

Red Cross encourages camp out to test readiness

The American Red Cross is urging our community to camp out this weekend using only the contents of their disaster preparedness kits to ensure families have the supplies needed on-hand if a disaster strikes.

With one million visitors expected to come to this region to view the eclipse Aug. 21, and

a Cascadia earthquake predicted to strike the Pacific Northwest at some point — possibly within our lifetime — now is the time to ensure disaster preparedness kits have everything needed to live for a minimum of three days.

It's also important to have emergency kits in the three

places you are most likely to be during an emergency: At home, in your car and at work. During the eclipse, travelers could be stuck in traffic for hours and people who live in the path of totality may face a supply shortage with the influx of travelers.

In the event of a Cascadia

earthquake, families will rely on their disaster preparedness kits until help arrives. In both cases, taking preparedness action now is essential.

Gather emergency kit supplies and test your preparedness by camping out in your own backyard or at a campsite this weekend.

It's a chance to prepare your emergency kit and take it on a trial run before the eclipse or the "Big One."

Common items used for camping such as water, non-perishable food, flashlights, extra batteries and first aid supplies are just a few of the items that should be in a disaster preparedness kit.

The Red Cross recommends at least a three-day supply of food and water in case of a disaster. Larger disasters, like a Cascadia earthquake, may require supplies for several weeks.

Need a kit list? Visit redcross.org/PrepareGuide.

REGISTRATION HAS BEGUN FOR ANNUAL PREFONTAINE MEMORIAL RUN

Applications are now being accepted for the 2017 Prefontaine Memorial Run.

The 10,000-meter road run is slated for 10 a.m. Saturday, Sept. 16, in downtown Coos Bay, and is held in conjunction with the Bay Area Fun Festival, Coos Bay's largest annual community celebration.

This year's Prefontaine Run

has been designated as the Road Runners Club of America (RRCA) Oregon State Championship 10K race.

RRCA Championship medals will be presented to the top overall masters (40-49), grandmaster (50-59) and senior grandmaster (60 and older) male and female winners.

A stand-alone 5K high

school cross-country team competition will start at 9:45 a.m. Participating teams last year included Brookings-Harbor, Cascade Christian, Douglas, Grants Pass, Henley, Hidden Valley, Marshfield, North Bend, Reedsport, St. Mary's, Sutherlin and Toledo.

Awards for the open 10K Pre Run will be given in five-year

age groups. First through third place finishers in each division will receive awards.

The awards ceremony for both races will be held adjacent to the finish line on the Prefontaine Track at Pirate Stadium.

The entry fee is \$30 if made prior to Sept. 13, and \$40 thereafter. High School team com-

petitors must register on athletic.net and receive a discounted registration fee.

All race entrants will receive a T-shirt especially designed to commemorate the Pre Run.

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

Registration forms are available at the Coos Bay Visitor Information Center, Farr's True Value Hardware and Nasburg Huggins Insurance in Coos Bay.

Applicants may also call for applications or more information at 541-267-3165.

Oregon Marine Board urges boating safety during upcoming eclipse

The Oregon State Marine Board, marine law enforcement and boating facility providers offer boating safety tips so everyone can have an unforgettable time on the water:

- **Arrive early.** Expect gridlock on highways and access points before, during and after the event. Once out on the water, plan to stay a while.

- If a boating facility is at capacity, have a backup plan for where to go. Single cars that park in boat trailer parking may be ticketed or towed.

- Parking on road shoulders or in the grass is discouraged due to potential fire hazards and could impede emergency responders.

- Have plenty of food, water, and anchor line. It's also highly recommended to have a port-potty and to take advantage of floating restrooms.

- Leave no trace; dispose of garbage properly.

- Prep your boat ahead of time. Avoid prepping the boat at the ramp to keep the ramp clear for efficient launching

- and retrieving for others. Paddlers are urged to use the bank to launch and retrieve.

- Anchor or beach the boat during the different phases and totality. With congested waterways comes the increased risk of collisions.

- It's best to find a good spot and stay put. If you need to be underway, go slow and be aware of what's directly in front and to the sides of you.

- Expect people in float toys and wading in the water near the shoreline.

