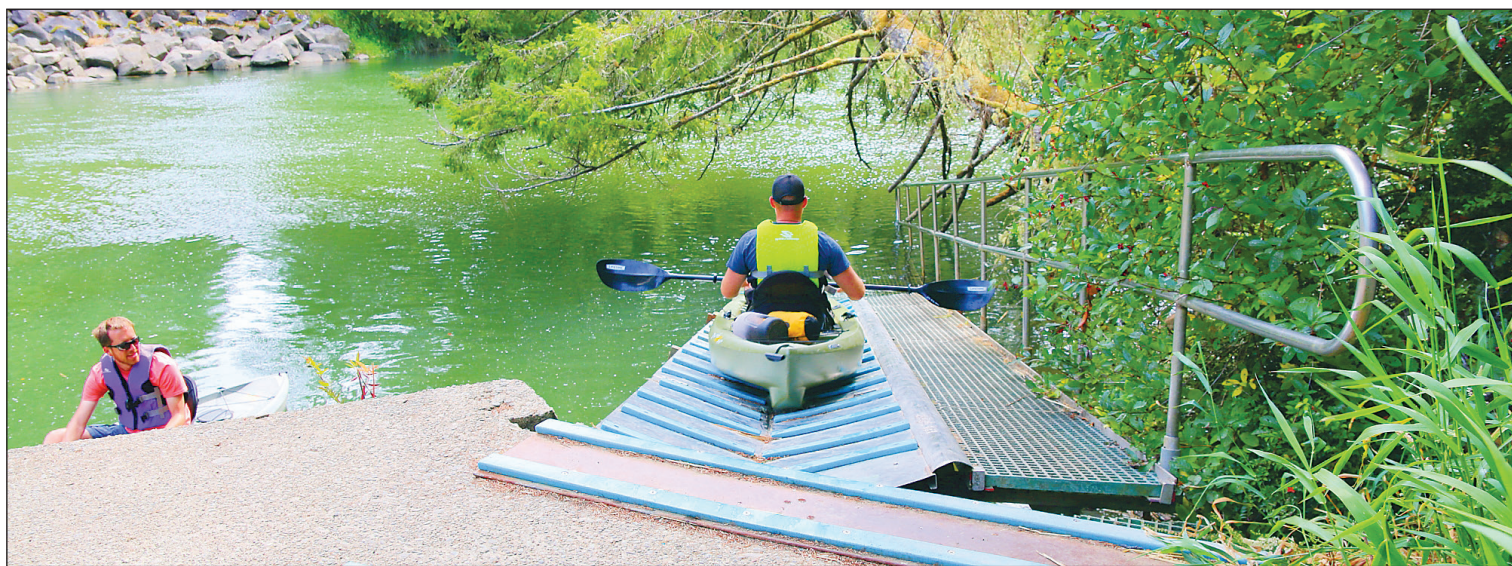


SN

Siuslaw News
Sports &
Lifestyle

Paddling down the Siltcoos River Canoe Trail



Siltcoos Lake Resort, which offers single and double kayak rentals, is a good place to launch vessels onto the Siltcoos River Canoe Trail.

Kayaks offer tranquil exploration of river as it connects to the ocean

REINA HARWOOD/SIUSLAW NEWS

South of Florence begins a peaceful three-mile kayak excursion paddling into the Siltcoos Lake, one of Oregon's largest coastal lakes connected to the Pacific Ocean. The journey begins at the Siltcoos Lake Resort, 82855 Fir St. in Westlake, where a dock launches kayakers downstream of the Siltcoos River Canoe Trail. The scenic three-to-four-hour roundtrip takes people through Oregon's popular dunes, rainforests, estuaries, the Pacific Ocean and back.

