

Become a reading Superhero at the library this summer

This year the Hood River County Library District has planned a wide variety of educational, entertaining and fun programs to fill the summer days. Everyone is invited to join our summer reading programs for children, teen and adults at the Hood River, Cascade Locks and Parkdale branches. Prizes are awarded for all ages of readers, simply for reading or listening to what they already enjoy. The summer reading program runs from Friday, June 12 through Saturday, August 29.

Children may register anytime during the summer for "Every Hero Has a Story." Registration involves filling out a reading record and setting a reading goal of time spent reading over the summer. Children who cannot read yet may participate with a parent or caregiver. There are four levels of prizes ranging from gemstones or pool passes, cookies, books and ice cream.

The Kick-off Party will be held Saturday, June 20 at 5:30 p.m. at the Hood River Library. Start off the summer with Popsicles, hot

rods and performer Brad Clark and his musical mayhem! There will be performances, crafts and parties throughout the summer in Hood River, Cascade Locks, Odell, and Parkdale.

Throughout the summer, the Hood River Library will hold story times on Thursdays at 10:30 a.m. To better meet the needs of our diverse story time attendees, Children's Librarian Jana Hannigan and her assistant Yeli Boots split story time into two age groups. Babies and toddlers can enjoy Movement and Music with Miss Yeli. Preschool age children are invited to the children's library for story time and sing along with Librarian Jana. Cascade Locks branch holds story time on Saturdays at 1 p.m. Join Miss Amber for stories, songs, and fun with musical instruments.

The Teen Summer Reading is called "Unmask!" For every 5 hours read, teens will receive a prize. After they read 15 hours, for each additional 5 hours read, they'll be entered into the grand prize raffle. Teens can

win candy, new books, and a single scoop of Mike's Ice Cream. Three grand prize raffle winners get a \$50 gift card. Teens can also participate in a range of summer activities like the Movie Maker Club, Water Party, Game Night, Scavenger Hunt, popular Library Lock-In and much more.

Kids aren't the only ones having fun at the library this summer. Adults can sign up for the Adult Summer Reading Program, "Escape the Ordinary." The program is open to anyone 18 and over. Adults can read or listen to any book they want. Come into the library to sign up and receive a reading log and list of summer programs. Receive a stamp for each book, audio book or adult library program attended. Each stamp is one entry into the raffle. Each library branch is giving away a Google Nexus Tablet, plus several local Gorge businesses donated prizes. Win Dog River Coffee gift cards, movie passes to Skylight Theater, Cascade Locks Ale House or Solera Brewery gift certificates. Great programs for adults will be offered at all

branches throughout the summer.

The Hood River County Library District's Summer Reading Program is made possible by the generous support of numerous local businesses and groups that contribute funds and in-kind donations for programs, prizes and supplies. Thank you to Andrew's Pizza and Skylight Theater, Apple Valley BBQ, Bridgeview of Cascade Locks, Cascade Locks Ale House, Columbia Gorge Organics, Columbia State Bank, DelCarpine Automotive, Diamond Fruit, Dog River Coffee, Duckwall Fruit, East Wind Drive-in, Friends of the Library, G. Williker's Toy Shoppe, Juanita's, Hood River Hobbies, Hood River Valley Park and Rec, McIssac's, Mike's Ice Cream, Mother's Market Place, Pine Street Bakery, Solera Brewery, Sparkling Creations, To-furkey and Waucoma Books.

For a full list of programs and events contact the Hood River County Library District at 541-386-2535, info@hoodriverlibrary.org, or visit their website at hoodriverlibrary.org.

CG Tri Club enjoys great conditions at Ironman 70.3 Victoria

Last weekend, 18 members from the local Columbia Gorge Tri Club travelled to Victoria, BC, to participate in the Ironman 70.3 Victoria, with 1,622 total finishers listed for the race.

Ironman 70.3 represents the total number of miles in the race and is actually half the length of a full Ironman, which consists of a 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile run (marathon) — raced in that order.

