

Siuslaw's Rannow enters school's history books

The junior capped the year with the second-fastest 1500-meter time in SHS history

By NED HICKSON
SIUSLAW NEWS

Just three days after being named the 2019 Female Athlete of the Year for the second-consecutive time during KCST's annual Athletic Night of Excellence last Thursday night, Siuslaw junior Hannah Rannow was in Portland for the elite Portland Track Festival High Performance Meet at Lewis and Clark College.

Rannow ran the 1500-meter race in a time of 4 minutes, 44.36 seconds. The time was the 12th-fastest of the day in a field of 16 elite female runners — and the second-fastest girls' time in Siuslaw High School history. Her time was less than three seconds off the school record set by Siuslaw alumna Raelyn Robinson in 2010 during the Jesuit Twilight Relays (4:42.62).

Robinson, who will be in-



COURTESY PHOTO

Hannah Rannow

ducted into the Siuslaw Hall of Fame in August, won the 4A girls state title in the event that same season (4:47.46).

Rannow's previous personal best in the event was 4:50.75, set this past May during the Wally Ciochetti Invitational in Cottage Grove.

Simone Plourde of Saint-Laurent Select in Montreal won Sunday's individual title with a time of 4:29.11.

Calendar

June 15-16

• SBSA All-Star Baseball Tourney at Miller Park

June 19

• Florence Softball

League opener

at Miller Park

5:30 p.m. —

ACC vs Lofy;

Beachcomber vs

Welton

7 p.m. —

Welton vs ACC;

Lofy vs Beachcomber

June 22

• Kiwanis Golf

Tourney

10 a.m.

Tide Tables

Entrance Siuslaw River

High Tide Low Tide

June 12

8:52am / 5.3
9:14pm / 7.4

3:03am / 1.0
2:47pm / 1.1

June 13

10:05am / 5.4
9:59pm / 7.7

4:03am / 0.2
3:43pm / 1.5

June 14

11:10am / 5.6
10:43pm / 7.9

4:56am / -0.6
4:35pm / 1.9

June 15

12:06am / 5.8
5:25pm / 2.2

5:43am / -1.1
11:24pm / 7.9

June 16

12:57pm / 6.0

6:27am / -1.4
6:11pm / 2.4

June 17

12:04am / 7.9
1:42pm / 6.0

7:08am / -1.5
6:56pm / 2.6

June 18

12:44am / 7.7
2:25pm / 6.0

7:48am / -1.4
7:39am / 2.7



JARED ANDERSON/SIUSLAW NEWS

A participant in last weekend's Dunes City Triathlon catches his breath after emerging from Woahink Lake en route to the cycling portion of the annual race.

PUSHING THEIR LIMITS

By JARED ANDERSON
Siuslaw News

Clear skies and good turnout greeted the Oregon Dunes Triathlon and Duathlon for its annual race, which is hosted by Dunes City and Best in the West, with sponsorship by Three Rivers Casino.

The race, which attracts racers of all ages, was separated into two events — the triathlon, which includes swimming, cycling and running, and the duathlon, which has cycling and two running courses.

The triathlon began in Woahink Lake, where sprint participants swam .5 miles and Olympic participants swam .93 miles. Next on the course was the bike race, which snaked through the scenic country streets of Dunes City. The course covered 24.8 miles for the Olympic contenders and 12.4 miles for the sprinters.

Finally, the athletes ran on foot through Jessie M. Honeyman State Park, with Olympic runners traversing 6.2 miles and sprinters running 3.1 miles — ending in a grueling climb up a tall dune, where participants were greeted by a cheering crowd and the finish time.

16-year-old Kellar Norland towered over his competition in the Sprint Triathlon, the main triathlon event, taking first place with a time of 1:00:01. Second place went to 31-year-old Christopher Funch at 1:03:26.

Norland's domination was evident throughout all three events, starting with the swim competition, where he completed with a time of 9:46 time, compared to Funch's 12:09. Norland was the only swimmer in the top 10 to finish in under 10 minutes. From there, the teen didn't slow down for the bike race, coming in at 29:37 — and again first among the top 10. In fact, Norland was the only cyclist to break to 30-minute barrier, with the second-best time going to Funch at 30:16.

Norland slowed down slightly for the run — but only slightly — crossing the finish in 19:34 for the second-best time in the leg; Charles Schauer's 18:53 topped all times, earning him fourth place in the triathlon overall.

Andrea Cernuda was the fastest female of the event, finishing the course 1:13:59, good for ninth place overall. Her best score was the swim portion, where she finished in 10:55, second place behind Norland.

In the Olympic Triathlon, Aaron Seipel took top male position, finishing the three legs of the race in 2:23:18. Second place went to John Nelson at 2:26:41.

Seipel started out slower in the swim competition, clocking in at 26:43, well below Nelson's 25:48, but gained momentum in the bike race, coming in at 1:11:51 compared to Nelson's 1:13:42. In fact, no other top 10

See RACE 6B

LOCAL GOLF PRO BOB RANNOW ADVANCES TO OGA SENIOR NATIONAL CHAMPIONSHIP

WOODBURN — Jeff Gallagher finished 4-under par to take medalist honors at the U.S. Senior Open Sectional Qualifier played Monday at OGA Golf Course in Woodburn.

Joining him was Ocean Dunes Golf Links pro Bob Rannow, who joins Gallagher in advancing to the national championship scheduled for



COURTESY PHOTO

Bob Rannow battled from behind to place second and advance to the nationals June 26-30 in Indiana.

June 26-30 at Notre Dame's Warren Golf Course in South Bend, Ind.

The second position came down to a playoff between Rannow and Tim Hval, a

professional from Portland, Ore., who both finished at 1-under par through regulation.

Rannow, who posted four bogies on the front nine, countered with an eagle on the par-5 fourth hole and a birdie on the par-3 eighth hole.

He also birdied three of the

See OGA 6B

TIME OUT

By Lloyd Little

Retired teacher, coach and game official

With more than 55 years as an athlete, coach, parent and spectator, Lloyd Little has gained some insights and perspectives regarding athletics. Each week, he shares what he's learned about sports from his multiple points of view.

"I Would Do It Again."

Those words have been spoken by many people in response to negative consequences from their decisions. Most often it can be heard by players or coaches when questioned about game choices that failed. It is also known as "Monday morning quarterbacking" and rest assured these same players and coaches, had they a crystal ball into the future, may have changed their game-time decision. Without the

See LITTLE 4B

ODFW REGIONAL FISHING REPORT

www.dfw.state.or.us/RR

MID COAST LAKES

Stocking of the mid-coast lakes began the first week of February and will continue into June. Check the stocking schedule online for dates and locations of stockings. These early stockings include: Alder and Dune Lake, Cleawox, Lost Lake, Munsel Lake, Thissel Pond, Mercer Lake, Big Creek Reservoirs, Ollala Reservoir and Devils Lake.

Warmwater fisheries are improving in several lakes around the Florence area including: Siltcoos, Tahkenitch, Mercer, and Munsel.

Note: Ollala Reservoir has been re-opened and stocked. Check the stocking schedule

See FISHING 2B

FANTASTIC LOT IN PRESTIGIOUS SHELTER COVE!

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