

Note: Game times and dates are subject to change

May 7

- Elkton baseball at Riddle 3/5 pm
- ND/Yon baseball hosts N. Bend JV 5 pm
- ND softball at Glendale noon/2 pm
- Elkton softball at Riddle 2/4:30 pm
- Yoncalla softball hosts Lowell 2/4 pm

May 8

- CGHS baseball hosts J. City noon and 2 pm
- CGHS softball hosts J. City noon and 2 pm

May 10

- ND/Yon baseball hosts J. City JV 5 pm
- Yoncalla softball at Glide 4:30 pm

May 11

- CGHS baseball hosts Marshfield 5 pm
- CGHS softball hosts Marshfield 5 pm
- Elkton baseball hosts Glide 4:30 pm
- Elkton softball at ND 4:30 pm
- ND/Yon baseball at Sheldon JV 5 pm
- ND softball hosts Elkton 4:30 pm

May 12

- Elkton baseball hosts Glide 4:30 pm
- Elkton softball hosts Yoncalla 4:30 pm
- ND softball at Glide 2/4 pm
- Yoncalla softball at Elkton 4:30 pm

Lions make high marks



The CGHS track and field team was on the road at Siuslaw High School April 30 for the Sky-Em League Showcase, which was a district preview meet. The Lions teams finished third overall, with a win in the high jump by junior Isaac Stere at 5-10 (far right), second place in the triple jump by Ty Kishen at 37-05 (top left); and second place by the girls 4x1 relay team of Cora McClean, Leona Marquess, Gracie Arnold (top right) and Matty Ladd. The Lions will compete at district May 14 and 15.

PHOTOS BY NED HICKSON/FOR THE SENTINEL

A Race Well Run

After 23 Years, Settlemeyer Reaches the Finish Line as Cross Country Coach

BY JON STINNETT
 FOR THE SENTINEL

Even the most avid runner knows that sometimes, running is just no fun.

Sometimes, the aching of weary muscles seems almost bone-deep. Lungs burn like fire, pulling in vain for oxygen that never satisfies. Weather and terrain can make one wish they were smart enough to have stayed indoors. What feels like the futility of these efforts can lead to crippling self-doubt and the desire — above all — to simply quit, to lie down and wait for the pain to slowly pass.

At times like these, it's great to rely on the support and encouragement of a trusted advisor and friend, someone who knows from experience and can help convince runners that the pain they're experiencing is only temporary and that, through it, self-betterment, success and deep satisfaction can be gained.

Later, these lessons can be applied to nearly all of life's challenges and we can, in fact, learn to love the work for its own sake.

For nearly a quarter-century, Jim Settlemeyer has served as just such a mentor for young runners at Cottage Grove High School. Throughout that time, he's had the



COURTESY PHOTO

Cottage Grove High School cross country coach Jim Settlemeyer with wife, Joyce. Settlemeyer is retiring from coaching after 23 years at the helm of the Lions' highly successful program.

support of his wife, Joyce, and a host of friends and family to help both new and veteran members of the Lions' cross country team realize their own potential, overcome their limitations, find success as individuals and teammates and, more often than not, have a fair bit of fun doing it.

Settlemeyer began coaching Cottage Grove runners in 1998, and he and Joyce have coached at the middle and high-school levels. On

April 2, though, following one of the strangest seasons imaginable — a six-week stint that took place in the spring due to a global pandemic — he gathered the Lions together one last time and informed them that his tenure had come to an end.

Hearing him talk about it now, it's clear that this was a difficult decision — and that he wouldn't have it any other way.

"Twenty-three years, and I regret none of it," he says. "Maybe part

of it was that I didn't want to ever get where it would be easy to walk away. And it definitely wasn't easy."

In a way, an easy exit might mean that Settlemeyer had already been short-changing his team. And of course, he's not about doing things the easy way anyway.

A Winning Formula

Throughout his tenure at CGHS, Settlemeyer has employed a straight-forward formula to help his athletes focus on their priorities.

"It gave us an opportunity to help the kids prioritize the idea that first is family, second is school and third is the other things in life that they have choices about," he says. "If they wanted to be varsity cross country participants, then for that third part, their priority would be cross country during the season."

Over the years, the formula proved itself in competition and beyond. Several Lion cross country teams placed as high as fifth at the state tournament, and the Lions won a district championship and finished second several times.

Until this season, Cottage Grove fielded a string of complete guys and girls teams for 10 years in an era when it's pretty common to not have a complete girls team. There

See **RUN 2B**

Athlete of the Week



This week's athlete of the week is Matty Ladd, who won both the triple jump and high jump at last week's Sky-Em League Showcase.



Cottage Grove High School senior Matty Ladd cleared 5-02 in the high jump and 37-07.5 in the triple jump to win both events last week.