Columbia Gorge Tri member Patrick Hiller said that conditions were excellent and that, "compared to our usual conditions in the Gorge with swimming in a relatively cold river with current, windy bike rides and climbs and lots of climbing on our runs, Victoria greeted us with moderate temperatures, a warm, calm lake, a bike course with limited climbing and two running loops on a mainly shaded trail around a lake. For several it was their first Half Ironman event and they exceeded their expectations. For those of us who've done several, I believe all marked their personal best times on this beautiful and fast course."

One Columbia Gorge Tri member, Sasha Kirchner, crashed his bike and had to exit the race with a shoulder injury "but joined the group for the post-race activities after a visit to the local ER," reported Hiller.

"It was wonderful to wander through Victoria on Sunday night and Monday throughout the day and run into fellow Gorge Tri Club members — even though several of us were walking quite funny," Hiller said. "The positive vibes that everyone gets in this group are amazing. Several of us traveled with family and we were in constant touch with our fellow triathletes back in the Gorge who were well informed about our race progress."

GORGE TRI RESULTS

Nicole Bassett - (Time: 6:02:01; Age 38; Div Rank 40; Overall rank 731)	Sprint Triathlon; results unavailable)
Clint Bogard - (Time: 5:23:39; Age 48; Div Rank 45; Overall rank 358)	Andrew Stewart - (Time: 5:30:04; Age 38; Div Rank 54; Overall rank 411)
Patti Boyd - (Time: 5:32:45; Age 45; Div Rank 14; Overall rank 442)	June Towne - (Time: 8:06:15; Age 63; Div Rank 16; Overall rank 1373)
Mark Frost - (Time: 5:21:03; Age 48; Div Rank 40; Overall rank 323)	Anne Tynnismaa (Time: 6:03:43; Age 23; Div Rank 7; Overall rank 749)
Patrick Hiller - (Time: 4:50:30; Age 38; Div Rank 13; Overall rank 99)	Edward Tynnismaa (Time: 5:33:37; Age 54; Div Rank 18; Overall rank 454)
Sasha Kirchner — DNF (bike crash)	Tatum Tynnismaa (Time: 6:25:24; Age 23; Div Rank 10; Overall rank 954)
Angela Krause - (Time: 6:09:31; Age 44; Div Rank 46; Overall rank 811)	Terri Tynnismaa (Time: 7:25:31; Age 52; Div Rank 60; Overall rank 1269)
Jeff Rippey - (Time: 5:31:10; Age 58; Div Rank 14; Overall rank 424)	Alex Trout — (Time: 6:00:24; Age 55; Div Rank 27; Overall rank 717)
Sonia Schuemann (Time: 7:07:13; Age 50; Div Rank 57; Overall rank 1210)	Tammi Wimmer (Time: 8:06:46; Age 44; Div Rank 90; Overall rank 1374)
Kim Scott — (participated in	



Photo by Paloma Ayala

CLINT BOGARD grabs some refreshment during last week's Ironman 70.3 in Victoria, BC.

PADDLE

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a "Hawaiian/Tahitian heritage sport" and that surfskiing is a South African/Australian heritage sport."

Johnson, who currently lives in the San Francisco Bay area, but is in the process of relocating to the Gorge where he spends four months out of the year, has paddled all over the globe, including Hawaii. And despite Hawaii's status as the primo destination for big-wave aficionados, Johnson notes that the Gorge is one of the best spots he's seen for downwind paddling, which in addition to surfskiing and outrigger canoeing, also includes the sport of stand up paddleboarding (SUP).

"The thing with Hawaii is on the right day, it's crazy. The problem is, the right day is only one out of every 10 days and the logistics are borderline possible..." he explains. "Here, the right day is more like two out of every five days — nuking conditions — and the bad days are not a write-off; the bad days are still pretty dang good."

"From logistics and the quality of wind and waves — this is the spot," Johnson adds.

Downwind paddling is one of the fastest growing water sports out there and while the sport maybe overshadowed by kiteboarding and windsurfing here, Johnson notes he's seen an increase in outrigger canoe paddlers and surfskiers in the Gorge as well. Over 100

people have already signed up for the event, including about 20 from the Gorge area, as well as "three or four Olympic kayaking gold medalists." He expects about 200 will register for the event.

