

# Let's wrestle!

Each Tuesday and Thursday evening, around 40 children — boys and girls — gather at the Enterprise High School Gym to participate in Northeast Oregon Wrestling Club. Wrestlers are paired into five groups ranging in age from 5 to 14.

A dozen parent volunteers assist in keeping the organized chaos under control and teaching various wrestling skills. Troy Farwell is the organizer for the gatherings. This is the 14th year as a competing club. The 2017 season is roughly half-way completed.

The season will end with an all-day tournament 10 a.m. Saturday, Dec. 2. Volunteer referees and people to assist with scoring and timing the matches are needed. To volunteer, call 541-398-1632.



Trace Evans, left, and Tyler Schaffeld demonstrate wrestling techniques to members of the Northeast Oregon Wrestling Club youth wrestlers Nov. 9 in the EHS gym. Evans is a freshman on the Enterprise High wrestling team who helps with the youth program.



Tyler Knapp, left, and Owen Cunningham participate in wrestling practice Nov. 9 at EHS gym. Students ranging from 5 to 14 are part of the program, which is in its 14th year.

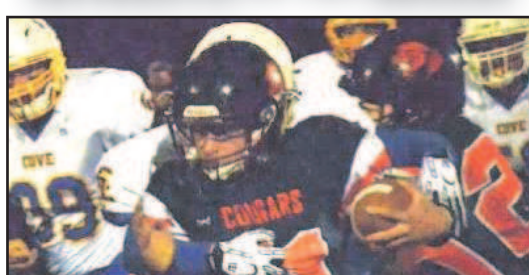


Tom Birkmaier shares a pointer with his son, Joseph, during the Northeast Oregon Wrestling Club's practice Nov. 9 at the EHS Gym.



Anthony Owings, top, puts the moves on Owen Cunningham as both hone their wrestling skills as part of the Northeast Oregon Wrestling Club Nov. 9 at the EHS Gym.

## ATHLETE OF THE WEEK




**Patrick Ritthaler**

This week's athlete of the week is Wallowa High School student Patrick Ritthaler. The senior is a member of the school's football team and plays running back and linebacker for the squad. During the Cougars' 28-6 loss to Triad at the 1A state playoff quarterfinals, Ritthaler didn't let the score get him down. He rushed for 70 yards on 12 carries with a long run of 58 yards. He also caught two passes for 28 yards in the contest while adding 3 tackles and two assists on defense. On the year, Ritthaler racked up 1300 yards rushing with an astounding 11 yards per carry average.

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## Ribich continues his winning ways

By Steve Tool  
Wallowa County Chieftain

Anyone who has followed the track and cross-country college career of 2014 Enterprise High School graduate David Ribich has to wonder what hills he has remaining to climb. Ribich is already an All-American runner and won the NCAA Div. II national championship in the 1500 meters race in June of this year. What's left? Plenty as it turns out.

In a recent spate of awards, the Western Oregon University senior won the Great Northwest Athletic Conference individual cross-country title in Bellingham, Wash on Oct. 21.

Ribich's closest competitor was nearly six seconds behind him. Ribich's efforts, along with those of his teammates, allowed WOU to take the team crown from seven-time champions, Alaska Anchorage University.

Not satisfied to rest on the laurels, Ribich went all-out for a Nov. 4 victory over all comers in the 10,000-meter West Region Cross-Country title race with a time of 29:49.2 — eight seconds ahead of his nearest competitor Kyle Medina of Chico State, who placed 11th in the nationals last year. Ribich's win was the first individual cross-country win in WOU history and the first time a non-AAU runner

has won the race since 2007.

Ribich said a comment from Medina helped him push harder in the race. Medina had said he didn't assume Ribich would be much of a threat because of his focus on the 1500-meter race in track and field. Ribich won the NCAA Div. II national title in the event last year. Ribich spoke to him after the race.

"I told him that Western runners don't categorize themselves as event specialists," Ribich said. "We count ourselves as race specialists. Put us in a race, and we're going to do everything we can to race it no matter what the distance." He added that the comment from the runner was fuel

on the fire, but was also white noise because he didn't run the race differently because of it.

With the regional win, Ribich qualified to compete at the NCAA Division II Cross Country Championships Nov. 18, in Evansville, Ind.

Along with those accolades, Ribich was also voted the regional cross-country athlete of the year.

"If you told me that I'd win that in cross-country before track, I would have laughed," he said.

Ribich shines in the academic world as well, with a 3.41 GPA. He also was selected for the 2017 Great Northwest Athletic Conference Cross-Country All-Academic Teams.

"He's a phenomenal athlete," said EHS cross-country and track coach Dan Moody. "He's a very hard worker, goal-oriented. He knows what he wants and goes after it."

Enterprise High School is showing the National Cross-country Championship on TV at the school this Saturday at 9:30 a.m.

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~ or ~  
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~ or ~  
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