

## Gold Rush Run/Walk sees big turnout

The race has returned since it first appeared a few years back, and many fitness enthusiasts showed up to participate

BY SAM WRIGHT  
The Cottage Grove Sentinel

As Bohemia Mining Days geared up, so did many of the fitness enthusiasts of Cottage Grove for the Gold Rush 5k Run/Walk. Run CG (including CGHS cross country coach Jim Settlemeyer and the Sentinel's own Jon Stinnett) organized the race as part of Bohemia Mining Days. The run is a twilight-set race through historic downtown Cottage Grove that featured walkers and competitive racers alike.

The race started at Sixth and Washington streets by the Brewstation and then proceeded to River road along the Coast Fork of the Willamette River.

Some runners and walkers were unable to enjoy the scenery, as many finished by the time twilight turned to dark.

Though the event was a casual and recreational race, that does not mean there weren't any committed runners and impressive finishes.

As one Settlemeyer helped organize the race, it is only appropriate that another won it. Sam Settlemeyer, son of the aforementioned Settlemeyer, finished in first in 16 minutes and 45 seconds, nearly two minutes ahead of everyone else.

"It's always fun to come out here and run with my family," the winded Settlemeyer said. The Cottage Grove High School alumnus used to run cross country for his father, so the race is nothing new to him.

"I'm not really training for anything or pushing for a specific time, it's just about being with my family and having fun," he added.

Just as Settlemeyer finished speaking, his brother, Teagan, came racing to the finish line to snag second place with a time of 18:19.

Kyle McNary, Patrick Frost and Paesen Timm wrapped up the top-five finishers, but soon-to-be sophomore and cross country state qualifier Konrad Raum finished in sixth with a time of 19:37.

The Gold Rush somewhat replaces the Bohemia Mining Days half-marathon, which last took place in 1993. In 2014, Jim Settlemeyer tested an idea of a team half-marathon relay, but the idea never really took off.

"There just wasn't enough interest in it, it seemed difficult to get going," Settlemeyer said.

But with around 100 participants in the Gold Rush with its second appearance in roughly eight years, a successfully themed race may be emerging.

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## Athlete of the Week



Photo by Sam Wright

Nearly 100 local community members showed up to run/walk the route of the Gold Rush as the sun went down on Friday night.



CGHS cross country alumnus Sam Settlemeyer blazed through the 5k run on Friday. Taking first place with a time of 16:45, beating his brother by over a minute and a half.



Sentinel file photo

This year's triathlon will feature just under 350 athletes from around the country and even the world. The race has been dubbed one of America's top triathlons.

## Best in the West takes command of Rolf Prima Tri for second year

The prestigious race returns to Cottage Grove this Saturday for the sixth annual triathlon

BY SAM WRIGHT  
The Cottage Grove Sentinel

The Rolf Prima Triathlon is set to return to Cottage Grove Lake this Saturday, July 23. This marks the sixth-annual triathlon, which usually sees over 300 entrants each year. The event was originally kick-started by dark:30 sports with Steve Cash and Alan Cline with the help of Blair Bronson. After moving on to other opportunities, Cash passed the torch on to Bronson, who heads Best in the West events.

"He [Cash] had another business he was running," Bronson said. It will be the second year Best in the West has hosted the

race, and they seem to be doing it justice. While Alan Cline and dark:30 sports built a partnership with the people of Cottage Grove, Bronson and Best in the West have maintained the relationship so that the race continues to be a welcomed and exciting event.

Bronson says that they work with Park Rangers and the Army Corps to ensure that they meet all of the requirements and can have certain parts of the road closed off for the race.

This year, Bronson reports that just under 350 athletes have registered, a number that correlates with the growing popularity of the fairly recent tradition. "We're very happy with the

turnout, but we would like to get it to the 500 mark within the next couple of years," Bronson said. Over 300 participants is a great success, but the real statistic is that about 25 percent of this year's participants will be first-timers. Such a number is encouraging to the goal of 500 participants in future years.

"The best way to spread the word is by word of mouth," Bronson said. "It's the best way, in my opinion, if people have a great experience then tell their friends and family about it and encourage them to join." While Best in the West does spend resources on marketing online and in print, Bronson says that good feedback and recommendations

to other people is the best way to get more participants.

Though 500 is a reachable goal, Best in the West would want to cap the number around there. As the number of participants increases, the race will lose some of its intimacy.

