

Register now for Prefontaine 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 (RCCA) Oregon State Championship 10K race.

RCCA 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 competitors must register on www.athletic.net and will 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.prefontaineun.com

Registration forms are also 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.

HIGH SCHOOL ACTIVITIES BRING COMMUNITIES TOGETHER

Tailgates. Pep rallies. Friday night lights. The new school year is here and that's exciting news for student-athletes and high school sports fans alike.

Research shows that being a student-athlete is about a lot more than fun and games. It teaches important life lessons, too.

In fact, high school athletes not only have higher grade point averages and fewer school absences than non-athletes, they also develop the kind of work habits and self-discipline skills that help them become more responsible and productive community members.

Attending high school sporting events also teaches important life lessons. Among them, it teaches that we can live in different communities, come from different backgrounds, faiths and cultures, cheer for

different teams, and still have a common bond.

That's why attending the activities hosted by your high school this fall is so important.

less of what side of the field we sit on, attending a high school sporting event is an uplifting, enriching, family-friendly experience for all of us.

Many of the high schools in our state lie at the heart of the communities they serve.

They not only are educating our next generation of leaders, they also are a place where we congregate, where people from every corner of town and all walks of life come together as one. And at no time is this unity more evident than during a high school athletic event.

This is the beginning of a new school year. Opportunities abound in the classroom and outside it.

Let's make the most of them by attending as many athletic events at the high school in our community as possible.

Turn on the lights, and let the games begin!

GUEST VIEWPOINT

By **BOB GARDNER**, EXECUTIVE DIRECTOR, NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS AND **PETER WEBER**, EXECUTIVE DIRECTOR, OREGON SCHOOL ACTIVITIES ASSOCIATION

Coastal Gem Walkers announce next jaunts

The Coastal Gems Volkswalkers invite people to come walking Tuesday, Sept. 5, along the Depot Bay Three Loop YRE.

Walkers will meet at the Commons in Yachats at 9 a.m. to carpool to Depoe Bay, or meet the group at the Sea Hag restaurant in Depoe Bay at 10

a.m. to register.

This 10K walk includes three loops and may be modified to fit individual preferences. The forest trails portion is not appropriate for wheelchairs or strollers.

Walking sticks are suggested.

As always, leashed pets are

welcome on walks, but bring water and clean up materials for pets. A sturdy 6-foot leash, not the retractable type, is required.

For more information or directions, call Maryann Brown in Waldport at 541-961-4279, or visit www.yachatscoastalgems.org.

Bowling from 1B

to victory. Now the boys team is entirely made of those senior kids.

"Their improvement from freshmen to senior year is like night and day," said Dusty Anderson, owner of Holiday Bowl and coach of the high school girl's team. "They went from not making the state tournament to finishing third in three years."

For its final year, the team looks back on their journey to make it to this point.

The four boys — Neil

DeVera, Logan Lindner, Patrick Hill and Evan Johnson — all joined their freshmen year, and have returned as the varsity team every year since, save for a fifth member that has changed each year.

They are led by Coach Kathy Anderson, a bowler for 30 years and coach of the boys team for seven years.

"I was happy that we had a full team, because the previous couple years we [didn't]," explained Anderson. "I was concerned with them all being freshmen, and having to compete as a varsity team right out of the gate."

While most people are drawn to the sport for its supposed simplicity, the lesser known complexity of the sport has this team hooked.

"I love the difficulty of it," said Hill. "How it's different and how you have to know everything, and it's really tedious. I love all the little things about it."

DeVera listed just a few of the little things that are integral to high scores: Oil patterns, the type of ball, angles, ball speed, the way you release the ball, finding the breakpoint...

"I just love how it may seem like it's a simple sport, but it's so much more complicated than it really seems," he said.

High school bowling has its own way of integrating the team aspect of the sport. Instead of each member bowling individual games and combining them to make a team score, all players on a

team bowl as one person in one 10-frame game, with only two frames each, in what is known as "Baker Style."

When high scores depend on getting strike after strike, it is vital for the team to work together.

"We rely on each other to not only make a strike or spare, but to keep each other's spirits high, because if one person has doubt it can ruin the others," said Hill. "If one person is down, then they start to have bad shots and it starts to bring down scores."

"I'd say that our teamwork is great considering we've at least made it to state, and placed at state," said DeVera. "We work together very well."

The reputation of being the freshman team certainly hasn't been lost on the boys themselves.

"I think it's good," Hill said. "It's kind of funny, though. We were all freshmen and now we're all seniors, but

I guess we lived up to our name. We've made a big step up since not really placing at all, but now we're placing almost every tournament."

DeVera agreed. "We've definitely grown up, and it's very apparent to see," he said. "We were pretty great as freshmen, even though we didn't win as much. As we grow ... we will definitely do way better than we did."

Coach Anderson explained how the team's circumstances made for a unique experience.

"It has helped the kids to form the team bond, a camaraderie that I hadn't seen with teams in the past," she said. "I'm looking forward to getting all four of the boys to return, welcoming new kids from other districts who can see them as an example with their skills and with their team spirit, and helping other programs in the district to build."

As for what the boys think

of the future, they are full of optimism.

Their goal? Nothing less than a long awaited victory at state.

"We're definitely looking forward to district, winning that, and winning state," said DeVera.

"I look forward to going to state again. There's no way that we're not going to make it this year," said Hill. "Our team has grown substantially, in our teamwork and our skill level, so I feel like we're gonna make things happen really good this year."

"I can't wait to end my senior year winning first at state with my teammates," said DeVera. "Wherever we end up in the future, we'll always be Vikings."

While there is no set schedule yet, Siuslaw High School bowling practices will begin in September, with tournaments taking place in November.

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