

# Trials: Littlewing runners have been training at Bend's COCC campus for the past year

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"I don't have to run for anybody but myself. So, it's really just for me, and I really, truly have nothing to lose in this opportunity."

Other Bend runners in the trials — all members of the Littlewing Athletics team in Bend — include Rebecca Mehra (1,500 and 800 meters), Sadi Henderson (800) and Angel Piccirillo (800).

Lawrence grew up in Reno, Nevada, and ran for the University of Washington before moving to Bend in 2013. She said she is getting close to the end of her running career and this will likely be her last Olympic trials.

In her first Olympic trials, in Eugene in 2016, Lawrence reached the final and finished eighth. (The top three competitors in the finals of each event qualify for the U.S. Olympic team.) The Tokyo Games are set for July 23 through Aug. 8.

Lawrence had already achieved an Olympic trials qualifying time before the 2020 trials were postponed to this year. USA Track & Field is honoring those times, but Lawrence still ran a personal best of 9 minutes, 27.34 seconds in the steeplechase at a Portland Track Festival event at the end of May.

That is the fifth-best time among women entered in the steeplechase at the trials, with the first round set for Sunday night and the finals scheduled for June 24. (In the steeplechase, runners must clear four barriers and one water jump per lap, for a total of 28 barriers and seven water jumps.)

"My first goal is to just get through safely to the finals," Lawrence said. "I think the

steeple is tougher than it's ever been, so I think just making it to the finals is going to be a challenge. But of course my A, A-plus goal is to qualify for the team, but kind of just baby steps. Like, OK, just make it to the final, and then you can think about the next goal."

Lawrence said the pause in competition last year due to the COVID-19 pandemic was mostly a positive for her. She tweaked a hamstring in a 5-kilometer road race in late summer, and decided to take two months off from training in September and October. That allowed for some healing of both her body and mind.

"I didn't exercise, because I couldn't, and I just let my body heal," Lawrence recalled. "I think mentally for me it was really, really good, because I kind of had these thoughts last year of like, what are we doing? Why are we training this hard? It was just hard to navigate, and so I think it ended up being better for me."

This year, Lawrence has been able to travel to meets with her teammates, going to races in Portland, Los Angeles and Iowa.

The Littlewing runners — coached by Bend's Lauren Fleshman, a two-time national champion in the 5,000 meters — have been training together at the Central Oregon Community College track for much of the past year. The entire team is fully vaccinated for COVID-19, according to Lawrence.

"Our group is so unique," Lawrence said. "And Lauren is an amazing coach. She's been in our shoes, and she's been through the process, where she's tried to make Olympic

teams and World teams. She knows what it feels like. She knows how we feel to be standing on that starting line. It provides a really unique perspective for her coaching us."

Most meets that Lawrence has raced in this past year have had few if any fans. So, she is thrilled about the prospect of racing in track-crazy Eugene, where Hayward Field is limiting capacity to about 9,000 fans in the 12,650-seat stadium.

"People in Eugene love track and field, and that's something that doesn't exist very much in the U.S.," Lawrence said. "Whereas in Europe, people love track and field and the meets are big and people get excited, and there's beer gardens. But it's hard to find a place in the U.S. outside Eugene that does that. So I'm glad that we'll get that atmosphere and vibe."

## Rebecca Mehra

Mehra, 26, is also excited to compete in Eugene in her first Olympic trials. She said the pandemic was not necessarily a negative for her training as she prepares for both the 1,500 and 800. She qualified to race both events at the trials last season. Women's 1,500 preliminaries start Friday at 4 p.m., and women's 800 prelims start June 24.

"It's been a hard and weird year," said Mehra, who moved to Bend in 2018 after graduating from Stanford. "But for me personally and athletically, it probably wasn't a bad thing that I got another year of development, another year of training, for me to kind of take a couple of steps forward."

She said she is glad the track season this year has been rela-



Submitted photo

Angel Piccirillo, left, competes at the Portland Track Festival earlier this year. She moved to Bend 10 months ago to train. "I'm glad we have kind of our whole track group going," Piccirillo said. "I'm trying to give myself a shot."

tively normal, as she has traveled to New York and Boston for meets that included spectators.

"It just made such a difference, having a crowd," Mehra said. "It's been really fun and energizing to get to be around other track athletes again, and have big opportunities. I feel very grateful that I've had people to train with. I know a lot of people were not in situations where they had that. But we've been training together this whole time, which has been awesome."

Mehra's goal is to make the

final in the 1,500.

