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Submitted
McNary senior Kyle Bonn recently committed to playing with the Willamette Bearcat football team.

MHS lineman signs with Willamette

By **DEREK WILEY**
Of the Keizertimes

Standing at 6-4, 220 pounds, football coaches have always been excited to see McNary High School senior Kyle Bonn walk on to the field.

But the feeling wasn't always mutual.

Bonn used to hate football and if not for his mother, he would have quit a long time ago.

"It definitely hasn't been easy for me," Bonn said. "When I first started doing football, I cried nearly every practice. My mom told me if I wasn't going to do this, I'd

have to do some other exercising. I kept on with it and it became something that grew on me. I started to love it and meant a lot."

Bonn, who later chose to wrestle and play lacrosse as well as football "because you get to hit people," will get to continue the game he grew to love.

The two-year starter on the offensive line recently committed to Willamette University in Salem.

"I'm just really excited to have the opportunity," Bonn said. "It's something I've actually looked forward to for a

long time. I couldn't imagine going without football."

Bonn began playing football in the fourth grade at the Boys and Girls Club in Keizer but said he didn't start to peak until middle school when he got in better physical shape.

Due to his size, Bonn always played on the line, except for the one time a coach gave him the ball for an extra point.

Bonn likes the family-feel of the offensive line.

"The feeling you get when you have a successful play, you feel like you just did it with your family," Bonn said.

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22,450th!



Submitted by Tricia Aloisi
Keizer resident Jerry Nuttbrock at the starting line of the Boston Marathon in April.

By **LYNDON A. ZAITZ**
Of the Keizertimes

When is it an occasion for celebration coming in 22,450th place? When you've run your Boston Marathon.

Keizer resident Jerry Nuttbrock, 62, was one of 30,000 people to qualify for the 2016 marathon, and one of about 20 from the mid-Willamette Valley area who were accepted to run this year.

A runner during his middle and high school days, in his early 20s, Nuttbrock's knees starting going out. He didn't run for many years. He started again in his early 40s and new shoes made all the difference; a visit to a Portland shoe company resulted in the appropriate running shoe and he has not had knee problems since.

He said he runs because it's cleansing.

"The best things about running is that it is exercise, it clears my brain. It's kind of medicinal," he said. "I love to run because it doesn't feel like work. I'm not much of a gym rat."

He may not be a gym rat but he does have a training system that strengthens his core—where the running comes from. He said that training for races, such as marathons, calls for a lifestyle change. His diet and nutrition changed and he includes yoga in his workout routine.

His training pays off — in the past year, he ran 26 races ranging from 5Ks to marathons. One of those races was the Eugene Marathon

last May which is a BQ — a Boston (marathon) qualifier. He needed to run that 26.2 mile race in no more than 3 hours and 55 minutes. He came in nine minutes ahead of the cutoff.

As the oldest continuous races in the world, the Boston Marathon is one of the six most prestigious races on the globe. Tens of thousands of runners from around the world train to qualify. In the end, the number of Boston Marathoners is limited to 30,000, divided by age groups. With an acceptance letter, and \$155 in-hand, Nuttbrock went to Boston with his running partner Tricia Aloisi. She doesn't run marathons. Yet.

The world's elite runners generally start the marathon run first (the world marathon record is a little over two hours), then 'waves' of runners, numbering about 7,500 each, took off in intervals.

What was on his mind when he was at the starting line?

"I was thinking 'I hope my watch works'. And 'It's hot,'" Nuttbrock recalled. He also asked himself if his shoes felt right. "I don't get all hyped up, I don't get nervous."

On a larger scale, while in place and ready to take off he thought, "I'm glad I'm here; so much training and time went into it."

To an amateur, the idea of running more than 26 miles seems an impossible task, but Nuttbrock says that proper training gets a runner's body to a state where it won't betray them

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"I love to run because it doesn't feel like work."

— Jerry Nuttbrock



KEIZERTIMES/Eric A. Howald
Lady Celt Reina Strand committed to playing basketball at North Dakota's Minot State University last month.

Strand to Minot Beavers

By **ERIC A. HOWALD**
Of the Keizertimes

When Derek Handley was head coach of another GreaterValley Conference girls basketball program, he dreaded going head-to-head with McNary High School.

"They had this 6-foot-2, sophomore post with skills that I knew would cause us trouble," said Handley, who is now head coach of the Celtics.

The post in question was Reina Strand, who signed a letter of intent to play with the Minot State University Beavers at a ceremony Monday, May 23. MSU is a Division II school based in Minot, N.D.

"I really liked the coach and got along with the girls in the program, and they have an athletic training program, which is what I want to study," said Strand.

Strand's path to playing college ball wasn't as simple as some others. Most college-bound players are recruited in their junior years, but Strand was stuck riding the bench as a junior, the result of a "devastating" knee injury.

However, rather than sit out entirely, Strand found ways to stay involved. She had perfect attendance at practices and games when she wasn't at physical therapy appointments and even started coaching the younger girls in the program.

"Her work ethic is unmatched," Handley said. "And staying involved helped her learn the game from another point of view."

While it spoke volumes about her character, Strand was still in the lurch when it came to options for college as a senior. Then, too, she took matters into her own hands.

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Booster auction Saturday

The McNary High School Athletic Booster Club (ABC) will host its annual dinner/auction Saturday, June 4, at the Log House Garden at Willow Lake, 5655 Windsor Island Road N., in Keizer.

Tickets are \$35 per person, \$360 for a reserved table for eight or \$500 for a sponsored table. Tickets can be purchased at mcnaryabc.com and include dinner and a bidder paddle for silent and oral auctions. The event begins with a social hour at 4:30

p.m. This summer, the ABC is helping to cover the cost of a gym renovation. The project includes repainting all three levels of the gymnasium and refinishing the main gym's floor to include a McNary "M" logo.

The final cost of the project is expected to be somewhere between \$25,000 and \$32,000, and is set to begin in June. McNary's ABC is kicking in \$20,000 toward the overall cost of the reno-

vation. The dinner and auction, which is celebrating the golden anniversary of McNary athletics, will include a "raise-the-paddle" session to fundraise specifically for the gym project.

Other highlights this year are "Golden Tickets" that will be sold only at the auction. Fifty tickets will be sold for \$50 each and the winner will get to choose any of the oral auction packages to take home before it goes on the block.