

Jingle Dash kicks off parade festivities

More than 130 runners and walkers, dressed in lights, Santa hats and reindeer horns raced down River Road on Saturday, Dec. 10 in the Jingle Dash 5K.

After rain rushed everyone inside Town and Country Lanes, skies cleared by the start of the race.

The top three runners were an average age of 11.

Andrew Goemaere, 13, won in 20 minutes and 19 seconds.

Maddy Endler, 12, took second in 24:40 and J.J. Herrera, 8, finished third in 24:45.

Dave Bashaw was fourth in 24:59 and Howard Cohen

placed fifth in 25:06.

Aaron Potter (25:21), Dena Crawford (25:26), Dean Chambers (25:28), Evan Henkel (25:38) and Jennifer Henkel (25:39) rounded out the top 10.

Cookies, hot cocoa and coffee awaited participants at the finish line.



KEIZERTIMES/Derek Wiley
Chuck Downing participated in the Jingle Dash 5K in Keizer with his children Evan, Avryn and Ava.

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Two sophomores that have impressed Lewin are Cameron Peters and Wyatt Sherwood.

Swimming in the 200 freestyle C relay, Peters had the fastest lead-off leg, finishing in 26.60. Individually, Peters also won the JV 50 free by more than two seconds in 26.91 and the 100 free by more than eight seconds in 1:02.34.

Sherwood swam varsity and placed third in the 50 free in 26.49.

Leading the varsity, freshman Kyle Hooper won the 100 free in 56.88 and the 200

free in 2:03.9. Jake Wyer took first in the 50 free in 24.64 and the 100 fly in 1:14.16. Harrison Vaughn won the 100 back in 1:13.24, barely beating Brock Wyer, who placed second in 1:13.91. Gavin Jaqua finished second in the 100 breaststroke in 1:25.74.

Swimming both distance and sprint, Grant Biondi won the 500 free in 5:55.12 and took second in the 50 free in 25.23.

"He was pretty strong for me last year but this year I think he's going to surprise himself, a lot of motivation and drive to push himself," Lewin said. "He'll be fun to watch."

McNary also racked up points in relays. Biondi, Sherwood, Jake Wyer and Parker Dean won the 200 free relay in 1:42.79. Peters, Jaqua, Tyler Covalt and Josiah Metz placed first in the 200 medley relay in 2:16.6. Biondi, Vaughn, Alex Sharabarin and Jabez Rhoades had the fastest time in the 400 free relay, finishing in 4:00.75.

The McNary girls got two of its top swimmers back, Marissa Kuch and Sarah Eckert, who missed the first high school meet to compete for their club teams, and also easily defeated McKay, 131-33.

Kuch won the 200 IM in 2:22.47 and the 100 fly in 1:04.04. Eckert won the 100 free in 1:00.41 and the 100 breast in 1:20.32.

Lizzie Bryant had the fastest time in the 100 back, finishing in 1:12.77. Emily Alger placed first in the 200 free in 2:29.44. Alyssa Garvey won the 50 free in 28.49 and Kylie McCarty touched the wall first in the 500 free, finishing in 6:10.51.

The Lady Celts also won three relays.

Abby McCoy, Emma Garland, Hannah Corpe and McCarty had the fastest time in the 200 medley relay, finishing in 2:16.54. Kuch, Eckert, Garvey and Bailey White won the 200 free relay in 1:54.47. Kuch, McCarty, Corpe and Haley Debban then touched the wall first in the 400 free relay, finishing in 4:17.12.

McNary competed against Sprague on Thursday, Dec. 15 and then took a break for the holidays. The next meet is Tuesday, Jan. 3 at the Kroc Center versus West Salem.

"We're taking the path that we want to be, getting ready for February," Lewin said. "The biggest thing that we need to work on is, really we do a good job of racing but sometimes we over think it and get too worried. We've got to work on relaxing and going back to what we train to do. Hopefully, we'll put all that together."

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