

By Brenna Visser
Cannon Beach Gazette

Runners came from all 50 states and 43 countries Saturday, Aug. 26, to compete in the race that spans from Timberline Lodge to Seaside's Promenade, covering 199 miles and raising \$700,000 for Providence hospitals, Chief Operating Officer Dan Floyd said.

While Hood to Coast is known for featuring world-class athletes capable of Olympic-style race times, a chunk of the money raised for cancer research comes from groups like “You walkin’ to me?” — one of the 400 race walking teams who participate in the Portland To Coast Walk Relay portion of the event.

The Portland-based team, donning bright yellow shirts with an illustration of the movie "Taxi Driver," are all co-workers who have been competing in this event for the past five years.

But the walking itself is anything but casual.

"We're a part of a race



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walking network. There's a real technique to it," team member David Howitz said. The team competes in other events where there are strict guidelines for race walking form. And thinking of race walking as a slow sport is a misconception, they said. Currently, the record for fastest walking time for a mile is 5 minutes and 31 seconds.

"If you think you're just going to walk faster, it's not going to work. It's not intuitive," she said.

But for some race walking teams, like the “Christopher Walkins” from Sherwood, competing in Portland to Coast is a way to connect as friends



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out of the routine of their everyday lives.

"Why do we race walk? Because we don't run," team member Jenni Kelley laughed. "Because someone on your friend's team cancels, and you do it for the first time and then you get hooked."

"It's about doing something for ourselves," Coxey said. "It's not easy, but it's something we can do together that's fun."



SUBMITTED PHOTO

‘To me, this house is a person’

By Brenna Visser
Coast Weekend

Giampa wasn't keen on Cannon Beach at first because of its "tourist feel," but after seeing "charming photos" of the inside, she decided to give it a chance.

On the outside, the house looked terrible, Giampa recalled. "We almost didn't want to go in," she said. "But when we walked in, Lannie greeted us in the kitchen, which was unusual because usually the seller isn't there."

In the transition, Hurst quickly became family to the Giampas. "We told her

The home is one of several featured in this year's Cannon Beach Cottage & Garden Tour happening Friday through Sunday, Sept. 8 through 10. On top of enjoying live concerts and luncheons, people tour homes with creative architecture, scenic landscaping and historical significance.

But to Giampa, what makes her home special is the friendship that formed there before Hurst's death in 2010.

"To me, this house is a person. That's how it's always been. Every time I've walked in here the past 15 years, it feels like I'm getting a hug," she said. "It feels like Lannie."

Though some furniture has been swapped out over the years, a photo of Hurst, sitting atop a hutch in the kitchen, still stands watch over the home.



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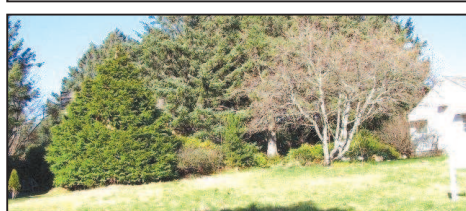
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