



THE REGION'S HUB FOR OUTDOOR ADVENTURES

Each week in this section, you will find the area's most complete guide of what's open and closed; outdoor activities and events; top picks of places to explore; conditions of hiking and biking trails, fishing holes, water flows, camping spots, parks and more — as well as features from outdoor writers and field experts.



Distance runner John Stoltz, of Bend, uses screws in his shoes to provide traction on ice and snow.

Dean Guernsey/Bulletin photos

Don't let the snow stop you

BY MARK MORICAL • The Bulletin

Running is a year-round sport in Central Oregon. Sure, some runners prefer a treadmill or an elliptical to dealing with challenging outdoor conditions, but winter can be an exhilarating time to be out logging miles on roads or trails across the High Desert. "There's a lot of people who just will not run in the winter, or they run on the treadmill," said Max King, a professional runner and longtime Bend resident. "I think it's beautiful. I think it's nice running in the winter. The

best is that inch or two of fresh snow with no tracks in it if you get out early. The snow just packs and sticks." The problems for runners arise when that snow gets packed down or freezes and thaws and turns into ice. The current snow-storm blanketing Central Oregon means runners might need traction devices over the next few days or weeks, as they did when snow covered the region last month. Runners who refuse to suc-



TRAILS

cumb to the indoor monotony of a treadmill have plenty of options for traction. Within the Central Oregon running community, "screwing your shoes" seems to be the most popular. The process includes drilling eight to 10 screws into the sole of an older but still usable pair of running shoes. It works with regular, quarter-inch sheet metal screws or with carbide steel screws.

See Snow / B9

See some traction options inside



SNOWSHOEING

Jefferson viewing shelter is worth the climb, wind

BY BRIAN RATHBONE

The Bulletin

Mother Nature is a regular negotiator. Take last Saturday, for example, when she agreed to allow cloudless, blue skies and seasonably warm temperatures on the condition that those seeking outdoor adventures agree to deal with heavy gusts of wind.



MOUNTAINS

My dog, Rodger, my mother, Janet, and I took the deal. We made the trip from Bend, through Sisters and to the Upper Three Creek Sno-park. A first-time visit for all three of us.

Snowmobiling, snowshoeing and cross-country skiing are all available at the park located 11 miles south on Forest Road 16 (Elm Street) in Sisters. From Upper Three Creek, snowmobiles are able to connect to most of the major snowmobile trails, and there are 14 miles of groomed nordic skiing trails with multiple loops available.

After the Pole Creek Fire burned about 40 square miles in the Deschutes National Forest in 2012, the forest filled with trees burned down and created ungraded trails in addition to the 14 miles of groomed trails to explore.

"After the fires, there are a bunch of unmarked trails," said John Fertig of the Central Oregon Nordic Club, who used to work for the Deschutes National Forest before his retirement. "Skiing (at Upper Three Creek) is a lot of fun; you don't need to stick with the trails."

But Saturday, it was the snowshoeing trails we were after. Specifically, the one that leads to the Jefferson Viewing Shelter. According to alltrails.com, the trail is a moderate 4.9-mile trek, which was all uphill to the shelter and all downhill back to the parking lot. The trail's website was littered with glowing reviews highlighting the ease of the trail and scenery along the way to the shelter.

One thing we knew was that we would not encounter any skiers on the snowshoeing trail.

"Central Oregon is one of the few places that has designated snowshoe trails. I think they started doing that in the early 2000s," Fertig said. "That has been one of the most positive things — is having separated trails."

Indeed, we did not encounter skiers on the snowshoe trails, however, we did run into a small group of people descending the hill that we were just starting to climb. They painted a grim picture of what we were getting ourselves into.

See Jefferson / B10

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