



NED HICKSON/SIUSLAW NEWS

Viks from 1B

“They have a chance to win a (Far West) League title and finish well at state. That’s probably a realistic goal,” Johnson said.

Juniors Jack Pickell (30th) and Andrew Rannow (51st), along with sophomore Isaac Griffes (54th) are returning scorers from last year’s state championships.

Kyle King hopes to build on an 80th-place finish as a freshman last year.

“You need a big stick, a top runner, to place well,” says Johnson. “We have that with Celie. She works hard, she trains hard, she sleeps right, she eats right — She’s a coach’s dream.”

Johnson’s game plan for another state title is both simple — “The longterm plan

is for distance runners to increase their aerobic development,” he says — and detailed, with a week-by-week, day-by-day distance workout handout titled “Become a Legend.”

For the most dedicated of his runners, there may be no more than three or four weeks off in a calendar year.

“The kids know if they come every day and be consistent, they’ll get better,” he says. “It’s not a game. Distance running is hard work.”

Workouts include push-ups, situps, stretching, weightlifting, faster-paced tempo runs once a week, fartlek training (mixing speeds) and a weekly long-distance run.

“Celie’s long run will be 95 minutes, maybe 12, 13 miles,” says Johnson, who

still runs about 35 miles a week himself.

It’s a system that has worked well for Johnson over 20 seasons as head coach of Siuslaw cross country, producing six girls state titles and four boys state titles.

“Nothing’s ever easy,” he says. “We’ve had some success over the years, and this year we could be real good.”

“But we’re a long way from that right now. Every year we have to re-teach the basics, try to create an infrastructure so kids know what to expect year-round.”

Will it pay off this year? The next time you hear a kid chime “trick or treat,” you might have your answer.

Stan Pusieski is an avid sports fan in the Florence community.

Find him at www.ExplodingWhaleSports.com.

Run from 1B

Online registration is encouraged by logging on to the Pre Run website at www.prefontaineun.com.

Registration forms are available at the visitor information center, Farr’s True Value Hardware and Nasburg Huggins Insurance in Coos Bay. Applicants can also call 541-267-3165 for applications or more information.

Fishing from 1B

TENMILE BASIN: Trout, largemouth bass, yellow perch

Streams in the Tenmile Basin are open for trout although there is a 2 p.m. fishing closure for trout, salmon, and steelhead in streams above tidewater. Most of the larger rivers will be too warm for trout and the water level in many of the smaller streams is extremely low. Fishing is restricted to artificial flies and lures in streams above tidewater.

The water level in Tenmile Lakes is extremely low and boat anglers should use caution when boating in the lakes. Tenmile Lakes is open all year for trout but trout fishing has been slow.

Bass anglers have been catching several largemouth bass in Tenmile Lakes. Bass can be found this time of the year in shallow water near structure like logs or weed lines.

WINCHESTER BAY: Bottomfish, perch

Fishing for bottomfish in the Triangle and South jetty has been successful. Perch fishing has been productive in the bay, and it was reported that good size striped perch were being caught along the jetty.

Crabbing has been improving, and there have been reports of coho and Chinook being caught in the ocean off of Winchester Bay.

PACIFIC OCEAN and BEACHES: Bottomfish, salmon, Dungeness crab, tuna

The ocean is open for harvest of Dungeness crab and it’s been good outside of Coos Bay and Winchester Bay.

Recreational ocean salmon season from Cape Falcon to Humbug Mt. is open for Chinook salmon. The fin-clipped coho season closed on Aug. 9 and the non-selective coho season does not open until Sept. 4. The bag limit is two salmon per day, and a minimum size for Chinook salmon at 24-inches or larger. Fishing for Chinook from Bandon to Winchester Bay has been slow.

Tuna fishing along the

south coast was spotty. Some boats did very well with most fish caught 20-30 miles off shore.

The nearshore halibut season opened on July 1. The fishery is open 7 days per week inside the 40-fathom line. Anglers were catching a few halibut near Bandon inside 40-fathoms this past weekend. As of Aug. 2, 72 percent of the nearshore halibut quota remains. The Summer All-Depth halibut season opened this past weekend and will be open every other Friday-Saturday until the quota of 43,908 pounds is met.

Fishing for bottom fish is restricted to inside the 30 fathom curve.

• **SALMON**

Much of the Oregon coast (Cape Falcon to the OR/CA border) is now closed to coho salmon fishing. This area remains open for all salmon except coho, but Chinook fishing has been only fair out of most ports. Remaining coho quota will be transferred to the non-selective coho salmon season that opens Sept. 4 from Cape Falcon to Humbug Mt.

North of Cape Falcon, the fin-clipped coho fishery remains open and has been very good to anglers. Anglers fishing in this area are reminded that no more than one Chinook is allowed in the daily limit of two salmon.

The Columbia River Control Zone is closed.

• **PACIFIC HALIBUT**

The Columbia River Subarea (Cape Falcon north to Leadbetter Point, Wash.) nearshore fishery is open daily until Sept. 30 or the quota has been met; fishing has been slow.

The all-depth Pacific halibut fishery in this subarea is closed for the remainder of 2015.

• **TUNA**

Recreational albacore catches picked up last week. South coast anglers averaged four per person, and landings

elsewhere were good if perhaps spotty. By most accounts, fish were cruising 30-40 miles offshore.

• **BAY CLAMS**

Coos Bay, Yaquina Bay, Netarts Bay, and Tillamook Bay are four bays where bay clams, like gaper clams, butter clams and cockles, can be taken if not affected by shellfish safety closures. Recent stock assessments have revealed abundant populations and that current harvest levels are sustainable.

• **CRABBING**

Ocean crabbing is very good. Limits in places: Some animals still have soft shells. A soft shell indicates the meat will be watery and disappointing. Crabs with hard shells or that have not recently molted — look for barnacles on the shell — are a better option for the crab kettle.

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