

Big turnout and perfect conditions for Rolf Prima Tri

BY SAM WRIGHT
The Cottage Grove Sentinel

Saturday, July 23 marked the sixth annual Rolf Prima Triathlon in Cottage Grove, where hundreds of athletes from all over the country came to race near (and in) Cottage Grove Lake. Nearly 25 percent of the near 350 participants were first-timers at the event, and many were attempting a triathlon for the first time ever. Cool weather made for perfect racing conditions until the sun came out in the later part of the morning. At 8 a.m. the athletes gathered in the water by the Lakeside Park boat ramp and were sent off in waves.

The race was split up into two courses: the sprint course and the Olympic course. The sprint course consisted of 750 meters of swimming, 12 miles of cycling and 3.1 miles of running. The event also offered a duathlon for those who wanted to.

The Olympic course reflected Olympic distances which double that of the sprint course. There are 1500 meters of swimming,



Photo by Sam Wright

Mark Gregory transitions from bike to foot in the transition area.

24.8 miles (40 kilometers) of cycling and 6.2 miles (10 kilometers) of running.

The Olympic course was divided into professionals and regulars. Nearly 90 participants

made up the regulars, with Evan Pardi placing first. Pardi's over-all time was two hours and 1.5 seconds. The 23-year old swam the 1500 meters in just under 22 minutes, biked the 24.8 miles in

1:01:20 and ran the 6.2 miles in 35 minutes and 34 seconds.

On the women's side, there

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Athlete of the Week

Crawford wins third CG Triathlon



Guy Crawford didn't beat his old record but still smashed the competition to win his third Rolf Prima Triathlon. The champion snuck by volunteers as he approached the finish line, catching the announcer off guard.

Lions tested against Sheldon



Photo by Sam Wright

The Lions got a chance to compete against 6A competition with Sheldon High School.

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The Lions football team has been putting in a lot of work over the summer to prepare for its season coming in the fall. Most recently, the Lions hosted a seven-on-seven scrimmage against 6A Sheldon.

Against a school with such depth, it was understandable that Cottage Grove would occasionally struggle on both sides of the ball. One of Sheldon's most notable players was Taylor Alie, who holds the Ducks' record for longest rushing touchdown by a quarterback.

"They produce a lot of division-one talent," head coach

Gary Roberts said. The scrimmage wasn't in pads, and both teams only worked on passing and coverage. For a while, it seemed like Sheldon's receivers were able to outmaneuver Cottage Grove's defensive backs, and their defense was making it hard for Blake Sentman and co. to move the ball down the field.

However, the Lions began to click, forcing turnovers and completing passes, including a beautiful 30-yard bomb by Sentman for a touchdown.

Roberts seems to already be familiar with the skill set of his team with many returning players, so he was looking for who can put in the extra effort on the field.

"We're really just trying to see who will put in the work and play hard," Roberts said. The Lions will be returning with the same offensive system as last year, but there's a twist.

Roberts has added a new member to the Lions coaching staff. The new offensive coordinator this year will be Marty Johnson, who previously coached for Sheldon, a powerful team that went 7-1 last year, losing to Jesuit in the playoffs.

Johnson is a welcome addition with many of the returning players and should be able to give the Lions' offense a bit more potency.



They call it pickle ball

When driving or walking by Coiner Park on Main Street, what looks like a miniature form of tennis can be seen played by a group of locals. Ken Welker has recently organized games of pickle ball, a racquet sport first invented in the Pacific Northwest in Washington. Welker's group is still small, so they haven't been able to establish a league yet, but they can

be seen smacking a Wiffle ball over a small net with wooden paddles on most mornings. Representative Joel Pritchard invented the game when he couldn't find a shuttlecock to play badminton with. Pritchard's wife thought of the Pickle Boat in rowing where oarsmen were chosen from the leftovers from other boats.

CG Speedway hosts Mark Howard Memorial Modified Nationals

BY BEN DEATHERAGE
For the Sentinel

Friday, July 22 was the first night of the 2016 Mark Howard Memorial Cottage Grove Speedway Modified Nationals. Thirty-seven IMCA Modifieds from the states of Oregon, Washington, and California made up the field. Also, Late Models, with the visiting Northwest Extreme Late Model Series, and Street Stocks were on the card as the support class.

A big pile up on the opening start of the IMCA Modified feature occurred in turn one delaying the first lap to be recorded in the books. Once the first circuit was registered complete, Corbett's Collen Winebarger blazed the trail. It was a short-lived lead, however, as Mark Carrell passed him on lap two. The two drivers went back and forth a number of times before the Redmond veteran Carrell secured the position on lap eight.

Collen Winebarger did not give up on his pursuit of the lead. Winebarger reeled in Carrell and made a late race pass on lap 28. It was the seventh and final change of the position for the rest of the main event. For Collen, it marked the third time he has won at CGS in 2016.

Carrell was a close second, followed by Eugene's Jesse Williamson in third. Fourth place went to Brian Poppa of White City, while finishing fifth was Craig Hanson from Albany.

With so many cars making the journey, the qualifying field was split into two groups. Lebanon chauffeur Kyle Yeack and Winebarger were the fastest in their respected groups. Heat races were won by Yreka, California's Kyle Casson, Winebarger, Justin Dittman of Lebanon and Redmond native Ethan Landers. Two consolation features were also run with Albany's Craig Hanson and Jasper driver Eric Ashley the win-

ners. Winebarger won the Dot's Trophy Shop Trophy Dash and Nick Trenchard of Klamath Falls made a late race move to win the Race of Champions.

In the Late Model main event, it was Steve Moore showing the way early. The Scio driver possessed the top spot until lap three. Making the pass was Jerry Schram of Vancouver, Washington and he managed to hold down the position for quite some time. However, Ron Brewster was able to take the top spot shortly after a restart on lap 15. Brewster, out of Redmond, retained the lead the rest of the distance to win his second race of the season at CGS.

Schram finished second, followed by Creswell's Paul Culp in third. The rest of the top five was made up of Steve Moore, in fourth, and Eugene driver David Schmidt in fifth.

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Courtesy photo

Mark Carrell walked away with a victory and \$2,600 at the Mark Howard Memorial Nationals.

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Cottage Grove Speedway

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