"I feel like American women's distance running is better than it's ever been, so it's really hard to make the Olympic team in any event," Mehra said. "But I feel like I'm in a really good place, and fit and healthy, and all you can do is put yourself there and give yourself a shot, and that's what I'm planning to do."

## Sadi Henderson

Henderson, 25, moved to Bend in January 2020 fresh off her collegiate career at Boise

State and University of San Francisco to train with The Littlewing team.

The native of Corvallis, Montana, said the pandemic gave her extra time to train with her new team in Bend. She qualified for the Olympic trials in the 800 by running a 2:01.23 at the Portland Track Festival in late May.

"I think it's been a blessing as far as my athletic development goes," Henderson said. "I definitely needed some time to develop into this new training program, a new environment. The pandemic gave me a lot of time to be able to do that."

Henderson is realistic, knowing she is a long shot to make the final in the stacked 800 field, but she cannot wait to race at Hayward in front of fans.

"It's going to be crazy," she said. "I can't imagine what it will be like in a stadium full of people."

## Angel Piccirillo

Piccirillo, 27, just qualified for the Olympic trials last Friday by running a 2:01.51 in the 800 at a meet in Coatesville, Pennsylvania.

Piccirillo grew up near Pittsburgh and ran collegiately for Villanova. She moved to Bend 10 months ago to train with Littlewing.

"I'm glad we have kind of our whole track group going," Piccirillo said. "I'm trying to give myself a shot. The 800 is really stacked, just like any team or event to make in the United States. But if I could put my nose in it and make the final, that would be incredible."

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## Lawsuit

Continued from A1

He recently received certification as a physician's assistant.

Police opened a case after Sprague's former wife made statements to a mandatory reporter of abuse. He was charged by a grand jury Dec. 31 and arrested on an associated warrant the following week.

He posted \$10,000 to bail out of the Deschutes County jail, an amount he had to borrow from friends, according to court records.

Sprague's indictment lists three counts of second-degree sexual assault, two counts of first-degree rape, two counts of endangering the welfare of a minor and one each of menacing and first-degree unlawful sexual penetration.

As a result, Sprague was forbidden from contacting his child and forced to wear an alcohol ankle monitor, which cost him \$400 per month.

In March, Sprague sought court approval to attend an employment interview in Washington, which was granted.

On April 13, the district attorney's office filed a motion to drop all charges for insufficient evidence.

A call to Hastings was not returned. Sprague's attorney declined to discuss the case.

Deschutes County District Attorney John Hummel called Sprague's claim meritless.

"Our job is not to prosecute every case we review," Hummel wrote to The Bulletin. "Our job is to ensure justice is done in every case, and we always reassess the evidence throughout the pendency of cases to ensure we get it right. This is what we did in Mr. Sprague's case."

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## Polygraphs

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And with criminal justice reform a major topic of the day, the tests also are employed regularly by prosecutors, despite the inherent flaws.

In 2013, Bend Police Department purchased its first polygraph machine, which it still uses. Across town, the Deschutes County Sheriff's Office keeps its own machine, a Lafayette-brand LX4000.

Bend Police formerly employed Detective Pat Hartley, who is licensed to perform the tests with the Oregon Department of Public Safety Standards and Training. But last summer, Hartley transferred to the sheriff's office. He still performs about one to two polygraph exams per month on behalf of Bend Police, about the same as the sheriff's office.

"We continue to use polygraph as needed based on case development," said Lt. Juli McConkey, a Bend Police spokesperson. "At this time, we utilize outside resources to conduct polygraphs and will continue to seek assistance from these

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— Bend Police Lt. Juli McConkey

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One group that's tried to limit polygraph use is the Oregon Innocence Project, noting instances when polygraphs have been used to convict the wrongly accused.

Often, it's defense attorneys who provide polygraph results to the prosecutors when the results are seen as benefiting the defendant. Sometimes, district attorneys are unmoved by those results.

"There are a lot of reasons why a person might not pass a polygraph. That's why they're not admissible in court," said Shaun McCrea, executive director of the Oregon Criminal Defense Attorneys Association.

The field of polygraphy was established around 100 years ago. The technology involved has evolved continuously since

then, said Fairall, head of Blue Line Polygraphs & Investigations in Albany, and he still sees quite a demand for the technology.

But the relatively demanding regulatory framework in Oregon has kept the field somewhat subdued.

There are around 45 licensed polygraph examiners in Oregon, according to the safety standards training department. Fairall estimates around 20 of those have retired from the law enforcement field in some capacity.

