

SCHEDULE

THURSDAY, JULY 23
Baseball: Division I Junior Baseball: Dallas at state tournament (Crescent Valley/Western Oregon), TBA. Central at state tournament (Crescent Valley/Western Oregon), TBA.

FRIDAY, JULY 24
Baseball: Division I Junior Baseball: Dallas at state tournament (Crescent Valley/Western Oregon), TBA. Central at state tournament (Crescent Valley/Western Oregon), TBA.

SATURDAY, JULY 25
Baseball: Division I Junior Baseball: Dallas at state tournament (Crescent Valley/Western Oregon), TBA. Central at state tournament (Crescent Valley/Western Oregon), TBA.

SUNDAY, JULY 26
Baseball: Division I Junior Baseball: Dallas at state tournament (Crescent Valley/Western Oregon), TBA. Central at state tournament (Crescent Valley/Western Oregon), TBA.

Schedules Subject to Change

QUICK HITS

Falls City to host tourney

FALLS CITY — The 8th annual Bad to the Bone basketball tournament returns Aug. 15.

The three-on-three tournament will take place at Falls City Lower Park.

Cost is \$30 per team with a maximum of four players per squad. Space is limited to the first 32 paid teams.

T-shirts are included if registration is received by Aug. 10.

Make checks payable to Dennis Sickles at P.O. Box 388, Falls City, OR 97344.

For more information: 503-930-0378; online at www.FallsCityAlliance.org.

WOU football tickets on sale

MONMOUTH — Single-game tickets are now on sale for Western Oregon's 2015 football season.

The Wolves will play six home games this fall against Simon Fraser (Sept. 12), North Alabama (Oct. 10), Central Washington (Oct. 17), Azusa Pacific (Oct. 31), South Dakota School of Mines (Nov. 7) and Humboldt State (Nov. 14).

For more information: 503-838-8917. Tickets can be purchased online at www.wouwolves.com/sports/2014/8/11/FB_0811143357.aspx?path=football.

Bemrose off to North Marion

DALLAS — Jeff Bemrose announced he accepted the head swim coach position at North Marion High School.

Bemrose coached Dallas' high school swim team for the past five seasons.

Bemrose will replace former Huskies coach Chere Moore. Bemrose helped Jolie-Rae Ford win the Class 5A 200-yard freestyle state title in February.

Check out next week's edition of the *Itemizer-Observer* for more details.

KIDS' TRIATHLON

Kids' triathlon looks to bring the fun



LUKAS EGGEN/Itemizer-Observer file

The Summerfest Kids' Triathlon is open to all kids ages 5-12. Participants are then split into age groups.

By Lukas Eggen
 The Itemizer-Observer

DALLAS — Fun is front and center at the 10th annual Dallas Summerfest Kids' Triathlon.

The race is open to kids ages 5 to 12, and focuses on introducing children to different physical activities and promoting a healthy lifestyle.

In addition, every finisher will receive a medal, giving them something to remember and celebrate.

"We want to give the kids a sense of accomplishment,"

Give it a Tri

What: 10th annual Summerfest Kids' Triathlon.
When: Friday, 10 a.m. Check-in starts at 9:45.
Where: Dallas Aquatic Center and Roger Jordan Community Park on Southwest LaCreole Drive, in Dallas.
Age-group triathlon distance: Ages 5-6 — 25-yard swim, 165-yard bicycle, 75-yard run. Ages 7-8 — 25-yard swim, 280-yard bicycle, 175-yard run. Ages 9-10 — 50-yard swim, 545-yard bicycle, 300-yard run. Ages 11-12 — 100-yard swim, 1,090-yard bicycle, 600-yard run.
Cost: \$15 for aquatic center members, \$20 for nonmembers.
For more information: Tom Snyder, 503-623-9715.

organizer Tom Snyder said. "They get a medal for finishing something that is hard for some."
 The first race begins at 10 a.m. with check-in starting at 9:45.
 See TRIATHLON, Page 11A

BLUE DOLPHINS SWIM TEAM

Swimming toward success

Diaz following in her brothers' footsteps with Blue Dolphins

By Lukas Eggen
 The Itemizer-Observer

DALLAS — Isabel Diaz wasn't planning on becoming a swimmer.

Thanks in part to her older siblings, Diaz may be the latest in a line of talented swimmers in the Diaz family.

Five years ago, she was a soccer player, until her older brothers convinced her to try out a new sport.

"My brothers were on the swim team," Diaz said. "I decided I wanted to join and give it a try."

But her brothers also had a word of warning.

