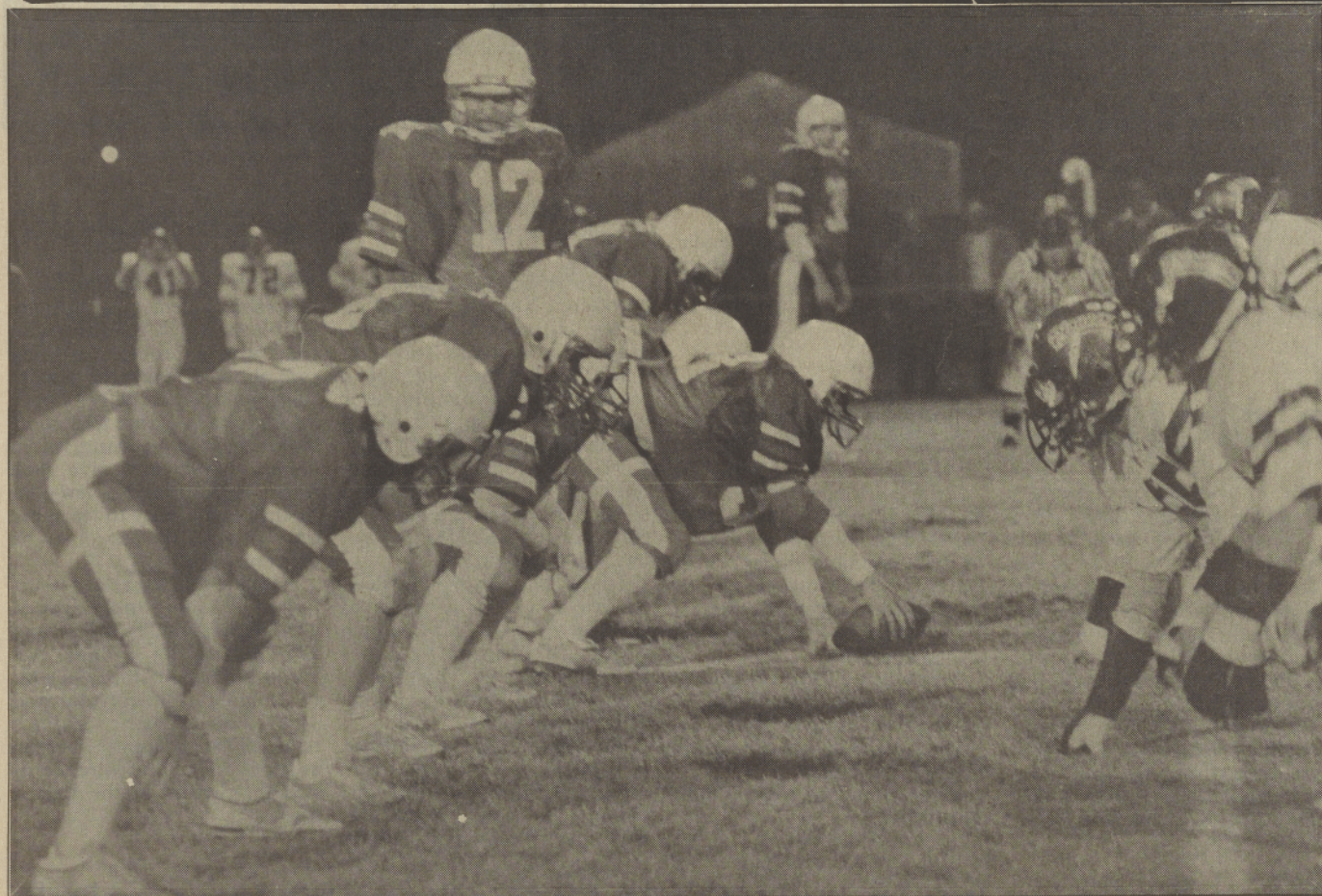


Spilyay Tymoo

SPORTS



Madras quarterback Donny Bagley sets the offense during the last home game against Mac Hi in the Buff Stadium. The Buffs went on to post a 13-8 win over the Mac Hi Pioneers.

Spilyay Tymoo photo by Miller

Bufs defeat Mac Hi

It isn't over until the final buzzer is sounded in sports. That's what happened for the White Buffaloes of Madras when they defeated Mac Hi in their final home game with the score of 13-8.

