

BMD 5K from B1



Sara Meyer (left) joins a pack of runners on the 5K course. PHOTO BY NICK SNYDER/CG SENTINEL

ning groups in the area. “There are a couple other opportunities for the public to run during the year ... if you want to really help out the kids,” said Settlemeyer. “Sometimes that means money is involved and [Run CG Run] graciously said that anything we make, channel it towards the kids and help them out.”

Last year, funds acquired through Gold Rush registration fees helped pay for running shoes and clothing for local high school and middle school students as well as food, event fees and various other meet expenses.

Local runner Kyle McNary, who has run the race every year since its return

to the festival, crossed the finish line first with a time of 19:10.

“I’m from Cottage Grove, I ran with the cross country team and, you know, they set this up. I like these smaller hometown runs,” said McNary who, despite finishing first, nonetheless found his time to be a bit slow.

“I usually come in around mid- to low-18s. It was just really hot, and usually if there are more people to push me I’ll go a little bit faster, all depends who showed up,” said McNary.

But the race wasn’t about winning for many of the participants.

Sara Meyer, owner of local training studio Fit-

4You, has made it a yearly tradition to run the race with her clients, promoting both health and community involvement.

“We always do the community runs ... I run with my clients, my crew and this was the fastest run we’ve done as a group so that’s cool,” said Meyer.

After the race, as participants relaxed in and around the adjacent Brewstation - a race sponsor - organizers seemed pleased with the results.

“We came up with a course that would work and we have wonderful sponsorship ... It’s a fun hometown effort to support what we think is a pretty cool thing,” said Settlemeyer.

CHANGES from B1

Yoncalla.

“Getting involved in the community. Meeting the coaches, meeting the parents, meeting the kids. Letting them know that I’m available for them and I want them to succeed on and off the field,” James said of what he is most excited about in this new position. “I like small communities for that reason. Getting to know people probably is what excites me the most. I love meeting new people

and learning their experiences and learning mine and working together.”

Down the road in Drain, athletic director JJ Mast is adding the role of football coach back to his list of responsibilities. Mast most recently coached the team two seasons ago but last year the Warriors were coached by Rocky Rodgers who is now an assistant coach.

The Warriors also have a coaching change for the

volleyball team as Anne Campbell has retired as head coach. Campbell was in the program for 16 years with 11 seasons as head coach. North Douglas has found success in those seasons finishing as high as second in state in 2016. The team has not lost a regular season league match since 2013.

Replacing Campbell as head coach will be Emily Reed.

Middlefield Men’s Club
Game: 2M Best Ball
7/15/2019

First Place: -24
Jim Cunningham, Darrell Lee, Don Perkins, Jim Wamsley

Second Place: -23
Steve Ellickson, Larry Eymann, Frank Gates, Gary Ordway

Thirds Place (tie): -22
Todd Dennis, Al Nelson, Dan Smith, Mike Stahl

Third Place (tie): -22
Bill Avery, Jake Cox, Gary Ingram, Jim Lehl

First Place: -19
John Kallbrier, Rick LeBrun, Mike VanWyck, Jerry Haugen

Sixth Place: -16
Russell Bryce, Leon Hayes, Rudy Nelleremoe, Dave Tooker

Low Gross:
Dan Smith 69, Gary Ingram 72, Steve Ellickson 72, Todd Dennis 73, Jake Cox 74

Low Net:
Gary Ingram 60
Jim Cunningham 60
Darrell Lee 62
Dave Tooker 62

Jerry Haugen 62
Rick LeBrun 62

Middlefield Men’s Club
Game: 2, 3, 1 Points
7/18/2019

First Place: 100
Gary Culp, Jack Doleman, Grank Gates, Bob McCarty

Second Place: 95
Bill Avery, Phil Jones, Tom Lemmon, Bill Medin

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