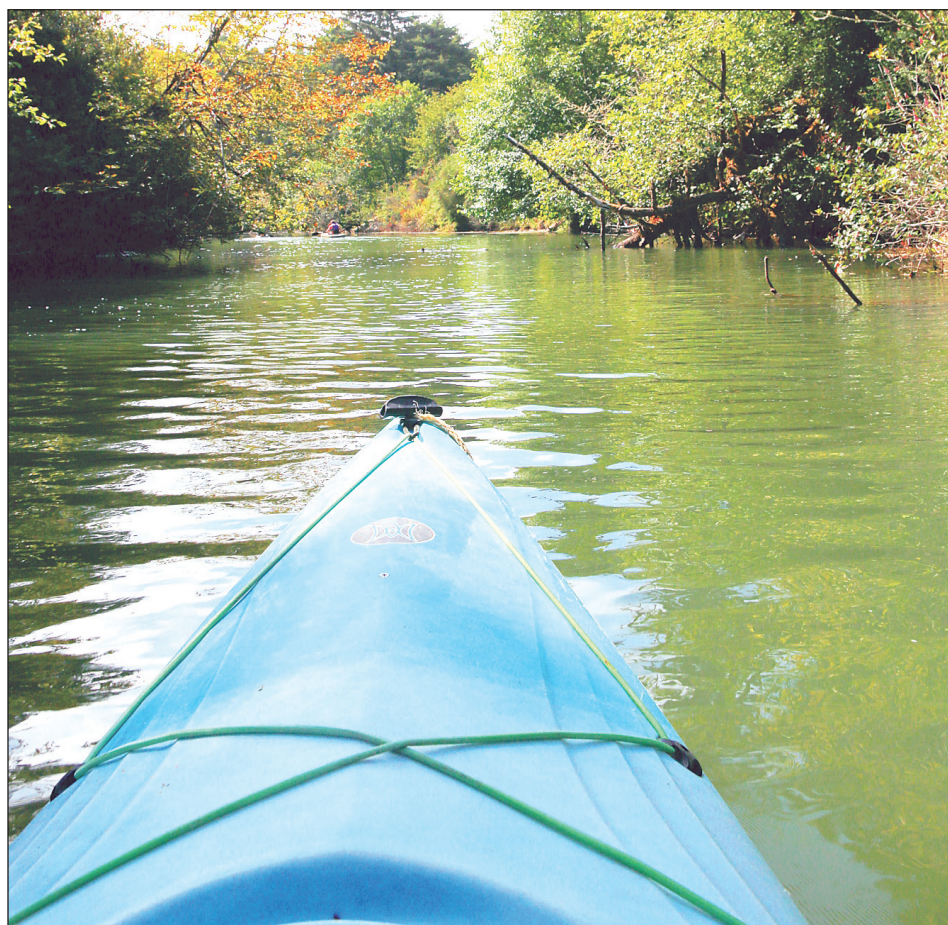
From the dock, the canoe trail encompasses the sounds of birds singing, smells of hydrangeas in bloom and the taste of fresh air from the Sitka Spruce trees during the summer months. Between towering trees and wild berry bushes, people paddle through, connecting with nature in a leisurely exploration.

The river reaches around eight feet deep, and the water temperature is warm. Below, trout and bass swim by.

For Gary Dimon, founder of the Siltcoos Lake Resort Yurt and Kayak Rentals, kayaking has brought him the freedom of the outdoors and days filled with tranquility.

Rafting and kayaking have been Dimon's

See SILTCOOS page 2B



SPORTS CALENDAR

To add your activity's summer sports schedule, email Sports Reporter Zeahna Young at zyoung@thesiuslawnews.com

