

Bike: Training in all events should increase

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"Ideally, you should now start running two to three miles a couple times a week and biking 10 to 15 miles a couple times a week as well," organizer Brian Joynt said. "Don't slack on the swimming though, because a difficult swim during the triathlon will hurt you later in the event."

That included stacking two of the three disciplines together into "bricks." So, despite having just gone for my first training ride, I decided to hit the road again, ride to the Dallas Aquatic Center, go for a swim, and then ride back.

Growing up, I rode my bike a lot. And, on TV, it always seems so easy. So, I took off like I was leading the Tour De France ... or at least what I thought that would be like.

But, in all my eagerness to get going, there was one thing that I failed to take into account. Doing a double workout was already going to be more physically taxing than anything I had done before.

I would not recommend doing your first double workout after going for a training ride.

On the way to the Dallas Aquatic Center, the excitement I had soon faded. Instead, my legs felt like they weighed a thousand pounds. My bike felt like it had slowed to a crawl. The 1.6-mile route I took to the pool may as well have been a trek through a flat stage at the Tour De France.



LUKAS EGGEN/Itemizer-Observer

A quick trip to Bikes Plus in Monmouth and my ride has been set up and is ready to hit the road.

Let's just say I haven't seriously ridden a bicycle in years ... and it showed. When I got to the pool, calling what I did swimming may be generous. It was more like semi-coordinated drowning avoidance. I struggled through 500 yards and stepped outside, ready to relax. Then I remembered —

I still had to ride home. The smile I had disappeared. In its place was a far too common thought of wondering when my sanity had left me.

I did make it home, eventually, after conquering my trek. After which, I laid down to rest for a second and promptly fell asleep.

These double workouts should become a regular thing, Joynt said. "Bricks are a good way to teach your legs to run after coming off the bike," Joynt said. "After you do your long bike rides, hop off and run one to two miles until your legs don't feel like jelly. It is

not really necessary to incorporate swims in the bricks, but it wouldn't hurt your training."

Whoops. Well, lesson learned there.

But now is also the time to practice transitioning from one event to the next.

"Make a list of items you need for the swim to bike transition, as well as the bike to run transition," Joynt said. "Your list should include a towel, goggles, socks, shoes, running top, sunglasses and any nutrition you may need. Also (include) water bottles and a helmet for the bike. You also may want to include a pair of shorts to slip on over your swim shorts and bike gloves. Think of what you are going to bike and run in without fully changing clothes in between. Your time would be hurt drastically if you went into the locker room and changed clothes during the event."

With less than a month to go, I'm realizing just how close this triathlon is.

I'm hoping I'm doing enough to finish. I'm no longer expecting my Charities of Fire moment. Crossing the finish line — in any manner — would be a big plus, though. Now, if only I can conquer that bike.

CLASS 5A PREP SOFTBALL

Central falls to Pendleton in playoffs

By Lukas Eggen
The Itemizer-Observer

PENDLETON — The Central softball team saw its season come to a close after falling to Pendleton 14-3 in the first round of the state playoffs on May 27.

"(Pendleton) put the ball in play," Panthers coach Kendra George said. "They're a great offensive team. We scored early and that was great, but they got their bats going and that's the name of the

game right there." Pendleton advanced to the state semifinals Tuesday after press time.

Central finished 18-10 overall and featured the Mid-Willamette Conference's highest scoring offense.

"The girls played some really great ball," George said. "I was happy with how they hit and played defensively. We had awesome chemistry."

The Panthers started the season 9-0 en route to a 13-

8 record in league play. While Central had its share of ups and downs, George said each player was ready for whatever challenges came their way.

"You get on teams where there's a couple people you have to rely on all the time," George said. "One of the biggest things is we kept saying everyone has to be ready to show up and play every single game. It's a team sport for a reason."

The Panthers will see seniors Ryanne Huffman,

Kaitlyn Noon and Alexxa Gonzalez graduate, but returns a majority of the roster. For George and her players, next season will be a continuation of what they learned from the 2015 campaign.

"It's a constant evolution," George said. "It's never just, I have to change one thing. We're going to get some new players next year and find things that work for those players and things that don't. I'm always evolving as a coach."

SPORTS BRIEFS

Eola Hills winery to host bike rides

RICKREALL — Eola Hills Wine Cellars will host Bike Oregon Wine Country every Sunday in August, beginning Aug. 2. Rides will depart at 8 a.m. with check-in at 7:30 a.m. All rides will start and end at Eola Hills Wine Cellars, located at 501 S. Pacific Highway 99W, Rickreall.

