

Tri at the Grove turns another page

Fifth annual triathlon to be held Saturday

BY MATT HOLLANDER
The Cottage Grove Sentinel

The Rolf Prima Tri at the Grove is set for its fifth-annual race on Saturday, and by now it's developed quite a bit of history.

"We're pretty excited about this being the fifth-anniversary race," said race director Blair Bronson. "Any event that can stick around this long has to develop quite a following. Over the years it has grown to attract a wider spread of athletes and draw athletes

from wider distances, as well."

Any story of Tri at the Grove would be incomplete without mention of triathlete Kate Bevilaqua. The course record holder in the women's Olympic distance, Bevilaqua has finished first or second in every year that it has been held.

"The location is so beautiful and the atmosphere is just great," she said. "After the first year, I've always had the last weekend of July circled in my calendar. It's nice to have something familiar to look forward to."

Bevilaqua has been involved with several memorable Tri at the Grove finishes. She won the inaugural race over MacKenzie Miller by a mere 23

seconds, and in 2012 and 2014 she came in less than 22 seconds behind winner Emily Cocks.

"It's amazing how close these races have been," said Bevilaqua, 37. "The course is quick, but it's also deceiving. Sometimes you can't tell where you are with your competition until the second half of the run, so you always have to be pushing yourself."

As Stocks will not be competing on Saturday, Bevilaqua would seem to be the odds-on favorite to win her third Tri at the Grove title. However, the Olympic men's race appears to be up for grabs between several elite athletes

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Corwin hired to lead CGHS volleyball program

Former OIT head coach is the second new hire in as many years for Lions

BY MATT HOLLANDER
The Cottage Grove Sentinel

For the second consecutive year, Cottage Grove High School has hired a former college head coach to lead its volleyball program.

Earlier this month the school announced that Oregon Institute of Technology coach Jason Corwin would take

over for Jill Colclasure, who resigned in May after one season at the helm for the Lions.

In 2014 under Colclasure, who previously coached at Greenville College in Illinois, Cottage Grove went 5-15, including a 3-7 mark against Sky-Em opponents, and missed the playoffs.

Corwin compiled a 72-72 overall record as head coach of Oregon Institute of Technology from 2010-14, including a 29-61 mark in Cascade Collegiate Conference play. The Owls went 21-14 in 2014, Corwin's best mark

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McNary, May Long win Gold Rush 5K — first since 2009

Road race re-welcomed by more than 90 runners

BY MATT HOLLANDER
The Cottage Grove Sentinel

Kyle McNary was the runner-up at the second annual Gold Rush 5k in 2009. But he would have to wait six years for his chance to move up the podium after the event went on hiatus.

As the sun set over Cottage Grove on Friday, more than 90 runners, including McNary, gathered for the triumphant return of the Gold Rush. This time, McNary was the first runner to complete the 5K course, crossing the finish line in 18:50 — a PR for the Cottage Grove native.

"I love smaller events like this because they get people out running, and I was sad when it stopped," said McNary, 21.

For Madison May Long, the top female finisher, getting past the starting line was the most challenging part of her evening.

"This was just my second race ever, but I was three minutes late for the start of my first race, so I kind of got to skip all of the pre-race adrenaline," she explained.

The 24-year-old Eugenician showed no sign of nerves after the starting horn blast, as she covered the race in 22:36.

"It wasn't long ago that I could barely run a mile without stopping. But now I really like running, and I keep surprising myself," said May Long.

Event organizers weren't sure what to expect in bringing back the Gold Rush, but its successful return has many optimistic that it will be a yearly fixture of Bohemia Mining Days.

"I don't care too much about numbers; I care about how it felt," said Jim Settlemeyer. "People brought friends who cheered, and it really felt like a fun community event."

Settlemeyer added that a festive finish, which included live music at the nearby Brewstation and the glimmering lights of the BMD carnival rides, undoubtedly added to the excitement of the event.

Full Gold Rush results on 3B



Athletes of the Week: Kyle McNary and Madison May Long



photo by Jon Stinnett

Top: More than 90 runners lined up for the Gold Rush 5K on Friday night. Kyle McNary (bottom left) and Madison May Long (bottom right) were the top male and female finishers. The event was last held in 2009.

Soccer scene thrives in the summer, too



photo by Matt Hollander

Emma Walker tries to pass the ball to teammate Justin Guzeman (white shirt) as Gabby Cortes (black shirt) defends the goal Saturday during a Lane County United Soccer Academy's 3-v-3 Coed REC League game.

LCUSA Summer 3-v-3 league has been successful in its inaugural season

BY MATT HOLLANDER
The Cottage Grove Sentinel

Soccer in Cottage Grove doesn't stop for anything anymore; not even Bohemia Mining Days.

As the Grand Miners Parade made its way around town Saturday morning, dozens of local players could be found at Currin Field for Lane County United Soccer Academy's (LCUSA) 3-v-3 Coed REC Summer League.

But based on the light-hearted atmosphere, generating year-round opportunities for play apparently hasn't created an intense culture of specialization.

"We're having a lot of fun out here," said LCUSA director Micah Browning. "It just so happens that I am also tricking them into becoming better players."

The 3-v-3 format is an extension of LCUSA's popular winter futsal league, which was housed in the Armory. Browning came up with the idea several years ago while thinking of ways to keep players engaged through the offseason.

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CGS BMD Miner's Night

BY BEN DEATHERAGE

Despite the scorching weather, Cottage Grove Speedway had some wonderful racing on Saturday, July 18. The historical 1/4-mile clay oval hosted Bohemia Mining Days Miner's Night in honor of the local festival — a tribute to Cottage Grove's mining past. Classes in action included the Clark Printing Extreme Sprints, IMCA Modifieds, IMCA Sport Mods and Quality RV Repair Hornets.

Raquel Ivie from Eugene set the early pace in the Extreme Sprints until she was passed by Chelsea Blevins of Janesville, Calif. on lap two.

Blevins blazed the trail until lap six, when Orion Redmond made a move. Redmond, of Roseburg, put some major distance on the rest of the pack, and though he was slowed down by a couple of cautions, Redmond received the checkered flag.

Penngrove, Calif.'s Michael Kofoid closed strong in second, while Patrick Dills from Cottage Grove was third. Blevins was fourth,

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