

Bicycle Northwest makes stop in Cottage Grove



Cyclists taking part in the Oregon Bicycle Ride bike past Dorena Lake on their way to Cottage Grove. Cottage Grove was one of six spots the riders stayed at.

PHOTO C/O BICYCLE RIDES NW

By Zach Silva
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The cyclists came to town. Last Wednesday, a group of 300 cyclists with the group Bicycle Rides Northwest rode into town and stayed the night as part of the 31st annual Oregon Bicycle Ride. Their ride started in La Pine and over the course of the week they travelled to Diamond Lake, Oakridge, Blue River and then finished in Sisters.

While in Cottage Grove, Bohemia Park transformed into their home for the evening as tents, outhouses and portable showers were brought in for the riders to use. Stretched across the lawn under the hot sun, they were able to relax after 90+ miles of biking on the day.

"The goal is to make sure everyone has a wonderful weeklong vacation," said Sanna

Phinney the executive director who keeps each detail in line throughout the journey from city to city.

The ride, which caps at 300 people, is not about going fast but it is supposed to be about having fun and being able to enjoy the Oregon scenery. And it is about making some friends along the way.

For longtime friends Peter Gaskins and Gary McAninch of Salem, this is their second year doing the ride.

"We were having a dinner at my house and occasionally we get relatively deep into the wine and at the third bottle Gary said he had always wanted to do Cycle Oregon and I said, well why haven't you?" said Gaskin who is 68. "He said, 'Well I've never had anyone to do it with.' And by the fifth bottle I agreed to do it."

The two are still relatively new to cycling having only started riding after that dinner-

time conversation two and a half years ago. Since, they have taken to it and both completed their first 100 mile ride during this trip.

The field of bikers features a range of participants. Nine percent of participants are over 70 years old and 13 percent are under 50 years of age. The oldest in the field is 84-year-old Gerd Rosenblatt. The former Penn State University and University of California, Berkley chemistry professor has been biking for 20 years and has no plans of stopping.

"At this age you just don't know, you do it while you feel good and sort of every year you're glad you can do it and you keep going," said Rosenblatt. "Something could happen and this could be my last year, I could stay lucky and do it five more years. Who knows, we will just have to see."



Cyclists bike through the McKenzie pass during their journey.

PHOTO C/O BICYCLE RIDES NW

Athlete of the Week



PHOTO C/O EVAN BRITTON



This week's athlete of the week is Cottage Grove's Evan Britton. Britton, 18, won the Street Stock Race at the Cottage Grove Speedway last Saturday in a tight race.

Sports Physicals at CGHS

To make sure that high school student-athletes in Cottage Grove are ready to compete in the next school year, PeacheHealth Cottage Grove Community Medical Center is working with Cottage Grove High School to provide sports physicals from 6 p.m. to 8 p.m. on Aug. 9 and 10 in the health clinic at Cottage Grove High School. The physicals will cost \$20 instead of the normal \$40 and the funds will be donated back to schools in the district.

The sports physicals are in accordance with South Lane School District's requirement that student-athletes must be cleared before their freshman year and again two years later.

"Youth athletes are required to get physicals for a reason," says Ehsan Hazrat, MD family medicine at Cottage Grove Community Medical Center. "Physicals can screen athletes for potential illnesses or conditions that might limit their ability to play sports, especially those conditions that may be aggravated by intense exercise."

For the physicals, the medical professionals check the basics of height, weight and blood pressure but are also looking to see if there are any serious medical conditions at play that may have gone unnoticed in the past.



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