

Viks from 1B

fourth varsity head coaching position in Oregon since 2014. In 2014, Smith was the head coach at La Grande, where the team went (5-4). After being an assistant coach at Seaside in 2015, he was named head coach in 2016 and the team went 3-5. In 2017, Smith served as an athletic director/

PE coach at a Seattle-area middle school before last season, when he took over as head coach at Siuslaw High School, where he coached an underclassmen-dominated roster to an 0-8 season within the 3A division; Siuslaw, a 4A school, was given special classification by the OSAA last year to compete within the 3A for football. Smith was also the school's P.E. coach and

girls' basketball coach last year. "It's an excellent opportunity for me teaching wise and coaching wise," Smith said of the move. Siuslaw High School Athletic Director Chris Johnson said it was a move that made sense for Smith, on both a professional and personal level. "It's a great program and, with his wife traveling back and forth to Eugene every day for

school at the U of O, it will make things a lot easier on them both. I know he'll do well there." In the meantime, Siuslaw's search for a new head girls basketball coach has just begun, with the closing date for applications set for July 19, according to the school's website. Salary is between \$4,673 and \$5,452 per season (Nov. 18 through late February or early March 2020), based

on experience. The hiring of Smith marks the end of what had been an eventful off-season for Cottage Grove. In January, Gary Roberts stepped down after 11 seasons as head coach. Roberts then took a job as assistant principal at his alma mater Marshfield in Coos Bay. Then, in April, the Lions' defensive coordinator, Jordan Johnson, was

hired as head coach. But things took a turn at the start of June when Johnson abruptly resigned before coaching a game. For Siuslaw's varsity girls basketball program, it will mean the third coach in as many years after the departure of Clint Tatum after two seasons in 2018, Smith as a head coach last season (2018-19) and a new face at the helm come November.

LITTLE from 1B

for land, I had an epiphany: If I cramped up, I would drown and no one knew where I was. I proceeded to adjust my swim next to the shore. Three weeks into my conditioning, my bicycle broke. There was no fitness facility for stationary cycling. I also realized as an assistant Siuslaw football coach, it was dark when I got home — so I nixed the training. The three events in a triathlon are swimming, cycling and running. On Sept. 25, 1974, the San Diego Track Club sponsored the first triathlon. It was seen as an alternative to hard track training. The initial triathlon comprised of a 500-meter swim, an 8-kilometer cycle and a 10-kilometer run. This early start led to many more triathlons nationwide. The most famous triathlon takes place in Hawaii, known as the Ironman triathlon. The first Ironman in 1978 had only 15 com-

petitors... and 12 finished. When ABC began to televise the event in 1982, there were 600 competitors. I remember watching the finish of the event when a competitor staggered, rubber legged, and collapsed at the finish line. Even though this triathlon is considered an ultra event, more than 3,000 competitors lined up for the 2006 Ironman. There are now four classifications for the sport: triathlon, duathlon, aquathlon and winter triathlon. These events have four levels of courses. These levels include sprint, Olympic, long course — and for the hardcore competitors, the "Ultra." The USA Triathlon Association (USTA) is the governing body for competitions. There are over 100,000 members and USTA is the largest multisport organization in the world. I believe I could have been an adequate triathlon athlete. During my early years in Hermiston, 1958-1962, I was un-

knowingly training for just such an event. I was a member of the Hermiston Swim Team. My mom and grandmother worked so I ran to the pool for swim practice each morning. I also ran home for lunch and back for an afternoon in the pool. Two years later, I earned enough money to buy a bicycle. I delivered the Hermiston Herald newspaper after school. I then rode my bike to swim practice. In essence, I was training for an event not yet available. The Dunes City Triathlon/Duathlon provides multiple events within its competition. This allows more options for people to gather and compete or just have fun in the participation. There are relay competitions at two different distances. Why not start training for next year's Dune City Triathlon/Duathlon? Find a friend or two, unless you have time to train for all three; becoming physically fit is a reward in itself.

Cape from 1B

- Friday, Aug. 9 — Smokey Bear's 75th Birthday Party: 10 a.m. to 4 p.m. at the Visitor Center
- Join in celebrating Smokey's 75 years of preventing wildfires. Enjoy birthday cake, learn about fire ecology on the Siuslaw, and tell happy birthday to Smokey himself.
- Mondays through Sept. 2 — Walk with a Ranger: Noon; meet at the Visitor Center
- Join, retired Chief Park Ranger, Michael Noack, for an easy to moderate hike where he will be sharing information about the local flora and fauna. Hikes will last 75-90 minutes.
- Wednesdays through Aug. 28 — Under the Sea:

10 a.m. to 3 p.m.; meet at the Visitor Center Take a deeper dive into the Cape Perpetua Marine Reserve by joining, Tara DuBois, Communications Coordinator for the Cape Perpetua Collaborative, for interactive exhibits at the Visitor Center. • Tuesdays, Wednesdays, Thursdays, through Sept. 5 — Walk with a Ranger: Noon; meet at the Visitor Center Explore a variety of natural history topics on The Giant Spruce Trail,

Discovery Loop, or Captain Cook Trail on a guided hike lead by Siuslaw National Forest Field Rangers. These events are free, but a Northwest Forest Pass, Oregon Coast Passport, federal recreation pass, or \$5 day-use fee is required within the Cape Perpetua Scenic Area and at some trailheads and day use sites. To learn more about family-friendly activities on the forest, visit www.go.usa.gov/x5Xrq.

Fishing from 1B

clear, so fishing light tackle and early starts are keys to success in this fishery. Bobber fishing with jigs/bait/beads, casting lures, and drift fishing are great techniques to catch a summer steelhead. Trout fishing should be fair to good throughout the river. UMPQUA RIVER, SOUTH: Trout, bass, warmwater Some stretches of the South are closed to fishing still. Please consult the fishing regulations for more info. Trout fishing in the entire basin is catch-and-release only. Bass fishing has been good throughout. WINCHESTER BAY: Bottomfish, perch Fishing in the Triangle and South jetty has been successful.

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