Mac Hi was no pushover by any means as they made a game out of it for the Buffaloes. The win over Mac Hi kept the Buff hopes alive for a berth in the state play-offs.

During their last game of the season the Buffaloes traveled to the Hilander country of Burns. Burns, winless up to this point came out fired up for the game. Although the Buffaloes scored first Burns put things together in the second, third and fourth quarters to pull out an unexpected 26-12 win over the Buffs. The loss put Madras in a tie with Nyssa at 2-2 for the season, but an earlier win over the Nyssa Bulldogs gave the Buffs the nod for the second seed from the GOL in the play-offs. Madras has had its ups and downs all season long. One week they play as if they are the champs and the next they play terrible. Hopefully they will have their act together when they travel to the Tri-Valley league to meet the winner there which is the

Banks Dragons who are sporting a 9-0 season record so far.

The Buffaloes will have their hands full and then some this weekend as the Dragons are a highly rated team in the state and will not pull any punches. Hopefully Donny Bagley will have his passing arm all warmed up, some glue for Tony Stacona hands to catch the ball, good blocking from Alvis Smith III, bruising tackles from Butch David and company along with the power running of Spud Smith things could jell. Might make things very interesting for the Dragons on their home turf. The Buffs have had better records in the past but haven't gotten any further than these guys. The game time will be 1 p.m. at Banks.

Co-ed volleyball tourney set

Seven teams will be competing in a co-ed volleyball tournament scheduled for November 18 at the Warm Springs Community Center.

The tournament begins at 6:00 p.m. Everyone is invited to attend and support the team of their choice.

Nespelem wins tournament

The sixth annual Ribbon Shirt basketball tournament was won by the Nespelem Hawks, beating out the Hoopa team in the finals. Yakima placed third and Lapwai fourth.

The Warm Springs team received the sportsmanship trophy, and the Mr. Hustle award went to Jim Brewer of Hoopa, California. The Inspirational player of the tourney was Don Snow-ton, of Hoopa, California. The high scorer for a game was Buck Jones who scored a total of 44 points in a single game, he played for the Nespelem team this time. A special award was presented to Bernie Earl of the Simnasho Roadrunners, and the MVP award was presented to Buck

Jones, of the Nespelem team.

The All-Star list included Jamie White and Shawn Spencer of Lapwai Bloods, Bob Main and Jamie Henry of Simnasho Roadrunners, Don Snow-ton, Tony Obie, and Jim Brewer of Hoopa, California, Buck Jones, Devin Preist and Punky Bronson of Nespelem, Bud Herrera and Al Doublerunner from Yakima.

The tournament was a fast and exciting tourney for the first of the season. Some of the players looked like they were in mid-season form. There will be other tourneys coming up soon, such as the elimination tourney which is usually toward the end of November.

Racewalking good alternative to jogging

As an alternative to often bone-jolting jogging, many people are now rotating their hips, twisting their upper torsos and locking their legs to participate in racewalking. The number of racewalkers in America is growing as people discover the many benefits the sport offers.

Racewalking has been termed the "safe sport" as racewalkers don't often suffer the injuries that joggers do. If a racewalker uses the correct technique and sticks to sensible training sessions, crash landings and injuries are rare because all the stress isn't put on one leg. Runners strike the ground with force that is equivalent to three or four times the body's weight. The impact of a "walker" is about one-and-one-half times the body's weight. Common running injuries, such as shin splints and runner's knee, don't occur as often.

Racewalking is an aerobic exercise that burns up more calories than running, has the same cardiovascular benefits, works the upper as well as the lower half of the body and doesn't require any special equipment other than a good pair of running shoes. Racewalking does more for the body than running

does. The exercise shifts the weight from the chest and shoulders, slims the hips and hardens the body all over.

There are some hard and fast rules to follow when racewalking. The International Amateur Athletic Federation defines the sport as a "progression of steps so taken that unbroken contact with the ground is maintained. At each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground. During the period of each step when the foot is on the ground, the leg must be straightened (not bent at the knee) at least for one moment, and in particular, the supporting leg must be straight in the vertical upright position." The arms pump like a sprinter's synchronized with the opposite leg.