Fairall suspects the reason there are fewer polygraphers in Oregon than most other states is Oregon's more involved licensing process.

Many states, like California, have no licensing system. California, and other states, also still allow polygraph testing in pre-employment screening, a common practice that's essentially illegal in Oregon.

For these reasons, Fairall thinks people interested in working in polygraph testing elect to establish in states other than Oregon.

"I would guess there's more than 1,000 polygraph examiners in California, because in California all you have to do is buy a polygraph instrument and call yourself a poly-

graph examiner," Fairall said. "I'd say Oregon is among the most challenging states to get licensed in."

In Oregon, one first must attend an accredited polygraph school, of which there are around 10 in the U.S. A general polygraph course runs about three months. Further training is required to perform post-conviction sex offender polygraph testing in Oregon. Because of the high tuition and time commitment involved in training, a candidate is often sponsored by an employing

law enforcement agency, as was the case with Hartley and Bend Police.

Next, the trainee polygrapher must complete a 2-year apprenticeship under a licensed polygraph examiner. After trainees perform at least 200 polygraph tests, they must pass a written exam administered through the safety standards and training department. After receiving their license, Oregon polygraphers must renew it every year.

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## DEATH NOTICES

**Donald L. Conwell**  
of La Pine, OR  
Oct 28, 1936 - June 10, 2021

**Arrangements:**  
Baird Memorial Chapel of La Pine is honored to serve the Conwell family. Please visit our website, [www.bairdfh.com](http://www.bairdfh.com), to share condolences and sign the online guestbook.  
**Services:**  
A Memorial Service will be held on Saturday, June 19, 2021 at 1:00 pm, at the Faith Lutheran Church, La Pine, OR.

**Fred "Eric" Boutchyard**  
of Redmond, OR  
Sept 21, 1971 - June 8, 2021

**Arrangements:**  
Autumn Funerals of Redmond is honored to serve the family. 541-504-9485  
Memories and condolences may be expressed to the family on our website at [www.autumnfunerals.net](http://www.autumnfunerals.net)  
**Services:**  
A private service will be held at a later date.

**Joann Shirley Disbrow**  
of Redmond, OR  
Dec 22, 1929 - June 11, 2021

**Arrangements:**  
Autumn Funerals of Redmond is honored to serve the family. 541-504-9485  
Memories and condolences may be expressed to the family on our website at [www.autumnfunerals.net](http://www.autumnfunerals.net)  
**Services:**  
A private service will be held at a later date.  
**Contributions may be made to:**  
Partners In Care hospice, 2075 NE Wyatt Ct., Bend, OR 97701

## OBITUARY DEADLINE

Call to ask about our deadlines  
541-385-5809

Monday - Friday, 10am - 3pm

No death notices or obituaries are published Mondays.

Email:  
[obits@bendbulletin.com](mailto:obits@bendbulletin.com)

## OBITUARY

ARTHUR KELLY  
CONRAD, JR. MD

October 18, 1951 - February 15, 2021

Kelly's Celebration of Life is now to be held  
Saturday, October 16, 2021, at noon at Bend Golf Club.  
Come join his family please!



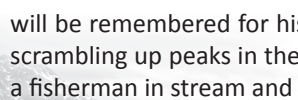
## OBITUARY

## Howard Merlin Winegarden

April 12, 1927 - June 11, 2021

Howard Merlin Winegarden, 94, passed away in Bend, OR on June 11, 2021. He died peacefully at home with family at his side. Howard is survived by his wife of 71 years, Beverly Winegarden of Bend, and his brother, Winston Van Winegarden of Walnut Creek, CA; children: Kathryn (Lee) Quiring, Constance (Michael) Walters, Debra Van Winegarden, and William (Lynette) Winegarden; eight grandchildren; and five great-grandchildren.

Howard was born in Berkeley, CA on April 12, 1927. He graduated from University of California, Berkeley with a degree in industrial engineering. He served in the U.S. Navy during WWII. Howard worked for Owens Illinois Glass Company for 32 years, retiring as a vice president. He



will be remembered for his mechanical wizardry, carving perfect turns on Mt. Bachelor, scrambling up peaks in the Sierra Nevada Mountains, tinkering with cars, and for skill as a fisherman in stream and ocean.

The family will gather for a celebration of life later this summer at the A-frame cabin Howard designed and built in the Sierra among old-growth sugar pines, cedars, and firs.

**GO!**  
MAGAZINE

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