

The Sandy Post

Sports and Recreation

Elliott, OSU open season

Oregon State's 1983 volleyball season opens Friday morning in Gill Coliseum when the Beavers host a six-team Oregon State Intercollegiate Volleyball Tournament.

On that team will be former Sandy High School standout Chris Elliott.

OSU returns all but one player from its fourth place finishing 1982 team in the NorPac Conference. The Beaver team follows up its tournament this weekend with an extended road trip through Califor-

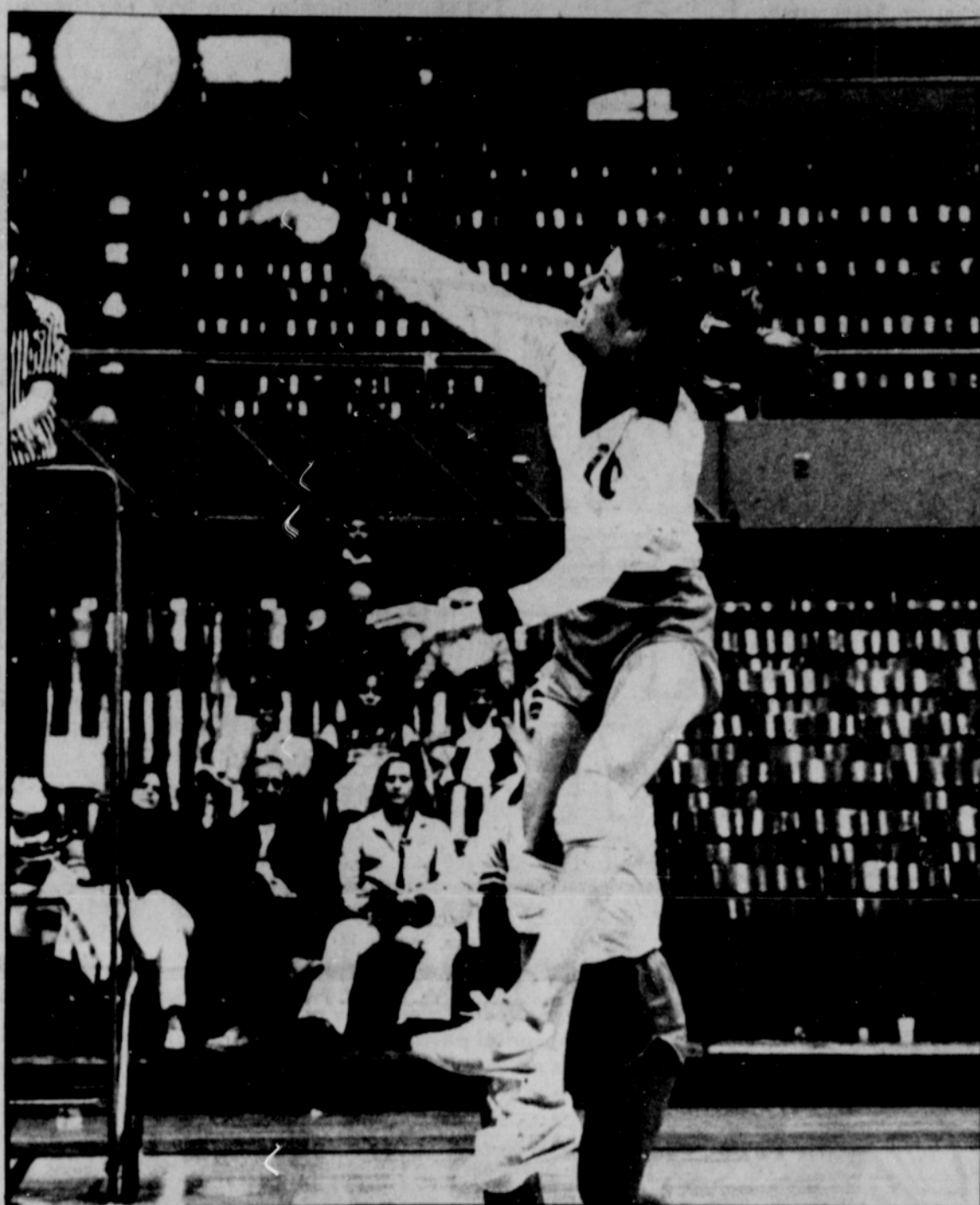
nia to complete in the Western States Invitational Tournament at the University of California-Davis and then in the San Diego State Invitational.

The Beavers are under Jim Iams, who replaced Gerry Gregory after the 1982 season. They will be looking to experience mixed with youth in the 1983 schedule of competition. A trio of proven seniors and some outstanding young players should combine to give the coach a contender in

one of the strongest leagues in the nation. Last year three teams from the NorPac earned berths in the NCAA.

Elliott was second on the team in hitting percentage in '82. She joins Julie Williams and Tammie Rogers as the team's only seniors. All three are expected to start. Williams and Rogers are co-captains.

Elliott is a three-year letterman for the Beavers.



Chris Elliott

Jr. golf program popular

From 60 to 65 golfers took advantage of the junior golf program at the Mt. View Golf Course this summer.

This was the second complete summer for the program, which was for youngsters age 8 through 17. For a \$5 fee the junior golfers received six lessons. However, the lessons were given free by Jack Beaudoin, club pro, with the money going toward awards, and a pizza lunch after a play day round last week.

Attendance averaged 25 to 30, with play held every Thursday since school was let out.

