

# Oregon firefighter helps save life of runner at Boston Marathon

By AIMEE GREEN  
The Oregonian

Nick Haney ran a Boston Marathon he will never forget.

The Gresham firefighter and paramedic finished last week's race more than seven minutes slower than his goal of under 2 hours and 55 minutes, but he did help save a life along the way. And in a twist, it turns out he knew the runner he saved — an acquaintance, Meghan Roth, from Minnesota, whom he'd met through a mutual friend two years back.

"It's just so random and wild," Haney, 35, told The Oregonian. "What are the odds? Out of 15,000-plus running, and she went down? And I would be one of the people who came to help?"

Haney and Roth have since talked a few times and texted back and forth.

"Neither one of us has fully been able to wrap our heads around it," Haney said.

The race was uneventful until about 7.5 miles in, when Haney said he noticed someone stopped on the course directing runners around a woman, who was on the ground in cardiac arrest. Her face was tinted blue. Two people were performing CPR. Haney dove in to help.

"I didn't even think about the race at that point," said Haney, a firefighter of 14 years, five in Gresham. "There will be other races. It was just 'This person needs help.'"

When he took a look at the downed runner, Roth, he realized he knew her. He and a mutual running friend had had dinner with Haney when they were in Illinois for the 2019 Chicago Marathon. He saw her again at the U.S. Olympic trials in 2020, where she was competing and Haney was there to watch other friends. Like Haney, Roth also is in her 30s.

Shortly after Haney stopped to help Roth, a doctor stopped, then a physician assistant, who Haney also knew because he was a teammate of Haney's and

had traveled by bus to the starting line with him. The doctor struck Roth's sternum, in a life-saving attempt called a precordial thump, then Haney and the physician assistant took turns giving her chest compressions. The bluish color in Roth's face began to disappear, Haney said.

Within five minutes of Haney's arrival, an ambulance pulled up and the local paramedics took over. Not wanting to get in the way, he started running again.

"I just took off," Haney said. So did his teammate, the physician assistant. Together, they processed what had just happened.

"We talked about it for the next few miles," Haney said.

After a Boston hospital stay, Roth is now back at her Minneapolis area home recovering. On Saturday, she posted a photo of herself on Instagram beaming next to her 9-month-old son, saying she is so happy to be home with him. Although she wrote that she can't yet "completely carry & hold" him, she is looking forward to healing quickly. She is hopeful, too, that she will be able to train again.

Roth also has expressed her immense gratitude to Haney.

When Haney posted a photo of himself on Instagram crossing the finish line, he wrote: "I've more or less been at a loss for words since Monday but what I can say is, this one meant a lot more and I'll never forget it!" Roth responded, "You saved my life. I am forever grateful for you!!!"

The story has spread in Minnesota, in Oregon and across the nation and the running world. Haney's local firefighters union has showered him with praise, calling him "awesome." The American Heart Association in Oregon and southwest Washington tweeted "Bravo, Nick Haney!"

Haney said it was all a matter of chance.

"Right place," he said, "right time."



Nick Haney



Dean Guernsey/The Bulletin

Melody Luloff organizes produce in the farm store at Rainshadow Organics.

# Food trail highlights central Oregon agriculture

By KYLE SPURR  
The Bulletin

A new self-guided tour through the farmlands of central Oregon will allow participants to enjoy the food produced in the region. The High Desert Food Trail, which launched Friday, takes people on a tour of 45 different stops through Deschutes, Jefferson and Crook counties.

The stops include farms and ranches, craft beverage producers, cooking schools and vineyards.

"We are really excited to collaborate with other farms in central Oregon to share our rich agricultural lands with our community and visitors," said Sarahlee Lawrence, owner of Rainshadow Organics, a 200-acre farm outside of Sisters.

Lawrence, 39, was born at the farm, which her family started in 1970. She and her husband, Ashanti Samuels, opened a farm store on the property in 2015. At the store, Lawrence offers meats, grains and vegetables all raised on her farm. Participants on the food trail are encouraged to visit Friday and Saturday each week, when the store is open and meals are served, she said.

"We call it farm-driven cuisine," Lawrence said. "We really are cooking what we grow, and it changes every week, every season."

Lawrence is familiar with other food trails in Oregon, including

one in Hood River called the Fruit Loop.

She is thrilled her farm is on the new trail. It helps people find her farm, which like many other farms is off the beaten path, she said.

"We are definitely not on a main road," Lawrence said.

"It's a beautiful drive, but it's not really on the way to anything."

The High Desert Food Trail was created by the High Desert Food and Farm Alliance and Travel Oregon, which runs the Oregon Food Trails. The new trail joins eight other Oregon Food Trails throughout the state, and is the second east of the Cascade mountains.

A map of the trail is available on the food and farm alliance website.

Annie Nichols, who organized the trail for the food and farm alliance, said brochures with the map will be available at Travel Oregon visitor centers across the state and the Redmond Airport.

The goal is to promote the agriculture of central Oregon to visitors and locals who may not be aware how many food producers are in the region, Nichols said.

"Central Oregon has this vibrant food scene that I think a lot of people, especially in western Oregon, are not quite aware of," Nichols said. "We have this really cool scene out here that we are trying to highlight and package in a more

exciting manner."

Jeff Fox, who owns Sun Life Farm outside of Prineville, said he is eager to share his property with visitors on the food tour.

Fox, who grew up in Salem and worked around the country in web development and logistics, bought the 160-acre farm two years ago. He was drawn to the views and rich soil, where he now grows 7,000 lavender plants. His farm also features 5 miles of hiking trails and an area with 19 bee hives where he produces honey.







"That's our biggest drive, to really provide an experience at the farm," Fox said. "It's experiencing the life, experiencing the products and experiencing the adventure of the farm."

Sun Life Farm is one of four Crook County farms on the food trail. Fox hopes people spend time at his farm and then visit the others.

"We have a pretty good representation for our portion of the trail," Fox said.

Fox's farm relies on visitors, who come to buy lavender and honey and stop for a meal. He believes the food trail will bring more people, who otherwise wouldn't know to visit.

"I see that as the value in the trail itself," Fox said. "It does entice visitors to the High Desert area to get out and see more."

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