Cyclists will tour the scenic roads of the Mid-Willamette Valley wine country, stopping at various wineries to taste and order wines. Routes will vary, visiting two to seven wineries and one regional brewery.

Riders of all abilities are welcome. Loops range in difficulty and with distances ranging from 40 to 80 miles. Support vehicles offer riders a lift when needed. Lunch and water stops are also provided.

Cost is \$59 prior to June 9, \$79 after June 9 and \$29 for barbecue only. There are discounts for frequent riders and groups.

For more information: 503-623-2405; online at www.eolahillswinery.com.

WOU basketball signs Akil Reese

MONMOUTH — Western Oregon men's basketball coach Jim Shaw announced his second recruit for the 2015-16 season on Friday. Akil Reese from Westchester High School in California signed a National Letter of Intent to join the Wolves.

Reese is a 6-foot-2 guard. He averaged 12 points, four rebounds and four assists per game as a junior, helping lead the Comets to a 30-7 record. Reese spent much of the 2015 season recovering from a torn ACL.

"Akil comes from one of the premier high school basketball programs in the country in Westchester," Shaw said. "His high school coach Ed Azzam is a legend, and his AAU coach Lionel Benjamin is a long-time friend who does a terrific job with kids. Akil is a 3.8 student who represents what we are looking for in a student-athlete. He is a quality person, student, and player."

Reese joins Kadeem Strickland as Shaw's recruiting class for the upcoming season.

Western Oregon won the Great Northwest Athletic Conference regular season title during the 2014-15 season and advanced to the NCAA Division II National Tournament, falling to Azusa Pacific 75-67.

YMCA to host summer swim lessons

MONMOUTH/INDEPENDENCE — The Monmouth-Independence YMCA will offer swim lessons for all skill levels for preschool (ages 3 to 5) and youth (ages 6 to 12).

Classes run Monday through Friday for two weeks, beginning Monday. A variety of start times are offered: 9:30 a.m., 10:15 a.m. or 5:15 p.m.

Classes will also be offered beginning June 22, July 6, July 20, Aug. 3 and Aug. 17.

Cost is \$40 for preschool levels and \$45 for youth levels. Adult lessons are also available and are free for YMCA members or \$3 per class for non-members.

For more information: www.theyonline.org.

Perrydale to host spring football

PERRYDALE — Perrydale will host Falls City on June 11 for a spring football game. Kickoff is scheduled for 4:30 p.m.

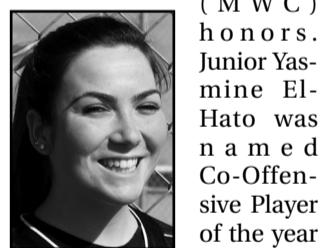
For more information: www.fallscityschools.org.

PREP SOFTBALL ROUNDUP

Polk County players earn honors

Itemizer-Observer staff report

DALLAS — Seven Dallas softball players earned all-Mid-Willamette Conference (MWC) honors.



El-Hato

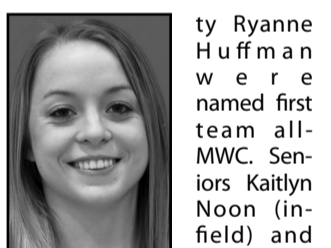
Maggie Buckholz. El-Hato earned first team recognition with seniors Erin Taylor (pitcher), Cassidy Totten (shortstop) and Sarah

Mitchell (third base) and junior Makena Linn (outfield).

Senior catcher Katie Mitchell earned second team all-MWC honors, while senior Teri Bunnell (second base) received honorable mention.

Dallas finished 16-10 overall and 15-6 in league play, placing third in the MWC. The Dragons were eliminated by North Eugene 2-1 in the play-in round.

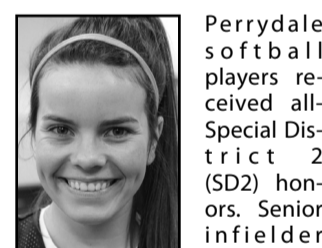
CENTRAL PLAYERS HONORED: The Central softball team saw seven players earn all-Mid-Willamette Conference recognition. Junior catcher Kylie Nash and senior shortstop/uti-



Huffman

(outfield), sophomore outfielder Jori Kerr and freshman pitcher Erin Cole earned second team honors, while junior first baseman Briana Broadus received honorable mention. The Panthers advanced to the first round of the state playoffs before falling to Pendleton 14-3.

