

SPORTS



Madras linemen set up a wall of blocks to open hole for running back.

Recreation Department sponsors 10 K run

The Warm Springs Recreation road through rolling hills adjacent same time.

Both races begin at 10:00 a.m., Saturday, October 21, 1989. A preregistration fee of \$8.00 will be charged and a fee of \$10.00 will be charged the day of the race.

Deadline for pre-registration is Friday, October 20 at 5:00 p.m. Registration on the day of the race will be held from 8-9:30 a.m. at the Kah-Nec-Ta Village Patio.

Age group categories include: 12 and under, 13-18, 19-29, 30-39, 40-49, 50 and over, strollers 3 and under, both male and female.

The 10 K run will start and finish at the Kah-Nee-Ta Village entrance area. 10 K runners will first run in an eastward direction on the paved

Department will be sponsoring the to the scenic 18 hole Kah-Nee-Ta Kah-Nee-Ta Fall 10 kilometer run Golf Course and the trout filled "For a Change of Pace." A two- Warm Springs River. The turn mile run will also be held at the around point for return will be at the 3.1 mile mark. Runners will return running westward on the paved road.

> The two-mile run will also start and finish at the Kah-Nec-Ta Village entrance area and will be all on the paved road.

Overall male and female will receive a Kah-Nee-Ta dinner for two. All winners in each age division will receive ribbons for placing. All entrants will receive a T-shirt and a raffle ticket. Raffle items will be donations from local merchants. Swim passes may be obtained at a 50 percent discount.

Discounted parking is available at the northend gravel day parking

Make entries payable to: Warm

Springs Recreation Department, Post Office Box C, Warm Springs, Oregon 97761.

Join Flag Football

Flag football will be held Monday through Thursday, 3:30 to 5:30 p.m. on the the Community Center fields. If you are age seven to 12 years, you are eligible to play. Flag football is preparation for the Punt, Pass and Kick which will be held October 16, 1989.

IBA play begins

The Indian Basketball Association basketball league will begin on October 17, with open gym practice beginning October 5. Six to eight teams may participate in the league. The first season IBA tournament will be held December 12, 13 and

Basketball tourney set for October 13, 14

A "Get in Shape" basketaball tournament for men and women

Results put Kneeland first

Labor Day Run results, September 2, 1989 show Stan Kneeland taking first place followed by Terry Squiemphen and Rod Pederson.

Although there was a small turnout, the Warm Springs Reservation Runners feel the run was a success. They offer their special thanks to: Rita Squimphen, John Anderson, Normandie Phelps, Monic Sampson, Tracie Quam, Edison and Priscilla Yazzie, Verson Squiemphen, Shawna Jackson, Wayne Bullcalf, Bryan Lund, Gladys Squiemphen, Warm Springs Recreation Department and Inter-tribal Sports. Results of the run include:

Stan Kneeland, 35:53; Terry Squiem-phen, 41:30; Ron Pederson, 43:10; Gary:Sampson, 43:28; Cal Poncho, 44:50; Charley Scott, 47:21; James Florendo, 48:25; Herbert Cox. 50:42; Charley Strom, 51:54; Iris Quam, 52:15; John Bullcalf, 66:16.

2-mile run

Thurman Squiemphen, 17:41; Gladys Squiemphen, 19:36; Phillip Squiemphen, 22:02; Evaline Patt, 23:39; BArbara Poncho, 43:42; Francelia Miller, 43:42; Sylvia Florendo, 75:53.

League to start

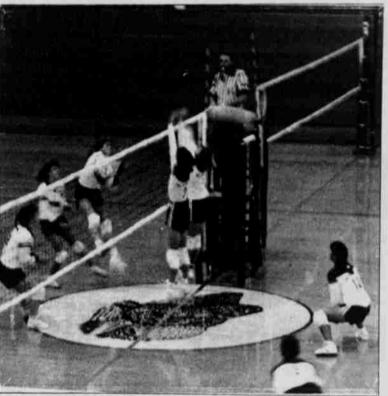
Departmental Co-Ed Volleyball noon league will begin October 17. For now, volleyball is held every Tuesday and Thursday from noon to 1:00 p.m.

and eight women's teams, in or out T-shirts. of shape, will be participating in the double elimination tourney.