- Have special viewing glasses for the eclipse and avoid looking in the sky for long periods of time. Alternate between the viewing glasses and regular sun glasses to protect your eyes from not only the sun, but the glare off the water.

- Observe all regulations, including slow-no wake rules at boat ramps, marinas or moorages, floating home moorages and people working at water level.

- As an added courtesy, operate at slow-no wake speeds

- within 100 feet of other boaters.

- All boating and night time navigation rules apply.

- Running lights are required during the eclipse and anchor lights are required for power-driven boats and sailboats at anchor. Nonmotorized boats can use a flashlight or lighted lantern.

- It's important to be seen during the two minutes of darkness. Law enforcement will be on the water, paying close attention to boats operating

- unsafely during the eclipse.

- The fine for unsafe boating is \$465, so be patient, courteous, and stay on the water a while to fully enjoy this once-in-a-lifetime event.

- To find a boating facility in the path of totality and other eclipse resources, visit www.oregon.gov/OSMB/Pages/Eclipse.aspx.

- Facility closures are displayed with an orange boat icon on the map layer.

State Fire Marshal asks RVers to take extra safety precautions this weekend

Oregon's summer travel season is well under way and State Fire Marshal Jim Walker is reminding all recreational vehicle (RV) operators to remember fire safety when operating their vehicle.

"Getting away in an RV is a popular pastime of Oregonians and visitors," said Walker. "However, RV users have a number of things to pay attention to in order to stay fire safe."

The OSFM encourages RV operators to follow these fire safety guidelines:

Cooking appliances:

- Make sure to have proper ventilation before operating the appliance.

- Open the overhead vent or turn on an exhaust fan.

- Watch what you heat. A leading cause of kitchen fires is unattended cooking.

- Keep anything that can catch fire away from burners.

- Never use cooking appliances for heating.

If you smell gas:

- Check your stove knobs to make sure they are off.

- Put out all open flames

- (pilot lights, lamps, smoking materials, etc).

- Shut off the gas supply.

- Don't operate electrical switches. Turning a switch on or off can create a spark and may cause an explosion.

- Open doors, windows, and vents.

- Leave the RV until the odor is gone.

- Have the gas system checked and repaired by a qualified professional.

Electric heaters:

- All heaters need space. Keep things that can burn such

- as paper, furniture, bedding, or curtains, at least three feet from heating equipment.

- Use portable space heaters with an automatic shut-off, so if they are tipped over, they will shut off.

- Plug space heaters directly into an electrical outlet. Do not use extension cords or power strips.

Generator safety:

- Check all exhaust system connections regularly for leaks and tighten as necessary.

- Make sure the generator tail pipe extends past the edge

- of the RV.

- Always operate the generator in an area where the wind will carry the exhaust fumes away from the RV.

- Allow the generator to cool down before refueling.

- **Carbon monoxide alarms:** Install a CO alarm inside your RV.

- If the alarm chirps, replace the batteries of the entire alarm, depending on the manufacturer's recommendations.

- Replace CO alarms based on the manufacturer's recommendations.

Smoke alarms:

- Install a smoke alarm inside your RV.

- If the alarm chirps, replace the batteries of the entire alarm, depending on the manufacturer's recommendations.

- Replace smoke alarms every 10 years.

- For more RV Fire Safety information, download our brochure at www.oregon.gov/osp/SFM/Pages/rvsafety.aspx.

Coach from 1B

result of which was a wide variety of daily double practices.

My sophomore coach conditioned us with running and more running; my junior coach emphasized strength training.

Since we had no weight room or free weights, we used isometric exercises. We also pulled our teammates on tires for leg power.

My senior coach believed in contact drills. We hit from day one (which is no longer allowed by the OSAA).

We lost my brother for the

year with a torn ACL on the second day of live punt coverage drills.

Changes have been made over the years to make daily doubles safer. Full pads and hitting are not allowed until three days of non-contact drills.

Water breaks, once not even scheduled into practice, are now common. Even individual water bottles are now everywhere. The results are fewer heat related injuries.

Football players require a variety of skill development.

Daily doubles provide the time and instruction to achieve them.



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