



Erin Jones places first in Dallas duathlon

Triathlete Erin Jones, a Hood River native and 2009 Hood River Valley High School graduate, continues on her quest to make the Olympic qualifiers in Brazil this summer, and helped herself out last week by taking first in the Elite Women's category of the International Triathlon Union's Dallas CAMTRI Sprint Triathlon held in Dallas, Texas, June 6, as part of the Continental Cup series.

It was an unusual race for Jones as well as others in the event as the triathlon — which consists of swimming, biking, and running — was changed to a duathlon (in this case, running and biking). According to the event's website, Dallas County Health and Human Services suspended all activity on Lake Carolyn, where the swim portion was to be held, due to an "accidental wastewater discharge."

Jones had some "really strong run times," according to her father, Tony Jones, running the first 5-kilometer leg of the race in 17 minutes, 12 seconds and the third leg, a 2.5K run, in 8:39. She completed the second leg of the race, a 20K bike ride, in 33:37, to finish with an overall time of 1 hour and 43 seconds — 47 seconds ahead of the second-place finisher. The overall time includes transitions between events.

For each leg, Jones had the second-fastest time in the 5K run, first in the bike leg, and second in the 2.5K, as well as the fourth- and third-fastest transition times.

Jones next heads off to Hautulco, in the Mexican state of Oaxaca, on June 14 to compete in an ITU World Cup event. Interested readers can follow her progress on her website at www.erinjonestri.com.

Photo courtesy of erinjonestri.com



OUTDOOR NEWS

By BUZZ RAMSEY

June column: Summer chinook on the lower Columbia

I blinked with disbelief as the salmon made a U-turn out of the net and streaked down river faster than you can say, "summer chinook." Never in all my years (which are quite a few) have I seen a fish that large escape a landing net so deliberately.

That scene was burned into my memory over 10 years ago and why, when asked, I often tell fellow anglers that summer chinook, especially a big one, fight like no other. Realize too, that these salmon come in many different sizes, but on most years average 25 to 35 pounds with 40- and 50-pound monsters caught by someone (but not me, as of yet) each and every year.

The pre-season forecast for this year's run is 73,000 fish, which is how many state fish managers expect will cross the bar at the mouth of the Columbia River. However, given what appears to be a better spring chinook return that predicted, some biologists think the actual run may be larger. And while the summer salmon run normally peaks at the Bonneville fish counting windows around June 28, the run could come early this season, given this year's low than normal water conditions.

For many of us the opportunity to fish for and keep a summer chinook from the Columbia River is a dream come true. Although summer chinook were once the most numerous of chinook the Columbia had to offer — for example, in the 1880's the average annual run was 4 to 5 million wild salmon — since that time the population dropped so low (around 40,000 annually) anglers were denied a season for 29 years. These fish rebounded enough to allow sport fishing in 2002 because a federal judge was/is managing the river and requiring the hydro system to release water to move juvenile fish downriver and spill it over the top federal dams which benefits out-migrating smolt and the subsequent adult return.

The summer chinook fishery near Bonneville Dam is one where lures fished in a stationary position are set to ambush salmon migrating toward the upper Columbia and Snake River systems. Last year, we caught them anchored not far below Bonneville Dam on a combination of plugs and spinners. Given that the water temperatures are warmer during June than earlier in the year, you will likely find these fish running deeper in the water column on average. We've had the best success anchoring in depths ranging from 14 to 25 feet.

What we and many anglers use depends on water speed. If the water is medium to slow moving, salmon-size plugs like Mag Lip and Flat-Fish/Kwikfish are what work. We often run these on a 60-inch leader behind a buoyant river diver or weight-dropper line of 24 inches. Keep in mind that a 24-inch weight-dropper line might be right for a T-50 FlatFish while a dropper of 30 to 36 inches might be better when fishing a deep-diving Mag Lip, especially in faster currents. Some of the better producing plug colors include Fluorescent Red, Fire Starter, Feeder, Keeper, and the old standby, silver/chartreuse "head."

If the water is fast moving, we've enjoyed success plunking spinners. There is just nothing that fishes as well in fast water as a salmon spinner. Summer chinooks go for medium-size spinners like a size 5-1/2 Mulkey. Try rigging these on a 60-inch leader and 24-inch weight-dropper line depending on current speed, and hold them near bottom with 6 to 16 ounces of weight. Some of the popular spinner colors include fluorescent red, chartreuse/green, "dot" green, pink or blue rainbow, and metal finishes like copper, brass or genuine gold. Metal blade finishes or combinations of metal and paint work best when the sun is bright while painted finishes work best when the light is low or when it's overcast.