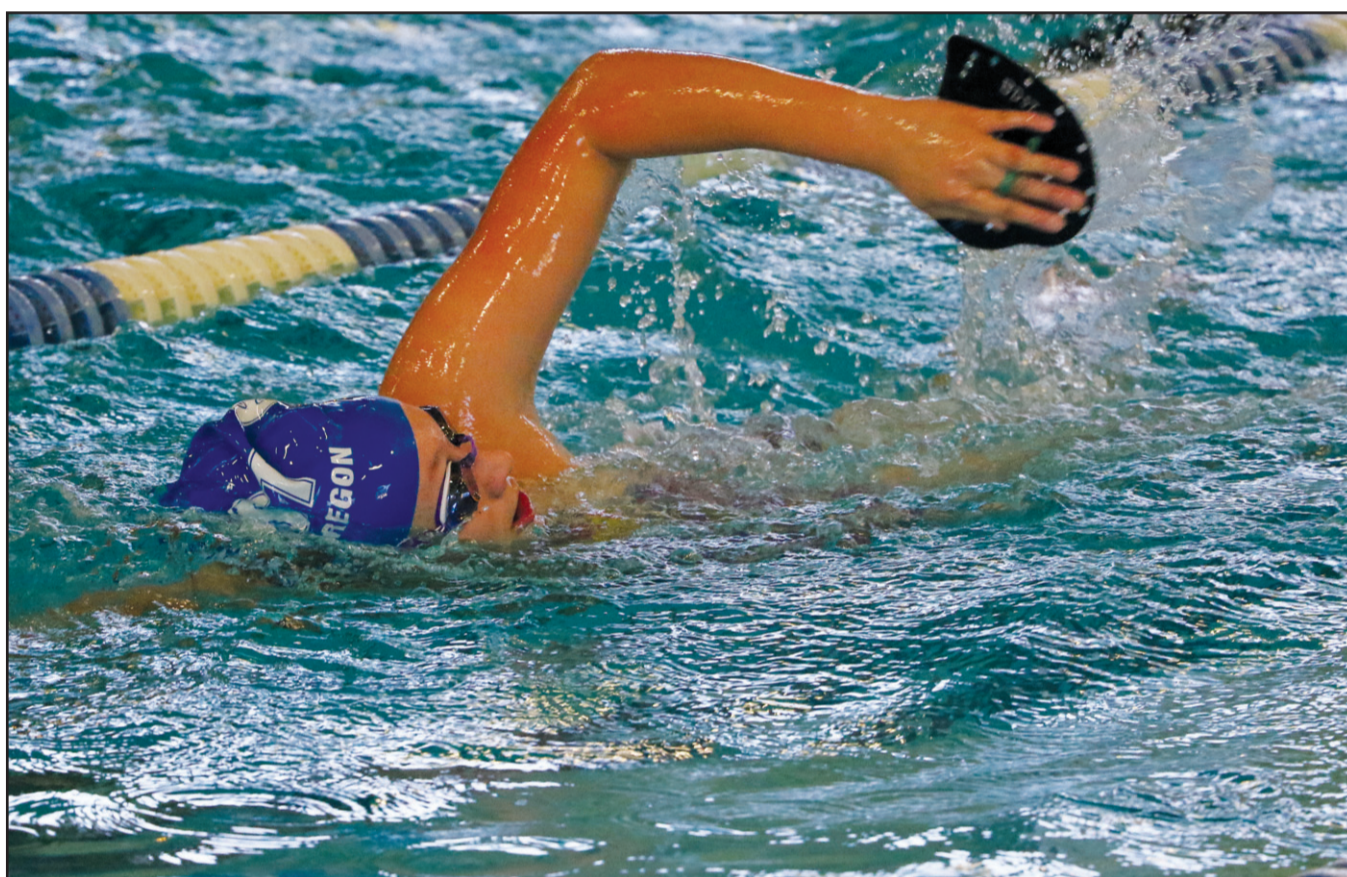
"They told me it was going to be really tough," Diaz said.

Now 13-years-old, she had her own ideas of what was going to give her the most trouble.

"I thought the breast-stroke would be terrible," Diaz said. "It looked like it was more painful than the butterfly."

She soon realized that her initial impressions were far from correct.

"The butterfly is the worst



LUKAS EGGEN/Itemizer-Observer

Isabel Diaz is the Blue Dolphin's lone 500-yard freestyle competitor in the 13-14 age division.

stroke," Diaz said, smiling.

In the five years she joined the Blue Dolphins,

Diaz is establishing herself as one of Dallas' up-and-coming swimmers. She

swims a variety of events, including her favorite, the 500-yard freestyle, where she

hopes to crack 6 minutes, 30 seconds.
 See SWIM, Page 12A

SUMMERFEST FUN RUN

Fun Run ready to rock Summerfest

Event aims to appeal both to new and experienced runners

By Lukas Eggen
 The Itemizer-Observer

DALLAS — No matter if you are a competitive runner or someone looking to start getting active, the Summerfest Fun Run offers something for you.

The annual tradition features a 10-kilometer and 5K run/walk and a 2/3-mile kids/adult fun run.

Awards will be given out to first- and second-place finishers in seven age divisions for the 10K and 5K events.

"We added awards a few years ago to appeal to the more serious runners," organizer Trena Locke said.

Go For A Run

What: Summerfest Fun Run.
When: Saturday.
Where: Races start in front of the Dallas Radio Shack on Jefferson Street and head north. All races finish in front of the Polk County Courthouse on Main Street.
Events: 10-kilometer run (8 a.m.); 5-kilometer run/walk (8:30 a.m.); kids and adults 2/3 mile fun run and walk (9 a.m.).
Cost: \$25 for the 10K and 5K events; \$10 for the fun run/walk.
Registration: Day of race starting at 7 a.m. at Dallas Radio Shack, 998 SE Jefferson St.; online at www.runsignup.com/SummerfestRun.
For more information: Trena Locke, 971-208-5855; email to trenda@dhsboosterclub.org.

"But we also encourage people who have never done competitive running to come out and participate

and get moving. We try and appeal to both ends of the spectrum."

See RUN, Page 11A



LUKAS EGGEN/Itemizer-Observer file

The Dallas Summerfest Fun Run offers races for experienced and novice runners to enjoy.

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