To begin racewalking, it is important to start out slowly, pre-cluded with warmup exercises making sure to stretch the hamstrings. To warm the hamstrings, it is suggested to bend at the waist, the legs straight or slightly bent, and touch the toes.

As a novice, start with a brisk walk (one or two miles at the rate of 16 to 20 minutes per mile) three times a week for the

first four weeks. It is suggested to gradually accelerate the distance, time and number of workouts per week so that by the end of 24 weeks you are doing four to five miles in an average time of 11 to 15 minutes five times a week.

Arm movement is important in racewalking, as it is the key total body workout. Bend your arms to a 90 degree angle at the elbows and start a pump back and fourth, as though you were hitting an imaginary punching bag in front of you. The arms should cross in front of your body no more than to the middle, just about at your navel, and they should be kept in close at the sides.

Once you feel confident with brisk walks and the added arm movements, start on the hip girdle. If you have been walking fast, you have been taking longer strides than in your normal stroll and stride length is the key to and the reason for the hip action. The proper hip movement involves dropping the leg as it swings forward and moving it horizontally to the outside at the same time.

Racewalking is definitely not going to cure all your physical woes; it is hard, honest work. It's a great alternative to the sometimes unpleasant jogging and helps you expend more calories than normal walking.

Volleyball marathon a success

The Second Oregon Century-21 Volleyball Marathon was a real success with lots of good volleyball and lots of fun for the twelve teams participating. The real winner was the Easter Seal Society of Oregon. Over \$2,200 was raised to help the society's program for those with disabilities.

The grand prize for raising the most dollars for Easter Seals

went to the team from Crook County High School, who raised \$568!

The teams scoring the most points were the "Spikers" and the "Diggers" from the Bend Volleyball Assn., the "Inter-tribal" team from Warm Springs, and ABOSA (Adults Bored on a Sunday Afternoon) from Madras.

Tom claims All-Around title at Cowdeo

Little Justin Tom, out classes the field of more than 150 kids to win the All-Around title at the St. Pats Cowdeo which was held in the Jefferson County indoor arena on October 19-20.

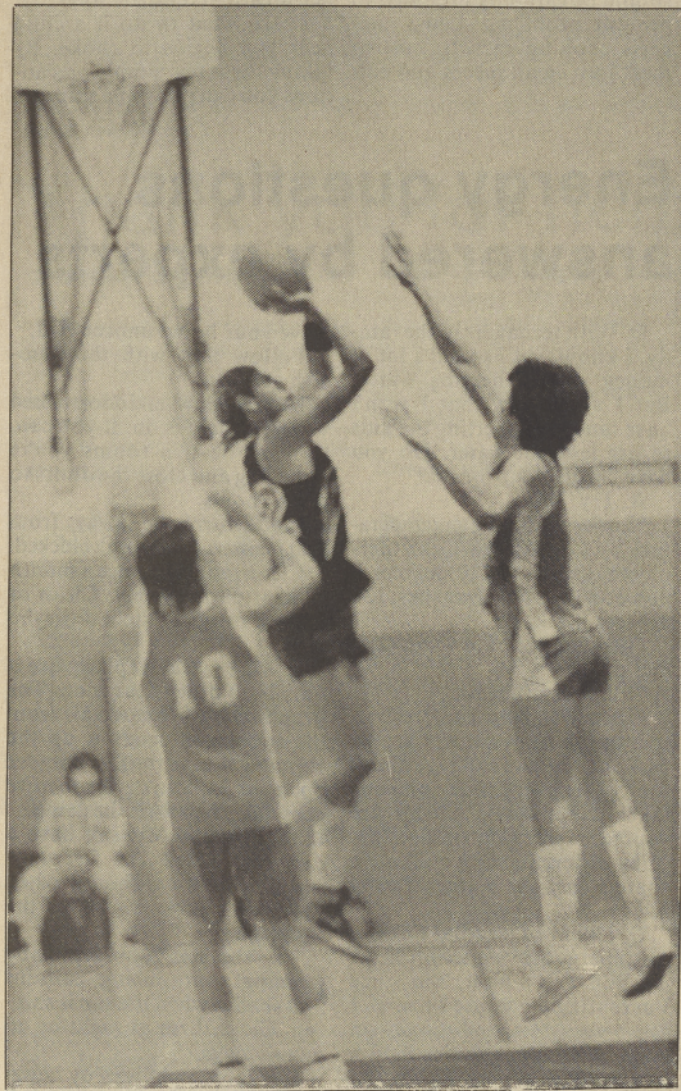
Justin was a busy little cowboy during the two day affair winning the pee-wee barrel race, placing in numerous other events such as second in the calf riding, third in the goat un-dedecorating, fourth in the pee-wee horseless calfroping. All these events totaled enough points to give him the All-Around title this year.

