

## SPORTS

### Tingelstad having a strong freshman campaign for C of I

By RONALD BOND  
Wallowa County Chieftain

JOSEPH — Ellyse Tingelstad had a solid freshman campaign for the College of Idaho women's cross-country team.

Tingelstad, the former state champion track standout for Joseph, was named an all-American by placing 33rd overall and was the top runner on the C of I women's team, which finished second overall at the NAIA National Championships Friday, April 9, in Cedar Rapids, Iowa, behind only St. Francis (Ill.) Tingelstad completed the race in a time of 18:31.55, and was among three Coyote athletes to garner all-American status. Her effort already puts her in the top 25 for national placings in program history.

"Grabbing all-American means a lot," Tingelstad said. "It's one more thing to confirm you have improved this much, and the hard work in this long season has paid off."



College of Idaho/Contributed Photo

Former Joseph track and cross-country standout Ellyse Tingelstad, shown in a meet for the College of Idaho, earned all-American status in helping the Yotes' cross-country team take second at nationals last month. She is also off to a stellar start to the track season.

"Weird" was a word Tingelstad used to describe the season on multiple occasions, noting how the season started in the fall, but rolled into the spring because of the COVID-19 pandemic. She added

that as cross-country ended, she went straight into track — and even at times was practicing for indoor track and cross-country in the same day.

"It's been hard balancing things,

but I have a super awesome team," she said. "Coming down here and being able to run with (these) girls and always having people to train with is great."

It capped a season that saw her quickly emerge as one of the top runners for College of Idaho — if not the top. After taking fourth on the team in a 3K at Eastern Oregon University in November, and second behind teammate Erin Moyer at a home 4K in early February, Tingelstad became the tip of the spear for the Yotes. The team often ran in a pack, but the freshman ended up leading out at the end. She led five C of I runners who finished between second and sixth at the Lewis and Clark Winter Invite in late February, posting a time of 17:46 to help the Yotes easily win the meet.

A month later, she turned in the same time and took third overall at the Cascade Collegiate Conference championships to help lead C of I to an easy conference title. Four Coyote runners placed in the top 10

at the meet.

"The biggest thing I can attribute (my improvement) to is having those girls to train with," she said. "When we are given a race plan we are told we are running together. ... We're all just as good as each other."

The amount of mileage she put in each week also increased, and she said building her foundation helped improve her endurance and time during that first season.

"A big thing has been a shift in training to do a little more volume. I am running a little more than in high school," she said. "Both coaches (in high school) were strong on low mileage. Having a little more base under me has been helpful. ... I actually cross-train twice a week, and only run four days a week."

At nationals, she competed against 325 other runners, and according to a C of I article on the meet, was the first CCC runner

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### Evans to wrestle at Saint Mary

By RONALD BOND  
Wallowa County Chieftain

ENTERPRISE — Enterprise senior Trace Evans wants to dispel a view that being from a small town severely reduces an athlete's chances to play at the collegiate level.

Evans, a standout wrestler for the Outlaws, signed his letter of intent Sunday, May 2, to wrestle for the University of Saint Mary, an NAIA program based in Leavenworth, Kansas.

"You hear a lot, 'I'm from a small school, I'm not going to go anywhere,'" Evans said. "I really hope ... in doing this (that) I help set an example to younger kids who (are) in the same position I once was. Just because I'm from a small school doesn't mean I can't do good things."

Evans, who said he was recruited by roughly 40 schools, landed a near full-ride scholarship to Saint Mary, a combination of his prowess on the wrestling mat and in the classroom. He was the runner-up at state in the Class 2A classification in the 2019-20 season — the last one before the pandemic started. Evans has wrestled in several tournaments for the Oregon National Team since last taking the mat in an Oregon State Athletic Association event, and carries a 3.76 GPA.

At the state level, he had a third-place finish in 2018-19 to go with his second-place effort a year ago, both at 138 pounds.

He said he selected USM in large part because of head coach Chuck Kearney. Kearney was a former two-time state champion from Sandy, and a former University of Oregon head coach who,



Ellen Morris Bishop/For the Wallowa County Chieftain

Enterprise High School wrestling standout Trace Evans signs his letter of intent to wrestle for the University of Saint Mary wrestling program on Sunday, May 2, 2021, at the Enterprise Elks Club. Evans asked all four of his high school coaches, from left, Court Fent, Troy Farwell, Kyle Crawford and Rusty Eschler, to stand with him as he signed. "You've all been a greater influence on my life than I could ever say and thank you for," Evans said to his coaches and the friends and family who gathered for the ceremony.

according to the USM website, has more than 30 years of coaching experience.

"He was really easy going," Evans said. "(He said), 'You are going to be well taken care of here.' When I went and visited the campus, it was a great campus."

