

## QUICK HITS

### Cross Creek women's club results

DALLAS — Cross Creek Women's Club results for July 31.

Nine holes: 1 (tie), Carolyn Wall and Laurilee Hatcher, 16; 3, Jan Dankenbring, 17; 4, Sherril Hurt, 18.

Eighteen holes: 1, Laurilee Hatcher, 33; 2, Shirley Watson, 39.

### Cross Creek men's club results

DALLAS — Cross Creek's men's club results for Aug. 1:

Low gross/low net  
Gross: 1 (tie), Derrill Weaver, Eldon Rivers and Wayne Weathers, 39.

Net: 1 (tie), David White, Ken Dankenbring and Kevin O'Brien, 34; 4 (tie), Al Fahlman, Lynn Hurt, Roy Speelman and Dave Voves, 35.

### Registration open for 5K fun run

DALLAS — Registration is open now for the 5K Solar Run on Aug. 20 at 6:30 p.m.

The race will begin at Lyle Elementary School, 185 SW Levens St., Dallas.

Cost is \$25 through Aug. 19. Children ages 5 and younger are free with a paid adult.

Entry fee includes a shirt and eclipse glasses.

Registration is available online at [www.secure.get-merged.com/get\\_information.php?event\\_id=127504](http://www.secure.get-merged.com/get_information.php?event_id=127504).

The Solar Run is also looking for volunteers.

Help is needed for the check-in table, race support and drink station.

For more information: Sheri Beehner, [sbeehner@wvpha.org](mailto:sbeehner@wvpha.org).

### Fall sports forms due Thursday

DALLAS — Registration forms for fall sports at Dallas High School are due Thursday.

Official school practices begin Monday. Student-athletes must turn in forms by Thursday to practice on Monday.

The athletic office will be closed Friday.

Cost is \$150 for all sports. Sports physicals are due every two years.

Forms are available online or outside the athletic office.

For more information: 503-831-1976.

### Highburger earns preseason honor

MONMOUTH — Western Oregon linebacker Bo Highburger was named to College Football America 2017 Yearbook Division II defensive starting lineup.



Highburger was named first team all-Great Northwest Athletic Conference in 2016 after finishing second in the conference in tackles with 111 and fourth in tackles-for-loss with 13.5.

The Wolves open the 2017 season at Idaho State on Aug. 31. WOU's first home game is Sept. 9 at 1 p.m. against Central Washington.

### Dallas swim coach steps down

DALLAS — Dallas High School swim coach Dave Morelli will not return for the 2017-18 season.

Athletic director Tim Larson said the position is not yet open for applications.

Morelli coached the Dragons for the past two seasons.

# Rough Stock Rodeo returns Thursday

By Lukas Eggen  
The Itemizer-Observer

POLK COUNTY — Ride 'em cowboy.

The Hell on Hooves Rough Stock Rodeo returns Thursday at 7 p.m. As cowboys and cowgirls compete, expect to see fans flock to the rodeo arena for some high-speed excitement.

"They can expect a wreck every eight seconds and lots of action," organizer Wayne White said.

This year's rodeo will feature bareback riding, saddle bronc riding, bull riding, bar-

rel racing and mutton busting and some of the best from the area putting on a show for fans.

"Champions from all over the northwest will be on hand to compete," White said.

The rodeo, which has been a fixture at the fair since 2015, and has proven to be one of the most popular draws.

"The county fair and rodeo are both family entertainment for the entire family. From 8 to 80, there is something for everybody," White said.

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The Rough Stock Rodeo returns Thursday at 7 p.m. The rodeo will feature bareback riding, saddle bronc riding, bull riding, barrel racing and mutton busting. Admission to the rodeo is free with paid fair entry.

Cost is \$8 before 4 p.m. Thursday and \$10 after 4.

LUKAS EGGEN/  
Itemizer-Observer file



PHOTO COURTESY OF CHRISTOPHER RAMSEY/Itemizer-Observer

Christopher Ramsey has helped raised more than \$32,000 for the National MS Society so far in 2017.

# Raising the bar

By Lukas Eggen  
The Itemizer-Observer

MONMOUTH — Multiple Sclerosis is a chronic condition that affects the brain and spinal cord. Its symptoms can be debilitating. The disease, which affects more than 2.3 million people worldwide, according to the National MS Society, can cause blurred vision, loss of balance, slurred speech, tremors, numbness, extreme fatigue, paralysis and blindness.

Beaverton resident Christopher Ramsey, who was recognized during Bike MS at Western Oregon University on Saturday with the "limitless award," is out to prove that MS doesn't have to keep you down.

"You need to raise the bar," Ramsey said. "I need to keep that bar as high as it can be. If MS is going to take my endurance, take my strength, take, take, take, what can I do to make sure that no matter how much it takes, there's still room for that bar to drop."

Ramsey was born to move. He ran his first mile at age 2,

alongside his father in a local fun run. Ramsey wouldn't be content with that.

Prior to 2008, Ramsey had competed in multiple Ironman triathlons — a race consisting of a 2.4-mile swim, 112-mile bike ride and a 26.2-mile run, and competed six times in the Ironman World Championships in Kona, Hawaii.

"I started racing triathlons when I got into college," Ramsey said. "I found a sport that I was really good at."

His life began to change in 2008. "Within a couple weeks, I would try for a half an hour ride on my bike trainer, and it would feel like I had just done an Ironman," Ramsey said. It wouldn't be long before he was diagnosed.

Ramsey had MS. Instead of letting the disease define him, Ramsey decided to take the fight to the disease.

"This is my future," Ramsey said. "You can still be angry about it, but you can either choose to do something about it or let it do something to you."

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LUKAS EGGEN/Itemizer-Observer

Bike MS returned to Western Oregon University on Friday, Saturday and Sunday to raise money for MS research.

## COLLEGE VOLLEYBALL

# Wolves ready for trial by fire



LUKAS EGGEN/Itemizer-Observer file

Western Oregon finished 10-17 overall in 2016.

By Lukas Eggen  
The Itemizer-Observer

MONMOUTH — The 2016 season was always going to be a transitional one for Western Oregon's volleyball team. A new coach, Tommy Gott, meant learning a new system and new expectations.

The result was a 10-17 record overall.

With a year under his belt as head coach, Gott and the Wolves are ready to take a big step forward in 2017.

Gott's first season with the Wolves led to modest improvements record-wise — WOU finished 8-21 the sea-



Bettinson

son prior to his arrival.

But it also had its share of ups and downs — highlighted by the fact that Gott and his staff had to try and make changes on the fly.

"You learn a lot in your first year, I'll tell you that much," Gott said. "A lot of it was making sure that myself, and the team overall, trusted the process. I know for myself, and sometimes in the team, there's some frustra-



Gott

tion that comes along with the process of learning a new system, and a new style of play and all the things that come along with that. ... It's not easy coming in and expecting things to be changed right away."

With most of the major growing pains behind them, Gott expects a year of familiarity with players will pay big dividends this fall.

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