The race will see the return of power couple Guy Crawford and Kate Belivaqua, who set records while winning last year's race. Crawford finished the Olympic distance in one hour, 51 minutes and 36.2 seconds. That defeated 2014's winner Jesse Thomas's record of 1:54:58.8. Belivaqua also set a record for the women's Olympic distance with a time of 2:05:49.30.

"It's a race I keep coming

back to because I love not only the location and course, but the fun, social atmosphere," Belivaqua said.

Bronson says the race will be a success as long as everyone enjoys themselves.

"So long as everyone crosses the finish line safely, it will be successful," he said.

Along with an increase in participation, Best in the West is looking to put on a kids' race in order to get more youth involved.

"I think that will be our peak; if we can get a kid's race going and have more youth involved."

The race will start at Cottage Grove Lake on Saturday at 8 a.m.

## Elementary swimmers qualify for state meet

Six PR times set in Roseburg

BY SAM WRIGHT  
The Cottage Grove Sentinel

The strength of Cottage Grove's high school swimmers is well known throughout the community, but this past weekend it was the elementary swimmers that shined. Over the weekend, Roseburg hosted one of the largest swim meets of the summer, where the competition ranged from elementary to high school and even some college competitors.

Cottage Grove elementary-level swimmers set six personal records between four different swimmers, and two qualified for the state championship meet this upcoming weekend.

M.J. Raade placed first in the 500-meter freestyle race, setting a personal record of 6:20.46. Despite the first-place finish, Raade unfortunately didn't qualify for state. However, she also snagged a second-place finish in the 100-meter freestyle race with a time of 1:06.47, another personal record. Sophia Selivanova qualified for six events, but it was her 200-meter inter-medley race that put an exclamation mark on her performance. Selivanova finished the event in 3:16.79, another personal record for Lion swimmers and another first-place finish.

Sarah Wills, whose exact times were not yet released to head coach Tyson Pilling, made a massive PR as she dropped her 100-meter butterfly time by a whopping 40 seconds and took first place in her race.

"It was by far the biggest time

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## Miller, Donahoo, Braaten and Maricle July 16 winners at Grove

BY BEN DEATHERAGE  
For the Sentinel

Cottage Grove Speedway hosted Bohemia Mining Days/Ladies Night on Saturday, July 16. The historic quarter-mile had some incredible racing all evening long. Classes in competition included the 360 Sprints, Late Models, IMCA Sport Mods, and the Quality RV

Repair Hornets.

The 360 Sprints were on tap for the third and final round of the Interstate Sprint Car Series Triple Crown. Grants Pass driver Jared Ridge claimed the lead in the early goings of the main event but was soon passed on lap seven by Garen Linder. Linder, who is from Central Point, lost the lead to Ridge on lap 23. It looked like Ridge

had the race won until the final lap, when Eugene's Kyle Miller made a daring pass in the last set of turns.

It was the first winged 360 Sprint victory for Kyle Miller in 2016. Miller (driving of Kady Adelman) accumulated the most points over the three-race miniseries to win the Interstate Sprint Car Series Triple Crown. Jared Ridge was the runner-

up, followed by Garen Linder in third. The rest of the top five was made up of Burlington, Washington native Greg Hamilton and Chelsea Blevins from Anderson, California.

Britton Donahoo was the guy to beat in the Late Model feature. Donahoo, out of Salem, obtained the top place position on the opening start. There he remained for the entire distance

to win his second victory of the season, which makes him the first driver in the Late Models to visit the winner's circle more than once so far in the current season.

Creswell's Paul Culp finished second, and ending the night in third was David Schmidt of Eugene. Redmond driver Ron Brewster got fourth, while Chuck Christian, from Eugene,

managed to place fifth.

In the IMCA Sport Mods, Daniel Ray set the tone early. Ray, of Springfield, led the first lap until Jordan Braaten found his way around him on the eighth circuit. Braaten kept all challengers behind him to win for the fifth time at CGS.

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541-942-7561

# Cottage Grove Speedway

www.cottagegrovespeedway.com

## Friday July 22nd

\$2,600.00 to win Mark Howard Memorial Modified Nationals  
NW Extreme Late Models, Late Models, IMCA Modifieds, Street Stocks

## Saturday July 23rd

Modified Nationals Continues with NW Extreme Late Models, Late Models,  
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