Bank anglers plunk a size 4 and larger size number 2 Spin N Glo when targeting these salmon and often tip the trailing hook with a prawn. Some of the more popular colors include Stop N Go (red and chartreuse), fluorescent red, clown, and lime green.

Boat anglers fishing farther downstream on the Columbia, near Kalama or Longview, where the river current is affected by ocean tides, employ anchor and troll methods. As you might imagine, anchoring is best when the tide is outgoing and currents running while trolling is more productive when the current is slow due to flooding tides. And while fish may be found along current edges and near bottom when currents are strong, they may be found higher in the water column when the current slows.



Submitted photo

THREE-PEATS

Hood River Valley High School recently celebrated its 49 three-sport athletes, who are busy competing all school year long for the Eagles. The athletes and their sports are as followed, listed in alphabetical order: Females: Linsey Back: Volleyball, Basketball, Softball. Mackenzie Booth: Volleyball, Swimming, Softball. Savanna Brentlinger: Soccer, Swimming, Alpine/Freestyle Ski Team. Chloe Clark: Swimming, Track, Cross Country. Cassidy Davidson: Soccer, Basketball, Track. Claire Davies: Soccer, Alpine/Freestyle Ski Team, Track. Daisy Dolan: Nordic Ski Team, Lacrosse, Cross Country. Denali Emmons: Nordic Ski Team, Track, Cross Country. Rose Finstad: Water Polo, Basketball, Tennis. Terri Hewitt: Nordic Ski Team, Track, Cross Country. Jestena Mattson: Volleyball, Basketball, Track. Erin Mayer: Water Polo, Alpine/Freestyle Ski Team, Lacrosse. Katherine McElderry: Swimming, Water Polo, Lacrosse. Hannah McNeerney: Volleyball, Basketball, Softball. Lauren Orr: Water Polo, Basketball, Lacrosse. Nicolette Paulus: Soccer, Alpine/Freestyle Ski Team, Tennis. Payton Rigert: Water Polo, Wrestling, Lacrosse. Lauren Robinson: Nordic Ski Team, Track, Cross Country. Casey Sherrerd: Water Polo, Alpine, Freestyle Ski Team, Track. Bayly Stevens: Soccer, Basketball, Track. Avrie Van Tilburg: Soccer, Alpine/Freestyle Ski Team, Track. Kaylin Winans: Volleyball, Basketball, Softball. Lauren Winans: Volleyball, Basketball, Track. Males: Jacob Bromham: Nordic Ski Team, Track, Cross Country. Dallas Buckley: Football, Basketball, Baseball. Gabriel Campos-Davis: Nordic Ski Team, Track, Cross Country. Patrick Crompton: Football, Alpine/Freestyle Ski Team, Track. Muir Emmons: Nordic Ski Team, Cross Country, Baseball. Patrick Estes: Football, Basketball, Track. Levi Geller: Football, Basketball, Lacrosse. Adam Harter: Football, Basketball, Tennis. Luke Harter: Football, Basketball, Tennis. Trenton Hough: Football, Basketball, Baseball. Thomas Humann: Soccer, Swimming, Tennis. Dakota Kurahara: Water Polo, Basketball, Baseball. Mitchell Lamer: Water Polo, Alpine/Freestyle Ski Team, Lacrosse. John McCaffrey: Soccer, Alpine/ Freestyle Ski Team, Lacrosse. JJ Mears: Water Polo, Basketball, Baseball. Thomas Mixon: Soccer, Alpine/ Freestyle Ski Team, Lacrosse. Noah Noteboom: Soccer, Basketball, Track. Stanley Ocheskey: Water Polo, Swimming, Track. Carson Orr: Soccer, Basketball, Lacrosse. Cameron Perez: Football, Wrestling, Baseball. Adrian Ramirez: Football, Wrestling, Track. Don Schilling: Water Polo, Swimming, Track. Tyrone Stintzi: Football, Basketball, Track. Jonah Tactay: Football, Basketball, Track. Kameron Walker: Football, Basketball, Baseball. Tanner Wells: Football, Basketball, Track. Jesse Wiley: Nordic Ski Team, Track, Cross Country.