Tide Tables

Entrance Siuslaw River

Low Tide High Tide

August 7

12:11 a.m. / 6.4 7:24 a.m. / -0.7
1:53 p.m. / 5.1 7:11 p.m. / 2.3

August 8

12:52 a.m. / 6.6 8:00 a.m. / -0.9
2:26 p.m. / 5.3 7:52 p.m. / 2.0

August 9

1:33 a.m. / 6.7 8:35 a.m. / -1.0
2:59 p.m. / 5.5 8:33 p.m. / 1.7

August 10

2:14 a.m. / 6.6 9:09 a.m. / -0.9
3:32 p.m. / 5.7 9:16 p.m. / 1.5

August 11

2:58 a.m. / 6.4 9:44 a.m. / -0.6
4:05 p.m. / 5.9 10:03 p.m. / 1.2

August 12

3:45 a.m. / 6.0 10:20 a.m. / -0.2
4:40 p.m. / 6.1 10:54 p.m. / 1.0

August 13

4:37 a.m. / 5.5 0:58 a.m. / 0.3
5:18 p.m. / 6.3 11:51 p.m. / 0.8

August 14

5:38 a.m. / 5.0
11:39 a.m. / 1.0 6:01 p.m. / 6.4

August 15

12:55 a.m. / 0.5 6:52 a.m. / 4.5
12:29 p.m. / 1.6 6:51 p.m. / 6.5

August 16

2:06 a.m. / 0.3 8:18 a.m. / 4.3
1:30 p.m. / 2.2 7:50 p.m. / 6.5

August 17

3:19 a.m. / -0.1 9:48 a.m. / 4.4
2:46 p.m. / 2.6 8:55 p.m. / 6.6

August 18

4:27 a.m. / -0.4 11:05 a.m. / 4.7
4:04 p.m. / 2.6 10:01 p.m. / 6.7

Local runners compete in Cascade Lakes Relay

Over July 30 and 31, a team from Florence competed in the Cascade Lakes Relay in Bend, Ore.

The race can be run or walked, with a total of 216.6 miles included, though the race can be split into two 132-mile legs.

The local participants were Robbie Wright, Stephanie Wright, Liz Hughes and Becky Holbrook. It was the first relay for Hughes and Holbrook, but both the Wrights have previously competed in the event.

It was Robbie's 12 year and the fifth year for Stephanie.

"The fires made the air quality bad enough this year to change the course of the race for the first half," Holbrook said.

In recognition of that, Cascade Relays, which runs multiple relay events in Eastern Oregon, set up a fundraiser for communities in the area affected by the Bootleg Fire.

For more information, visit cascaderelays.com.



COURTESY PHOTO

ODFW gives 5 tips for fishing in hot water

When fish are already stressed from low, warm water caused by drought and soaring temperatures, a long fight with an angler could be deadly. Warm water holds less dissolved oxygen than cold water, meaning fish can struggle to breathe when water temperatures get high.

Warmwater fish — although more tolerant of warm water conditions — have their limits, too.

So how hot is too hot? Cold-water fish such as trout, steelhead and salmon will start to feel stressed when water temperatures hit 68°F. Warmwater fish can tolerate temperatures up to 86°F, but they'll probably

be sluggish and slow to bite.

When conditions are severe, here are some things anglers can do to help fish:

1. FISH PLACES WHERE WATER STAYS COOLER

Go higher. Lakes at higher elevations are generally cooler than those on the valley floors. This is a great time of year to fish some of the hike-in lakes.

Fish the headwaters. Water temperatures usually cool the higher you go in a river system. Elevations are higher, and streams are small — and more easily shaded by overhanging vegetation.

Fish deeper. In lakes and ponds, fish will head to deep-

er, cooler waters. In rivers and streams, look for deeper pools to fish.

Go to the beach. It's cooler there and there are great opportunities for bay clamming and surfperch fishing.

Use your judgement. If conditions where you want to fish seem especially severe (low, hot water), consider fishing somewhere else where water conditions are better. Or even save fishing for another day.

2. SEEK COOL WATER REFUGES

Water temperatures are not consistent throughout a

See 5 TIPS page 3B

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 shares what he's learned about sports from his multiple points of view.

They Change the Rules (Part I)

When teams or individuals compete against one another, rules are made to insure fair play. For most sports, there are clear winners and

See LITTLE page 2B

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