



Wendy Coleman jumps over Laker Katy Steding.

## Swim class teaches strokes; crawl, back, flip-turns

A pre-competitive swim class, for students with advanced beginner or higher skill levels, will be held weekdays March 25 through April 5 from 4:30 to 5:30 p.m.

In the class, students will learn competitive strokes such as the breast stroke, the crawl, the backstroke and the butterfly, as well as flip-turns used in competition.

Successful completion of this class qualifies the student for membership on the Blue Marlin swim team.

The Blue Marlins will begin working out on April 1, which would allow swimmers taking the class an oppor-

tunity to immediately join the team. Cost is \$15 for in-district students; \$17 for out-of-district students. Boundaries are the same as for the Sandy High School District.

Call the Aquatic Center, 668-4400, to register.

### Spring schedule

The Sandy Aquatic Center will be open during spring vacation March 25-29. There will be a public swim from 1 to 4 p.m. in addition to the regular evening schedule.

## Bowling Scores

Mt. Hooders March 14, 1985		Smith, 226.	
Hoodland Thriftway	26 10	Sandy Early Birds March 18, 1985	
Small Parts Mfg.	19 17	Toni's	28 12
Booth Farm	19 17	H.L. Steel Corp.	21½ 18½
Mt. Hood D.Q.	18 18	Minit Mart	20½ 19½
Sheppards Exc.	17 19	Eagle Foundry	18½ 21½
Prokop TV	16 20	Jack's Pro Shop	17½ 22½
Pioneer Real Estate	5 21	Alpine Hut	14 26
Walrad Insurance	14 22		

High team series: Hoodland Thriftway, 2284; High team game: Hoodland Thriftway, 796; High individual series: Fern Hunter, 568; High individual game: Clarence

High team series: Toni's, 2031; High team game: Toni's, 747; High individual series: Grace Lamb, 526; High individual game: Terry Fitzen, 195.

## Spring Country Run offers races, April 21

The second annual Spring Country Run is just around the corner, set for Sunday April 21 at 11 a.m.

The starting point will be at the Sandy High School Track, but the course will be slightly different from last year so as to include the newly developed scenic trails constructed by the Environmental Education class at Sandy High School.

The 3000 meter run which is only 1.86 miles, will be run through fields and trails to make this course a challenging cross country type run.

The 10,000 meter run will be equal to about 6.2 miles, with the course looping west on Hwy. 26, around Orient Dr., Kelso Rd., Bluff Rd. and finish off the last mile through the scenic new trails.

Race director Scott McMullen and the Sandy Cross Country Team are

pleased with the new course and hope to double the field of runners over last year.

Specifically designed t-shirts are available with the entry along with 28 hand-made "Spring Country Run" mugs to be awarded to winners in

each division. There will also be a drawing for merchant contributions to be held after the last race.

McMullen encourages pre-registering for the race by April 14. Entry fee is \$7 with a t-shirt and \$3 without. Day of the race registration

is \$4 or \$8 with a t-shirt.

Proceeds from the race go to the Sandy Cross Country team fund.

Entry forms are available at Sandy Union High School, Sandy Post and sporting goods stores in the Gresham area.

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P195/70R13	51.20
P205/70R13	53.42
P185/70R14	52.33
P195/70R14	54.32
P205/70R14	55.14
P215/70R14	60.38
P225/70R14	63.37
P225/70R15	65.70
P235/70R15	67.47
P195/60R13	\$53.75
P225/60R14	61.52
P235/60R14	65.54
P245/60R14	69.06
P235/60R15	71.59
P275/60R15	79.25

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155-13	33.53
165-13	35.18
165-14	37.98
175-14	39.57
185-14	43.79
165-15	39.33
175/70-12	\$37.79
175/70-13	40.56
185/70-13	42.87
195/70-13	44.99
185/70-14	44.37
195/70-14	47.15
205/70-14	50.36

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