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# SHS grad realizes dream to run Boston Marathon

*After 20 years, Aaron Long laced up in Boston*

STAFF REPORT  
Siuslaw News

Aaron Long, a 1997 graduate of Siuslaw High School, ran the 119th Boston Marathon last month, realizing a goal 20 years in the making.

Long, son of Cris Krett and Robert Long of Florence, finished the April 20 race in Massachusetts with a time of 3:23:29. Nearly 30,000 runners participated in the 26-mile race this year.

Under SHS coach Chris Johnson, Long ran track and cross country for all four years in high school. He continued



Aaron Long before the April 20 marathon in Boston, where he finished the 26-mile race in 3:23:29.

his passion for running while in college, one year at Lane Community College with coach Tim Boyce, followed by three years at Western Oregon University with now-retired coach John Knight.

Long received a bachelor's degree in physical education with a minor in business.

Long was the athletic direc-

tor at the Boys and Girls Club of Western Lane County in Florence as well as at two Naval bases before moving to Mt. Desert, Maine, where he now lives with his wife, Alisha, and their two children. He currently is the athletic director of the YMCA in Bar Harbor, Maine.

According to Long, his fam-

ily and friends are his support system.

"I've been humbled by the hundreds of people who have helped me live out my dream of running in the Boston Marathon," said Long, who pointed out that his brother, Jeremy, is his partner in all things running.

"From Maine to Oregon and Washington, Connecticut and New York, and finally, Massachusetts, I have amassed training runs and races over the last few years that leave my head swirling with uncertainty as I try to remember where I've been, what I've done and who I've had the pleasure of sharing those experiences with," Long said on his blog about his experience. "All those miles accumulated have led to exhaustion, laughter, dehydration, new friendships, frozen fingers and toes, joyful solitude, sunburns, learning experiences, general misery and cherished memories."

To read more about Long's journey to Boston, view his blog at [www.intentionalaaron.wordpress.com](http://www.intentionalaaron.wordpress.com).

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**ATHLETE OF THE WEEK**

**Mikaela Siegel**

**Siuslaw H.S. Vikings Track & Field**

The Viking junior leads the 4A ranks in the 100-meter hurdles. An event in which she finished third at the Grants Pass Rotary Invitational last week in 15.84 seconds; only .01 second off her best time this year. She also finished second in the long jump at Grants Pass with her longest distance of 2015, 16' 1.75".

**Honorable Mention Kaylee Graham**

Siuslaw freshman Kaylee Graham ran her best time ever in the Frosh-Soph division of the 300-meter hurdles in Grants Pass, 51.79 seconds, for third place. She also finished fourth in the 100-meter hurdles in 18.06 and ran one leg in both the 4x100 and 4x400 relays.

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# Dunes City seeks volunteers for Triathlon

DUNES CITY — Dunes City Hall, along with Best in the West Events, needs volunteers for the Oregon Dunes Triathlon and Duathlon on Saturday, May 9, from 6:45 a.m. to approximately 1 p.m.

Volunteers provide invaluable assistance in making this

event run smoothly. As this event grows and expands, there is a greater need for additional volunteer support to ensure the safety of the participating athletes.

Volunteers also play a vital support role for all of the athletes by providing lots of

encouragement and hospitality. Many of the athletes have returned to the Tri/Du each year because of its enthusiastic volunteers.

The commitment is only one day and all volunteers will receive a free T-shirt and enjoy the day supporting these wonderful athletes.

This year, the event will be doing something a little different and awarding a monetary donation of \$250 to the organization that recruits the most volunteers.

This can be a civic club, athletic club, homeowners association or similar type of group.

Don't forget to include your organization's name when registering. If your group has the most volunteers present on May 9, your organization will be awarded a \$250 check.

Safety, caring and integrity are priorities at Dunes City Hall and Best in the West Events, so come out, get involved and have a great time.

If you have a few hours to spare and want to be a part of this event, contact volunteer coordinator Renee Green at 541-997-3338 or email [permits@dunescityor.com](mailto:permits@dunescityor.com) and get registered as a volunteer.

Anyone interested in volunteering can also come to Dunes City Hall, 82877 Spruce Street, in Westlake and get signed up in person.

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# North Bend to host basketball tourney

A basketball tournament will be held at North Bend High School as part of its Jubilee Celebration.

Anyone who attended — or still attends — high school at Siuslaw, Reesport, North Bend, Marshfield, Bandon, Coquille, Powers, Myrtle Point or Pacific is invited to compete July 17 and 18.

Upon registering, players will be matched up with other players from their high school. Age or skill level doesn't matter; the goal is to come and have a great time.

A snack bar will be available.

To register or for more information about the tournament, email to event coordinator Travis Parker at [travis2215@yahoo.com](mailto:travis2215@yahoo.com)

If your high school doesn't have enough players to fill a team, we will find a place for you.

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