

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) Rannow Andrew (51st), along with sophomore Isaac Griffes (54th) are from returning scorers 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 weekby-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 pushsitups, stretching, ups, weightlifting, faster-paced tempo runs once a week, fartlek training (mixing speeds) and a weekly longdistance 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 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 reteach the basics, try to create an infrastructure so kids know what to expect yearround."

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.

Findhim at www. ExplodingWhaleSports.com.

Run

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

from 1B

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



## **Fishing**

from 1B

WILSON RIVER:

Steelhead, Chinook, cutthroat Summer steelhead fishing is slow. Fishing for cutthroat trout should be fair. Use lighter gear for best results as the water is extremely low and clear. Spring Chinook fishing closed July 31. All angling is closed after 2 p.m. above tidewater until further notice.

YAQUINA RIVER: Cutthroat trout

Cutthroat trout fishing is slow to fair. The best opportunities are coming in the early mornings when river temperatures are the coolest. River conditions are very low and warm for this time of year. The mainstem Yaquina and Big Elk Creek are good places to try casting small spinners or spoons as well as bait fishing near the head of

UMPQUA RIVER, SOUTH: Steelhead

The South Umpqua River, including all tributaries, is closed to fishing for trout, steelhead, and salmon from 2 p.m. until an hour before sunrise. The mainstem South Umpqua upstream to Jackson Creek Bridge opened to fishing on May 23, with trout fishing being strictly catch and release. Catch and release trout fishing in South Umpqua tributaries below Jackson Creek Bridge also opened on May 23, with fishing restricted to the use of artificial flies and lures.

Smallmouth bass fishing, which remains open under normal rules, should be productive especially in the morning and late afternoon/early evening.

**COOS COUNTY** LAKES/PONDS: Largemouth bass, bluegills

Fishing for largemouth bass and bluegills has been good in many of the Coos County lakes. Fishing for bass will be best in the mornings and late evenings. Fish for bluegills around structure like submerged logs and weed

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

Recreational ocean salmon season from Cape Falcon to Humbug Mt. is open for Chinook salmon. The finclipped 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

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

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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Jim Hoberg is a Florence native, and has been working in Real Estate since 1989. He has served as a Principal Broker for 20 years, and is the "founding father" of West Coast Real Estate Services, Inc. He has obtained several designations that require continuing education, which keeps him on the cutting edge of the industry and he is constantly looking for ways to expand his areas of expertise. Jim enjoys helping people find solutions to their real estate needs and discovering why Florence is such a great place to live.

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Fri. 8/28/15 & Sun. 8/30/15, 9am-4:30pm, Not Saturday. 4445 Hwy. 101 N, Sonshine Christian hold/kitchen & much more. School, fundraiser, a little A must see. bit of everything.

Fri./Sat., 9am-5pm, 2085 19th St. Estate Sale, antiques, collectibles, glassware, appliances, lots more.

Fri.8/28- Sat.8/29 8am.-? 2019 Willow St. Rain cancels either day. Multi-Family.

Fri.8/28-Sun.8/30 8am.-3pm. 4622 Mitchell Lp. Rd. Boat, lawn furniture, camping, tools, house-

Fri.9/28 9am.-4pm. Sat.9/29 9am.-3pm. 466 Ivy St. Industrial brushes, brooms,

household & much more.

Mostly furniture.

9am.-3pm. 87190 Munsel Lk. Rd. **NO EARLY BIRDS** 

Sat. 8/29/15, 8am-4pm, Neighborhood Sale, Hwy 101 N, Bayberry Dr., West at Yarn Shop by Mercer Lake Rd.

Sat.8/29 9am.-? Sun.8/30 12-? 5674 Lake St.

Pino, furniture, household, kids clothes boys & girls 18-24 mo. girls 8-10 & much more



9am.-2pm. 5071 Hwy 101

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