PIRATES EARN ALL-LEAGUE HONORS: Seven



Locke

junior infielder Anna McGill earned first team all-league honors. Sarah Nelson, Emily Pope, Hannah Hallock and Hannah Amador were named second team all-SD2, while senior Emily Nelson received honorable mention.

The Pirates finished third in SD2, recording a 10-10 mark overall and 5-7 in league play.

Face: Coach optimistic for team



LUKAS EGGEN/Itemizer-Observer file

Olivia Dalke is one of a core group of girls soccer players that coach Kirk Myrold is looking forward to seeing.

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Dallas will see an experienced roster return, including two seniors and seven juniors.

With that experience, Myrold isn't looking to shake things up too greatly, but rather refine what is already there.

"I know there's a good group of juniors who are coming back and have played together for a while," Myrold said. "I need to figure out their strengths and what I can bring to add to what they already have. Last fall, they did well and I want to see if we can go further with that. I'm not looking to change anything."

The MWC figures to be a difficult conference to compete in, with Corvallis and Silverton going a combined 12-0-1 in league play last season.

But, Myrold isn't worried about who the Dragons need to catch just yet. He's more worried about ensuring his new team is

Myrold File

- Dallas High teacher Kirk Myrold will coach the girls soccer team this fall.
- Myrold previously taught at Corvallis High School, where he also coached youth baseball. The 2015 season will be his first varsity head coach job.

playing to the best of their abilities.

"We just need to work hard every day and determine that we are going to give it our best every day," Myrold said. "Regardless of what sport it is, there is always a team better than you. But on any given team, you need to trust in the system put in place. We like to win games, but playing well and as a team is more important than who is above you in the standings. You can only control what we have on the field."

SCOREBOARD

| Team | League | All |
|-----------------|--------|-------|
| Corvallis | 19-2 | 21-7 |
| Crescent Valley | 16-5 | 20-9 |
| Dallas | 16-5 | 19-9 |
| Silverton | 11-10 | 13-15 |
| Central | 11-10 | 13-12 |
| Lebanon | 6-15 | 9-18 |
| South Albany | 3-18 | 3-22 |
| Woodburn | 2-19 | 4-20 |

| Wednesday, May 27 Result | | |
|--------------------------|-----------|--|
| Class 5A State Playoffs | | |
| First Round | | |
| Pendleton 14, | Central 3 | |

| Wednesday, May 27 Result | | |
|---|-----------------|--|
| Class 5A State Playoffs | | |
| First Round | | |
| Hood River Valley 5, | Dallas 0 | |
| Dallas | 000 000 0—0 0 3 | |
| Hood River | 200 300 x—5 7 0 | |
| Hatley and Tr. Earhart; Ward and Chapman. W—Ward. L—Hatley. 3B—Hood River Valley: Ward. HR—Hood River Valley: Ward. | | |

| Wednesday, May 27 Result | | |
|---|-------------------|--|
| Class 5A State Playoffs | | |
| First Round | | |
| Pendleton 14, | Central 3 | |
| Central | 201 000 0—3 6 2 | |
| Pendleton | 103 433 x—14 13 3 | |
| Cole and Nash; Murphy and Weissenfluh. W—Weissenfluh. L—Cole. 2B—Central: Kerr. HR—Pendleton: Lindsey (2), Hergert (2). | | |

| Thursday, May 28 Result | | |
|-------------------------|----------|--|
| Class 5A State Playoffs | | |
| First Round | | |
| Hood River Valley 5, | Dallas 0 | |

| Thursday, May 28 Result | | |
|-------------------------|----------|--|
| Class 5A State Playoffs | | |
| First Round | | |
| Hood River Valley 5, | Dallas 0 | |

| Friday, May 29 Result | | |
|-------------------------|----------|--|
| Class 5A State Playoffs | | |
| First Round | | |
| Hood River Valley 5, | Dallas 0 | |

CLUB GOLF

| CROSS CREEK GOLF COURSE | | |
|-------------------------|--|--|
| CROSS CREEK MEN'S CLUB | | |
| Tuesday, May 26 Results | | |
| Low Gross/Low Net | | |
| Low gross: | 1 (tie), Lee Taylor, Greg Fisher and Bob Bennett, 39. | |
| Net: | 1, David Karr, 29; 2 (tie), Ken Ross and Lynn Hurt, 32; 4, Brian Hallin, 34; 5 (tie), Ken Dankenbring, Jim Cain and Jeff Lorenz, 35. | |

SOFTBALL

| Team | League | All |
|-----------|--------|------|
| Silverton | 18-3 | 21-8 |