadership skills and emergency survival techniques. After a fresh food supply midway through the trip, the group will cross the western slopes of the Cascades and end with a two-day solo experience.

Other hikes include a week-long trek around Mt.

Hood Sept. 22-27 and an Outdoor Leadership Seminar Oct. 6-14 in Malheur National Forest.

Beginners can expect to hike about 5-6 miles daily for their trips; the experienced hiker will cover 8-12 miles on their expeditions. Packs will weigh 25-30 pounds.

Two trips are offered to women interested in bicycling. A Marine Biology and bicycling trip will be offered Aug. 21-28 that will tour the Canadian Gulf Islands. The group will travel 10-25 miles daily, exploring the beach and tidepools.

The Gulf islands will also be the scene of an October excursion which will cover 20-40 miles per day and include hikes into secluded beaches of Mayne, Pender, Saltspring and Galiano Islands.

Women must bring their own 3-, 5- or 10-speed bicycles and panniers.

Increased exposure

This is the second summer the "Keep Listening" trips have been offered. Following last season's successful ventures, the group's brochure was published in Adventure Travel Magazine, then picked up by the New York Times travel section and the Times Wire Service.

The result of all the exposure is an increase in the number of out-of-state women signing up for the trips.

"We're pleased with the response we've received and excited about the variety of experiences we can offer," Munson said, "but we'd like to get more local women involved."

The trips are limited to 12 people, (including two leaders) but there is room in all of the summer sessions. For more information and applications, write to Keep Listening, Box 446, Sandy, Oregon 97055.

Offense rules

Offense was the name of the game in Sandy Softball League contests last week.

In the Women's Division, Paola Pizza humiliated Bill Richardson Realty 29-4 and to add insult to injury, Babe's Pizza also knocked off Bill Richardson's 16-6.

In Men's League play, Cejka Hardware cut up Northwest Butcher Supply 15-5; Adventist I dumped Bob Griesen 9-2 and Ron's Texaco uprooted Ken Stone's Nur-

This Week's Games

July 14 Paola Pizza vs. Ron's Texaco
Carlson Chevrolet vs. Sandy Volunteer Fireman
July 17 Ken Stone's Nursery vs. Carlson Chevrolet
Hoodland Royals vs. Ron's Texaco
July 18 Sandy Volunteer Firemen vs. Sheep
Bill Richardson Realty vs. Paola Pizza (Women)
July 19 Paola Pizza vs. Northwest Butcher Supply
July 20 Paola Pizza vs. Babe's Pizza (Women)
July 21 Bob Griesen vs. Cejka Hardware

Sports briefs

Reds tryout . . .

The Cincinnati Reds will hold a free-agent tryout camp in Portland next week, a club spokesman has announced.

The camp will be held at Scavone Field July 18-19 under the direction of Larry D'Amato, the Reds' scouting supervisor for the Pacific Northwest. Players from 16-22 years old are encouraged to try out for the team. Cincinnati Reds, 11034 SW Workouts will run from 10 a.m. to 1:30 p.m. both days.

Participants must furnish their own shoes, uniforms, gloves and personal gear. The Reds will furnish all other equipment.

Further questions may be directed to Larry D'Amato, Scouting Supervisor, Cincinnati Reds, Inc., P.O. Box 536, Tualatin, Oregon, 97062 (638-7994); or Dennis D'Amato, Area Scout, to try out for the team. Cincinnati Reds, 11034 SW Springwood Dr., Tigard, Oregon 97223 (639-9607).

baseball tourney . . .

Several local teams will be competing in the Fredrickson Memorial Baseball Tournament July 15-16 at the Sandy High field.

Competition will be held in age brackets with teams vying for the championship in the 9-10, 11-12 and 13-14-year-old divisions. Two

teams from Sandy will be in each division and teams from Corbett and Lynch will also compete.

The games will be held all day Saturday and Sunday. Exact times for the games are available from the head coaches.

sandcasting . . .

The City of Sandy Recreation Department is sponsoring a sandcasting trip to the Columbia River July 18 for kids ages 7-13.

The kids will make designs in the sand and fill the molds with plaster of paris. Participants should bring the

transportation fee and a bag lunch.

The group will depart from the Sandy Community Center at 10:30 a.m. and return at 4:30 p.m. The Center is located at 38348 Pioneer Blvd.

fast-pitch . . .

Lance's Ladies fast-pitch softball team is hosting an ASA sanctioned tournament July 14-16 at Boring Grade School.

The host team is comprised of Sandy High School girls. Other teams competing in the double-elimination tournament are the Sandy Blues, Canby Kits, Aloha Aces, Medford-Jackson County Merchants, Seaside,

Lake Oswego and the Hillsboro Diamondsetters.

Games will begin at 7 p.m. Friday and 9 a.m. Saturday and Sunday. Individual trophies will be awarded to the winning team and team trophies will be given to the top three placers. Each girl that plays in the tournament will receive a certificate of participation.

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