The program was run by Judy Peterson and Linda Shields as an affordable way for youngsters to learn to play golf. They received a discount on green fees.

The 18-hole division champion was



Scott Shields tries his hand at a "pool shot" putt at a junior golf club play day.

Kevin Beaudoin. Steve Shields was runner-up.

Sportsmanship trophies, awarded by a vote of the members, were given

to Scott Shields in the 18-hole division, and Phillip Brill in the 9-hole division. A certain level of competency was required for a golfer to go

from the 9-hole division to the 18-hole division.

In the 18-hole division, first flight winner was Mike Pickens, followed

by Chris Haney. Second flight winner was Casey Beaudoin, with Ron Seyler runner-up. Third flight winner was Larry Williams.



Triathlete Steve Brader rides 30 miles a day.

Photo by Hank Emrich

Triathlon trying test for athlete

It's hard to believe that Steve Brader consumes upwards of 5,000 calories a day with no weight gain.

Brader is not an advocate of any new fad diet. He chooses high carbohydrate and starchy foods to replenish the calories he burns as a triathlete, one of a growing number of men and women who push their bodies to the limit, testing skill, stamina, strength and speed.

"An ordinary diet would require three days to recuperate after one day of the training I go through," said Brader.

The most famous triathlon competition takes place in Hawaii each year. The "Ironman" competition is a grueling combination of a 2.4 mile ocean swim, a 112-mile bike ride and a 26.2 mile marathon. Each event is run successively and national television has captured some contestants barely able to crawl across the finish line.

The Ironman competition may be a few years away for Brader, but he says it is definitely one of his goals.

Training is intense for a triathlete. Brader swims a minimum of one mile every day and tops it with either a six to eight mile run or a 30 to 50 mile bike ride. Weight training is the other constant in his regimen.

There is no standard distance for triathlon competition, said Brader. A race he entered in Eugene was probably half the distance of the Ironman, he said.

Brader plans to enter the TJ's sports festival triathlon Sept. 18., and he has definite goals as to where he will finish.

"I don't intend to walk away with less than among the top five," said Brader.

The competition will be held at Multnomah County's Blue Lake Park. It will feature a 1,000-meter swim, a 40-meter bike ride, and a 10-kilometer run.

Brader participated in athletics at Sandy High School, where he graduated in 1982. He says he is in better shape than he was at the peak of basketball or track seasons.

Although TJ's will be the last triathlon for Brader this year, he hopes to compete in a marathon and several road races before year's end.

An experimental physical education class at Oregon State University, where he attended last year, first fueled Brader's desire toward triathlons. The class was devoted exclusively to training for competition.

The first competition he entered saw over 400 entrants and Brader said the hardest part to get used to was the open-water swimming.

"It can get pretty hectic when you hit the water with 400 other people," he said.

Brader expects triathlon competition to be a lasting thing for him, expecting the variety of the three sports involved to keep him from getting bored.

Brader hasn't competed in swimming since he was in grade school, but doesn't think that or the change to long distance running from the sprints he ran when competing in track, will be a hindrance.

"My endurance and willingness to compete will be a big help," he said.

Brader has seen the contestants crawling across the line in the Ironman competition, but it doesn't change his goal of being there.

"I like challenges put in front of me," he said.

City gears up for volleyball season start

For the third consecutive year the Sandy Recreation Department is sponsoring a coed volleyball league comprised of A and B division teams, played under United States Volleyball Association rules.

The fall season will run from October through mid-December and will include a post-season tournament and the awarding of trophies.

The first of two important meetings will be held Monday, Sept. 19 at 7 p.m. at the Sandy Community-Senior Center, 38349 Pioneer Boulevard. The league schedule, fees and other business will be discussed.

Anyone with a volleyball team who would like to join the league is more than welcome as are players looking for a team.

For more information call Bill Knight-Weiler at the Sandy Recreation Department, 668-5569.

Sign-up set for aerobics

Becky Hawley's aerobic dance class will begin its fourth year in the Sandy community Sept. 6.

Classes will be held at Kelso School Mondays through Thursdays from 5:30 to 6:30 p.m.

The cost for the one-night-per-week program is \$10 and the class lasts seven weeks. Interested persons may sign up for as many as four nights a week.

Sign up at the school prior to start of the classes. One can enter the program at anytime during the year.

Hwy. 26, Sandy

PAOLA'S PIZZA BARN

Phone 668-8058

Congratulations to:

HEATHER HAUFF

Heather Hauff, 8, is prep of the week. She read 80 books this summer in the Sandy library's summer program, "Time Travels." She'll be a third grader at Sandy Elementary and is the daughter of Dale and Pam Hauff. Way to go, Heather!

Enjoy great pizzas & good times at Paola's!

SERVICE WE GIVE!

INSURANCE WE SELL . . .

The personal insurance counsel and advice of a local agent is important to you in planning a complete insurance program.

George Morgan
Local Representative

WALRAD **INSURANCE AGENCY**
Sandy, Oregon 668-4421

ATTENTION FURNACE OWNERS:

ADD A HEAT PUMP. IT WORKS WITH GAS, ELECTRICITY, OR OIL.

To find out how you can get a dollar's worth of energy for about 50¢, look under heat pumps in the Yellow Pages. And call a dealer, today.

FGE

NOW OPEN!

Cheryl's fancy fingernails

Featuring Sculptured nails, Silk wraps, manicures and pedicures

FRONTIER BLDG.
39120 PROCTOR BLVD. **668-3132**