Here are the results of all the events that took place at the Cowdeo, this just lists the winners in each event. Sheep riding Elizabeth Weigand; Senior calf riding Joel Florendo; Breakaway calf roping Thurman Squiemphen; Pee-wee Calf riding C.R. Haney; Goat Dedecorate Tyson Tramel; Junior Calf Riding Shirley Allen; Pee-wee horseless calf roping Seth Johnson; Senior Barrel Christy Jones; Junior Barrel race Jeremy Synons; Pee-wee barrel race Justin Tom; Junior horseless roping

Tyan Florendo; Senior scurry race Heather Hershy; Junior Scurry Jeromy Symons; Pee-wee scurry race Allison Tramel; Cow Riding Joel Florendo and Tate Gresser split first and the flip for the buckle Gresser won it. And of course the All-Around was Justin Tom.

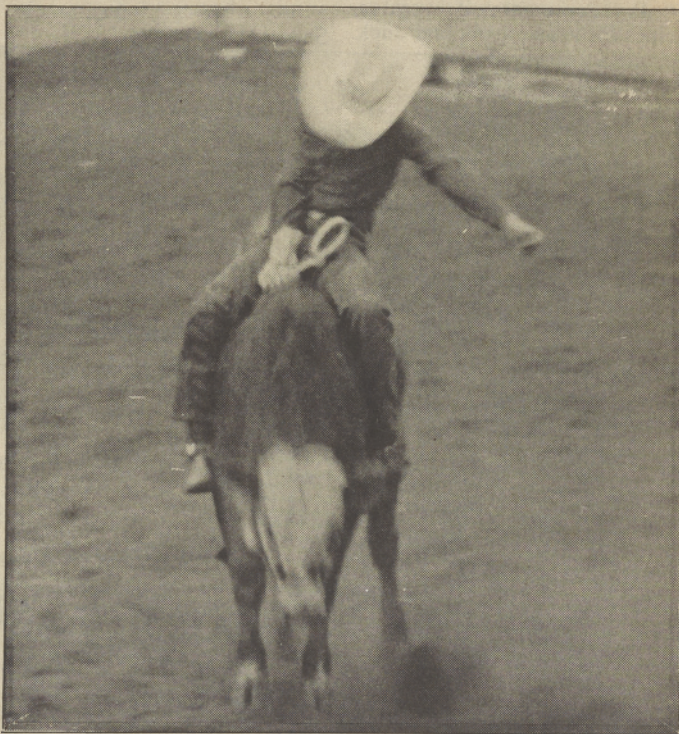
Each year in October all the kids around the area look forward to the St. Pat's Cowdeo. One of the features for the 4-5 years olds is the Mutton Busting, where these little fellows and gals come out of the chute on sheep. For the little older kids some are getting their first taste of riding calves.

To wind things up there is a chicken scramble where all the other kids get in on some of the action. The kids that are not old enough to participate in the rodeo events get out and chase the chickens all over the place. They sure enjoy themselves in this event. They get to take home what ever they catch. This year they had some bunny rabbits also. Well another one past until next year when all the little fellers and gals once duede up for the rodeo events.



Jerome Davis of Warm Springs goes high for a shot during the Ribbon Shirt Basketball tournament held here in the Community Center November 1, 1985. This game was against Nespelem, Washington, where Buck Jones goes high to try to block the shot as Punky Bronson stands by. Nespelem went on to win the game and later on, the championship.

Spilyay Tymoo photo by Miller



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Future bull riders emerged during the annual St. Pat's Cowdeo which was held in the indoor arena at the Jefferson County Fairgrounds October 19. This unidentified rider is doing his stuff on a hefty one.