

# c.g. Daytripper

## On the Run



The author and his running partner, Jack.

BY JON STINNETT  
*The Cottage Grove Sentinel*

About halfway through a long run, my body begins to search itself for a deeper store of energy, and I can only hope that I've got enough energy left to give. At about this time, thought processes also go deeper, and a kind of meditative trance can accompany the steady pace of footsteps on pavement.

At the turnaround point of an out-and-back run on Cottage Grove's famed Row River Trail, though, one thought begins to stand out above all others — get

home!

Such are the revelations that have crept back into my consciousness since I began a new training program early this year. On Saturday morning, March 5, I'll be one of a growing number of runners/walkers who will board a bus in Cottage Grove and be dropped off at Dorena School, and I expect that familiar refrain — get home — to guide me as I tick off the 13.1 miles on the trail back toward Bohemia Park.

The first annual Cottage Grove Half Marathon has already drawn upwards of 150 participants, according to organizer Mike Ripley, who also organizes the Oregon Gran Fondo in Cottage Grove. If they're anything like me, those who have already signed up and paid their entry fee for the race will realize that the commitment we've made has already paid dividends long before the sound of the starting gun.

These days, I'm sleeping better and waking up more refreshed. I'm eating better (al-

beit more, of course) and am typically in a better mood. Long runs offer time to think, and by the end of each one, I'm ready to attack whatever else life can throw at me. My chocolate Lab, Jack, has run every mile with me, and he's looking as svelte as ever. (How I'm going to break it to him that he can't run the actual race with me is a subject I don't like to ponder).

It's been 12 years since a friend back home in Illinois introduced me to the joys of running. I'd run as part of other sports and for in high school, of course, but until we started to really rack up the miles, I was unaware just how satisfying that long, slow glide can be. Moving

to Eugene in 2004 and experiencing highlights like Hayward Field and Pre's Trail sunk the hook in deeper. In June of 2005, the Newport Marathon became my first 26.2-mile conquest, and I got to know many of the streets of Cottage Grove and its surrounding hillsides (not to mention some of the coolest people in town) while training for the first Eugene Marathon in 2007.

These days, it's still a pleasure to show off the massive hill at Howard Loop to other runners when the opportunity arises, or get in three hills during one run by combining the CGHS Spirit Trail, the Mt. David loop and the path around Fir Grove Cemetery. (The latter is extremely

peaceful and offers no small amount of perspective). But the Row River Trail continues to beckon with the upcoming race, and attacking its long straightaways is the overriding goal, even while taking in its at-times blissful scenery.

The CG Half Marathon should be quite fast, and Ripley is confident that it will provide excellent exposure for running in the area. At this point, I'm hoping for good weather and no injuries and looking forward to stepping off that bus in Dorena.

More information on the Cottage Grove Half Marathon can be found at: [cottagegrovehalf.com](http://cottagegrovehalf.com).

## COMMUNITY BRIEFS

### Cottage Theatre announces auditions for 'Scapino!'

Cottage Theatre will hold auditions for Scapino! on Sunday, March 13 and Monday, March 14 at 6:30 p.m. This play by Frank Dunlop and Jim Dale is a zany modern day farce inspired by Moliere's 1671 comedy "Les Fourberies de Scapin." It is the third production in Cottage Theatre's 2016 season and is directed by George Comstock. The play will run for three weekends, June 12-26. Roles are available for 10 men and four women.

These auditions are open to any interested actors, and no appointment is necessary. Actors are asked to bring one bad joke to share; no other preparation is necessary. Additional details are available at [www.cottagetheatre.org](http://www.cottagetheatre.org) or by calling Cottage Theatre at 541-942-8001.

cialty plants. Doyle will introduce this year's lineup of Log House's new innovations and specialties of ornamental and vegetable plants

As always, this presentation is free and open to the public. The Garden Club meets on the first Tuesday of each month at The First Presbyterian Church on the corners of Adams and Third Streets. The presentations begin at 7 p.m.

### Windy Ridge in Drain

The North Douglas Performing Arts Council Presents "Windy Ridge" on Friday,

Feb. 26 at the Drain Civic Center, located at 205 West A Street, from 7-9 p.m. Admission is \$5 per person, and refreshments will be available.

Windy Ridge blends together rock and blues, a little country and original material for flavor.

### Left Coast Country

Left Coast Country is a modern string band formed in 2010 from the exploding newgrass scene in Portland. They are hitting the road in support of their forthcoming full-length, Pines Fly By, which will be released digitally and physically nationally in retail stores on Feb. 27. They'll visit Cottage Grove's

Axe & Fiddle Pub on Thursday, Feb. 25.

### Humans and Wisdom discussion

As part of this week's Smithsonian Institution Exploring Human Origins activities, the local Wisdom Seekers Club invites the public to the Cottage Grove Public Library on Thursday, Feb. 25, from 6-8 p.m. for an exhibit tour and wide-ranging discussion of "What Does It Mean To Be Human?" Topics to explore will include scientific and philosophical perspectives on human awareness, memory, curiosity, imagination, invention and technology, empathy and social interactions, spirituality, creativity in art, music and other fields and what our place is in our universe (even NASA has an "Origins" program).

### Moveable Feet

Moveable Feet dance for ages eight to adult takes place at Creswell Community Center, 99 South First St. in Creswell on Friday, March 4 from 7-9 p.m. The event is free. All dances will be taught and prompted. More information is available at: <http://moveablefeet.weebly.com> or 541-895-2254.

## Bridal Open House & Tasting Event

### March 20 • 2 to 4 pm

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