

Sports+Outdoors

MOUNTAIN BIKING

A taste of the

HIGH COUNTRY



Bend's Mark Johnson rides along the Metolius-Windigo Trail with Broken Top in the background.

Mark Morical/Bulletin file photo

Try this Out-and-back ride along Flagline and Metolius-Windigo trails

BY MARK MORICAL • CO Media Group

The 21-mile North Fork-Flagline Loop is widely regarded as the Central Oregon locals' favorite epic mountain bike ride. It includes incredible scenery and a hair-raising descent along prime singletrack trails.

It also requires a significant time commitment and a lung-busting 2,000-foot climb along the North Fork and Metolius-Windigo trails.

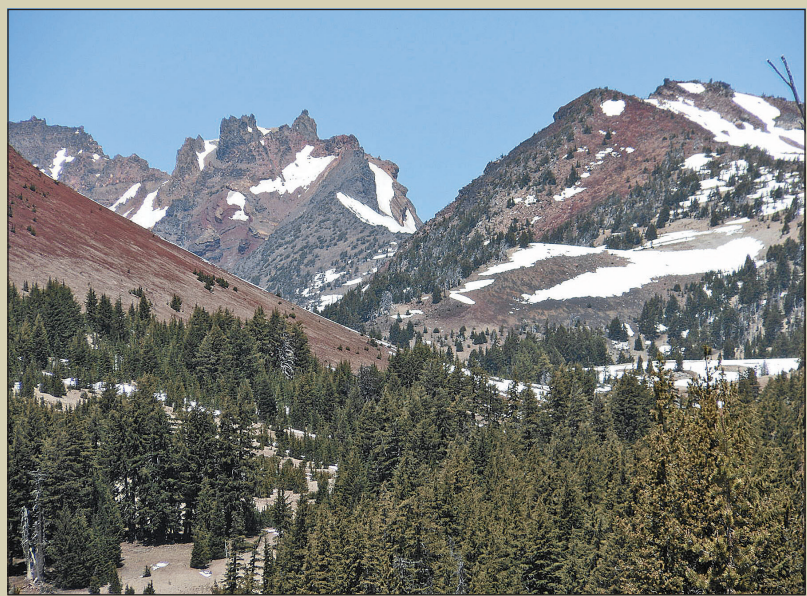
One way to get some of the high-country flavor of this loop in less time and with less uphill is to simply do an out-and-back ride from Dutchman Flat Sno-park along the Flagline and Metolius-Windigo trails.

That was my plan on a recent Sunday, so I made the half-hour drive from Bend to Dutchman Flat, just across Cascade Lakes Highway from Mount

Bachelor.

I started out through a remote forest of towering old-growth trees, the morning sun seeping in through cracks in the canopy.

Flagline, one of the most popular high-elevation trails near Bend, is best tackled as a shuttle — ride it downhill and then take any combination of trails back to town for some 25 miles. But I did not have the luxury of a shuttle on this day, so I settled for the out-and-back ride.



Mark Morical/Bulletin file photo

See Trails / A9 A close-up view of Broken Top from the Metolius-Windigo Trail.

PREP SCOREBOARD

Football

FRIDAY'S RESULTS

Redmond 44, Hood River 8
Springfield 40, Ridgeview 33
Canby 21, Mountain View 18
Crook County 24, Philomath 21
La Pine 54, Corbett 0
Madras 26, Sweet Home 20, OT

Volleyball

THURSDAY'S RESULTS

Mountain View 3, Pendleton 0 (no score reported)
Mountain View 3, La Grande 2 (15-25, 25-8, 25-21, 17-15)
Caldera 3, Madras 0 (25-15, 25-10, 25-19)
Ridgeview 3, Mazama 0 (25-19, 25-16, 25-18)
Bend 3, Crook County 0 (25-17, 25-17, 25-18)

La Grande 3, Redmond 0 (25-21, 25-16, 26-24)
Pendleton 3, Redmond 1 (no score reported)

Sisters 3, Burns 2 (22-25, 25-22, 17-25, 25-20, 18-16)
Sisters 3, Cascade Christian 0 (25-14, 25-9, 25-15)

Girls soccer

THURSDAY'S RESULTS

Redmond 1, Sisters 0
Mountain View 2, Churchill 0

Boys soccer

THURSDAY'S RESULTS

Redmond 3, Sisters 1
Ridgeview 1, Corvallis 0

Look ahead

FRIDAY

Football: Ridgeview at Centennial, 7 p.m.; Redmond at Pendleton, 7 p.m.; Sisters at Madras, 7 p.m.

High school cross-country kicks off with IMC Preview

Spokesman staff report

The Central Oregon high school cross-country season kicked off Monday with the Early Bird Intermountain Conference Preview staged at the Deschutes County Fair & Expo Center.

The race was held on the same course that will host the Class 5A IMC Championships later this season.

On a warm morning, the flat, mostly-grass 5,000-meter course included 2.5 laps of a loop near the parking area at the entrance of the Redmond fairgrounds.

The Summit girls dominated, as Storm runners accounted for the entire top five. Ella Thorsett won in 18 minutes, 45 seconds. Her teammate Barrett Justema finished second in 19:00 and Summit's Camille Broadbent took third in 19:51.

The Storm won the team competition with a score of 15, followed by second-place Bend High (54) and third-place Redmond (69).

In the boys race, La Pine's Wyatt Montgomery led almost the entire race and held off a hard-charging Hayden Boaz, of Summit, to win in a time of 16:48, just one-second ahead of second-place Boaz. Blake Reid, of



Mark Morical/The Bulletin

La Pine's Wyatt Montgomery (left) holds off Summit's Hayden Boaz at the finish line to win the Early Bird IMC Preview meet at the Deschutes County Fair & Expo Center in Redmond on Monday.

Bend, finished third in 16:53.

Summit won the boys team competition with 37 points, followed by second-place Bend (45)

and third-place Caldera (63). Ridgeview finished fourth (79) and Redmond took fifth (149).

All IMC teams except Mountain

View took part in the early season race. Class 3A Sisters and La Pine are not part of the IMC but were invited to the meet.