New excessive contact rule for high school basketball goes into effect next season

INDIANAPOLIS, IN— The rule prohibiting excessive contact in high school basketball has been expanded to include all ball-handlers on the court, include post players.

This revision in Rule 10-6-12 and a new signal for officials has been recommended by the National Federation of State High School Associations (NFHS) Basketball Rules Committee. Both changes were subsequently approved by the NFHS Board of Directors.

Last year, the rules committee added Article 12 to Rule 10-6 in an effort to eliminate excessive contact on ball-handlers and dribblers outside of the lane area. Beginning next season, excessive contact on any ball-handler will be a violation of the rules.

The new language states that "a player becomes a ball-handler when he/she receives the ball. This would include a player in a post position."

The acts that constitute a foul when committed against a ball-handler are a) placing two hands on the player, b) placing an extended arm bar on the player, c) placing and keeping a hand on the player and d) contacting the player more than once with the same hand or alternating hands.

"The current rule covers the ball-handler/dribbler situations but ignores the action that goes on in the post area with the hands, arm bars, etc.," said Theresia Wynns, NFHS director of sports and officials. "The additional language will clarify that the illegal acts should be ruled for every position on the floor."

The rules committee also approved a new signal to be used after a basket is made and when there is a stoppage in play. The signal will be used by officials to indicate that the team in-bounding the ball may run the baseline. This signal would be used to restart play when a time-out is called or an injury

occurs after a made basket.

In addition to these changes, the Basketball Rules Committee approved four points of emphasis for the 2015-16 season: post play, rebounding, protecting the free-throw shooter and NFHS mechanics and signals.

The committee noted that new information has been added to the rules book that addresses cleaning up post play and urged fouls to be called when violations occur. In addition, the committee emphasized that illegal tactics related to rebounding should be called since these violations are among the leading causes of injury in high school basketball.

Protecting the free-throw shooter is another area of emphasis for next season. The committee noted that the rule change last year allowing a player occupying a marked lane space to enter the lane on the release of the ball by the free thrower calls for added protection of the free-throw shooter.

The final point of emphasis concerns the use of NFHS mechanics and signals.

"Communication is vital to the game of basketball, to the officials and all others involved in the game," Wynns said. "It is essential for officials to master and use only the NFHS-approved mechanics and signals."

A complete listing of the basketball rules changes is available on the NFHS website at www.nfhs.org. Click on "Activities & Sports" at the top of the home page, and select "Basketball."

According to the 2013-14 NFHS High School Athletics Participation Survey, basketball is the third-most popular boys sports nationwide with 541,054 participants and second-most popular girls sport with 433,344 participants. In terms of school sponsorship, it ranks No. 1 for both boys and girls with 18,126 schools for boys and 17,754 for girls.

SPORTS BRIEFS

Tennis camps start next week

Tennis camps are coming up soon, in addition to many other camps all summer long, which can be found online at Community Education's website www.hoodriver.k12.or.us/coe where interested parties can sign up as well. The first youth camp is next week, June 15-18, Monday-Thursday, from 10 a.m. to 12 p.m. It is run by, Kenzie Kerr, at the Tsuruta Tennis Courts, across from the Hood River Middle School. The first middle/high school camp is June 22-25, from 9:30 a.m. to 12 p.m., same instructor and same location.

WS Backyard half marathon June 20

With all this great weather, you should be in shape to participate in the 8th Annual White Salmon Backyard Half Marathon. The half marathon is June 20th with hikers starting at 8:30 a.m. and runners at 10 a.m. The event will start and finish at Rheingarten Park, just one block NW of downtown White Salmon. The event is free with a suggested donation of \$20 for the White Salmon Cross Country Boosters and the CGRC Scholarship Fund. You can register at <https://ultrasignup.com>. More information is also at www.columbiagorgerunningclub.com or check out the event's Facebook page: White Salmon Backyard Half Marathon.

Families at Family Man

With school out, Families at Family Man is now going on every Wednesday, according to the Hood River Area Trail Stewards (Hood RATS). Bring your kids, snacks to share, and of course, water and come ride every Wednesday this summer starting at 5:30 p.m.

Sports news?

Do you have a summer sports tip or news you'd like to share? Email sports editor Ben Mitchell at benmitchell@hoodrivernews.com or call the Hood River News at 386-1234.