The first few days of the Gorge Downwind Paddling Festival will give opportunities for those entering in the festival to take shuttles from Hood River to Stevenson and enjoy downwind paddling action that is more like a "fun cruise" as opposed to race, as well as outings at local restaurants at night.

'From logistics and the quality of wind and waves — this is the spot.'

CARTER JOHNSON

The first de facto race begins on Friday, the North American Championships, which will feature a race that starts in Home Valley and finishes at the Hood River Marina. On Saturday, the Wildside Relay will kick off, an event Johnson says has been "going on low-profile for over 20 years" in the Gorge (70 people showed up last year, according to Johnson), but is now part of this event. The relay will run from Stevenson to the Bingen Marina, with stops

in Home Valley, Drano Lake, and the Spring Creek National Fish Hatchery.

Despite the tough competition, Johnson says both races are open to recreational paddlers who will compete in a category separate from the pros. Divisions will be broken up via age group and watercraft category, with cash payouts in each category. Registration costs \$175 and includes downwind shuttles throughout the week, entrance into the two races, and three dinners, including the "one all-out banquet at Springhouse Cellars" in Hood River. Johnson says Full Sail and Springhouse Cellars have both agreed to sponsor parts of the event and that he's looking for more local sponsors.

It's a Cup race, and there's money on the line, but Johnson says the race is also about encouraging stewardship of North American waterways, with 100-percent of the proceeds going to Rivers for Change — a California nonprofit whose mission is to "organically connect people to the waterways" without pushing a specific conservation agenda.

"They're not going to tell you to go to the Columbia River and save the salmon, they're not going to tell you to go to the Columbia River and petition blowing up John Day Dam. They're not going to tell you anything like that," he explains. "They're going to say,

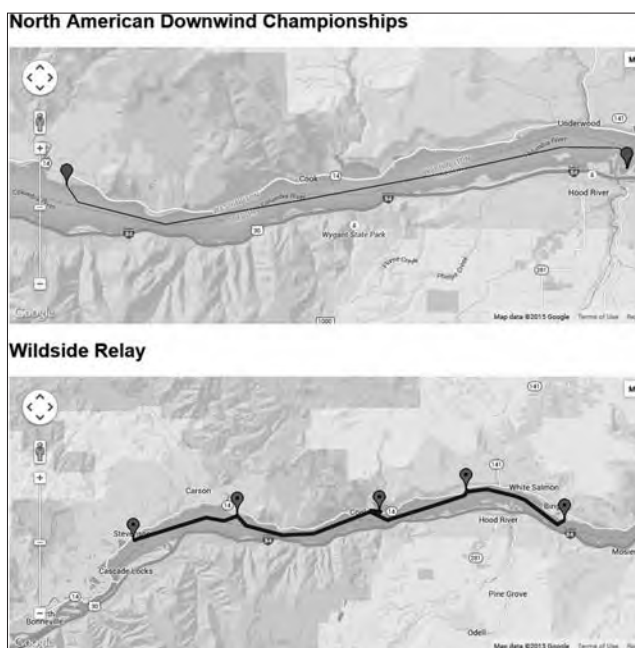
'Here's an amazing waterway, how do we get people onto the water...and once they're on the water, people organically get interested.'

Specifically, Johnson says he's working on getting the money used for one of Rivers for Change's "Source to Sea" trips, which takes students and teachers on tours from the source of a river to its terminus. It'd be a big trip, but Johnson is looking to get a Source to Sea journey that would run from the source of the Columbia River (generally identified as Columbia Lake in British Columbia) all the way to its mouth near Astoria.

It may only be surfskiing and outrigger canoeing this year, but Johnson says the plans are to add SUPs next year, and then windsurfing and kiteboarding the year after that if all goes well.

"Over time, we want to be the one spot in North America where internationals come from all around the globe to do downwind of any nature, of any kind...ambitions are big," he says.

For more information on the festival, go to .gorgepaddlingfestival.com.



Submitted photo

THE RACE runs from Home Valley to Hood River for the North American Downwind Championships and Stevenson to Bingen for the Wildside Relay.

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