Evans also was a fan of the approach Kearney takes to recruiting, noting the coach said his focus is to take a smaller number of athletes and hone in on them to try and build high-end wrestlers.

The EHS standout, who will wrestle at 149 pounds for the Spirens, said many of the coaches who recruited him commented on his balanced wrestling skills, and

liked that he was moldable as a grappler.

And although he's a strong technical wrestler, his smarts on the mat may be what has set him apart during his career.

"I've never been the biggest guy, never been the strongest guy, for sure," he said. "I always make it a point to attempt to be the smartest. My dad always told me to wrestle smart. ... That, along with having the willpower and stuff to work harder every day and go the extra mile, has helped me in my high school career."

Indeed, it has taken a lot of self-motivation to develop into a high-caliber wrestler given the

smaller size of the EHS program.

The fact, though, that he has already had ample success in a small program excites him for what could be ahead.

"The biggest thing I have going for me is my best wrestling is ahead of me," he said. "I have had to push myself hard, and don't have the same facilities a lot of kids in college have."

That's not to say he has done it alone. He was quick to commend those around him, including coaches and family, who have helped build him.

"There have always been great people to help me get to where I am today," he said.

### ENTERPRISE GOLF

### Amaro, Albanez take first and second

Chieftain staff

PENDLETON — The Enterprise boys golf team had the top three individual placers Friday, April 30, at Birch Creek in Pendleton.

Jacob Amaro edged out Alex Albanez for the top spot, shooting an 88, one stroke better than Albanez, who carded an 89. Dylan Jennings followed in third overall with a score of 96.

Parker Siebe added a score of 119 and Landon Greenshields had a 121.

On the girls side Jordyn Stonebrink led Enterprise Friday with a score of 128. Greta Carlsen followed closely behind with a score of 132. Lannie Stonebrink shot a 134 and Codi Cunningham had a 144.

On Thursday, April 29, Lannie Stonebrink shot a 110 to lead the Enterprise girls effort at Heppner. Cunningham turned in a round of 117, Carlsen had a 122 and Jordyn Stonebrink added a 123.

For the boys, both Amaro and Jennings shot 83 to lead the Outlaws at Heppner. Siebe added a 95 and Greenshields had a 109.

The team is next on the course Friday, May 7, at home.

Mason Moore shot a score of 89 to lead three Wallowa/Joseph golfers at the Heppner Invite on Thursday, April 29.

Owen Gorham followed with a score of 94, and Jesse Larison turned in a round of 122.

On Friday, Gorham took third overall with a score of 115 to lead Wallowa/Joseph's three Friday, April 30, at The Dalles.

Moore finished just behind Gorham at 117, and Larison carded a round of 136.

The Dalles course was a par-71 course — much longer than Heppner's par-60 course.

"The wind was blowing a lot there. It played a lot tougher," head coach Marvin Gibbs said. "I was happy with all of them. Wish we could have had more kids but that is the way it goes."

Wallowa/Joseph heads to Enterprise on Friday.

### Outlaws, Eagles have solid weekend on the track

By RONALD BOND  
Wallowa County Chieftain

BAKER CITY — Jericho Peters and Zac Knapp both won two races to lead the Enterprise boys track and field team to a fifth-place finish Thursday, April 29, at the Baker 3-way meet in Baker City. The Enterprise girls also finished fifth at the meet, while the Joseph boys placed seventh and girls finished eighth.

Peters collected wins in the

100-meter dash (11.82 seconds) and in the 200 (24.04), while Knapp won the 1,500 in 4:18.26, and the 3,000 in 9:53.43.

Roan Flynn had a strong day for the Outlaws by taking second in the long jump (17-foot-11) and fifth in the 300 hurdles (51.45). Gideon Gray also placed in two events, taking third in the high jump (5 feet even) and fifth in the javelin (114-foot-8). Also Thursday, Luke Clinchy was third in the 110 hurdles (25.30), Bren-

den Moore was fourth in the 3,000 (11:00.26) and Byron Gallagher was fourth in the high jump (5 feet even).

For the EHS girls, the top performance was by the 4x100 relay team as Althea Komiskey, Maddie Nordvedt, Ailena McEntire and Savannah Vaughn took second in 57.01 seconds. Individually, Vaughn was second in the 200 in 29.50. Asiya Salim was fourth in both the javelin (81-foot-8), discus (66-foot-8) and shot put (23-foot-

8), Komiskey was sixth in the high jump (4-foot-4), and Nordvedt was seventh in the 100 (15.07) and 200 (30.86).

For Joseph, Reece Nelson grabbed top honors in the high jump (6-foot-2), and was third in the long jump (17-foot-6). Kale Ferguson was second in the discus (113-foot-7), third in the javelin (125-foot-11) and eighth in the 200 (26.14). Keelan McBurney

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