First place winners in the men's and women's divisions will be awarded plaques and jackets. Second place winners will be awarded plaques and sweatshirts

will be held October 13 and 14 in while third and fourth place fin-Toppenish, Washington. Eight men's ishers will receive plaques and

> The \$85 entry fee is due October 6. Teams paying first will appear on the bracket. For more information call Leonard Blake at (509)865-5112 or Judy Ezekiel or Alice Wahsise at (509)865-5121. Or write to Leonard or Ezekiel at 1014 East 1st #29, Toppenish, WA 98948.



Teri Courtney and Kati Silvia attempt to block a hard spike by Angie Evans of Vale.

MHS volleyball, football and cross country schedule

October 6	Nyssa *	Volleyball F/JV/V	5 p.m.
October 6	Vale *	Football Varsity	7:30 p.m.
October 7	At Burns	Volleyball F/JV/V	
October 7	Gladstone	Cross Country	12 p.m.
October 11	At Redmond Invitational	Cross Country	3:30 p.m.
October 12	Redmond	Football Frosh	4:30 p.m.
October 12	Bend	Football JV	6:30 p.m.
October 13	Forest Grove	Football Varsity	7:30 p.m.
October 13	Baker *	Volleyball F/JV/V	
October 14	Burns *	Volleyball F/JV/V	2 p.m.
October 14	At Scappose Invitational	Cross Country	12 p.m.
October 19	Burns	Football F/So.	3 p.m.
October 19	At Sweet Home	Cross Country	4 p.m.
October 20	Nyssa * ■	Football Varsity	7:30 p.m.
October 21	Ontario *	Volleyball F/JV/V	1 p.m.
October 26	At LaPine	Football F/So.	4:30 p.m.
October 27	At Vale *	Volleyball JV/V	4 p.m.
October 27	Baker *	Football Varsity	7:30 p.m.
October 28	At Burns (District)	Cross Country	3 p.m.
October 28	At Nyssa *	Volleyball JV/V	12 p.m.
October 31	At Culver	Volleyball JV/V	5 p.m.
November 3	At Mac Hi *		5 p.m.
November 3	At Ontario *	and the second s	7:30 p.m.
November 4	At Lane CC (State)		TBA

* DENOTES LEAGUE COMPETITION. ■ DENOTES HOMECOMING.

Aerobics classes scheduled

Now in session:

Diabetic Chair Aerobics 8:00-9:00 a.m., Monday, Wednesday and Friday at the Community Center. Aerobics (High impact) 12:00-1:00 p.m., Monday, Wednesday

and Friday at the Community Center.

Handweight Body Conditioning 12:00-1:00 p.m., Tuesday and Thursday at the Community Center.



(Left to right) Buck Smith and Jason Smith from Warm Springs and Mark Tubiasson from Cottage Grove won the championship buckles for the wild horse race at the Salinas, California rodeo July 23, 1989.

September 25:

Low impact Aerobics 5:30-6:30 p.m., Monday, Tuesday, Wednesday and Thursday at the Warm Springs Elementary gym.

October 2

Aerobics (low impact) 12:00-1:00 p.m., Tuesday and Thursday at the Community Center.

Early Bird Aerobics 6:00-7:00 a.m., Monday thru Friday at the Community Center.

Aerobics (low impact) 7:00-8:00 p.m., Monday, Wednesday and Thursday at the Community Center.

September 27

Areobics leaders workshop 5:00-7:00 p.m., Monday and Wednesday. For anyone interested in leading aerobic exercise classes.

September 27

Stop Diabetes Fun Walk-Run 12:00-1:00 p.m. at the Community Center.

For more information on any of the above call the Tribal Wellness office, Eva or Lucinda 553-3205.

Registration open now for St. Pat's Cowdeo

Registration is now open for St. Pat's Cowdeo to be held October 21 and 22 at the Jefferson Co. Fairgrounds, Madras, Oregon. Kids ages 6-14 are eligible. To Register contact Kathryn Bain at 475-2130.



Chief Spirits win Animal's Co-ed Slow-pitch softball tournament during Labor Day weekend. Paula Smith and Tommy James won the most valuable player jackets. Donnie Winishut won the all-star T-shirt.