

Chris Dudley Basketball Camp combines ball skills with diabetes and exercise education for children

Chris Dudley says the kids at his Cedar Ridge basketball camp are "all so exceptional."

The kids he's describing are 10 to 17 years old and love basketball — so what makes them exceptional? In addition to loving basketball, they all have Juvenile Type I (insulin-dependent) Diabetes.

A 16-year veteran of NBA Basketball, Dudley was diagnosed with diabetes at the age of 16. He considers himself lucky that the medical staff he worked with as a teen encouraged him to stay involved with sports. He continued sports through college, was drafted into the NBA in 1987 and played on several teams, including the Portland Trail Blazers, before retiring in 2003.

According to Dudley, basketball players are always asked "when are you going to start a basketball camp?" When Dudley was asked that question, he decided to design a basketball camp for diabetic kids (modeled after the Gales Creek Diabetes Camp). The result is a week-long camp for kids between the ages of 10 and 17 who have diabetes. This is the ninth year for Dudley's camp and there were 73 kids enjoying the activities, 63 boys and 10 girls. There is already a waiting list of 80 kids for next year's camp.

In addition to Dudley, the camp is staffed by nine coaches, 13 counselors, three nurses, two endocrinologists and

one dietician. The kids have their blood sugar levels tested between four and 10 times a day, depending on individual results. On average, insulin use is cut by one third during the week due to the high activity level.

The focus is on basketball, but Dudley's goal is to provide the kids with an understanding that — with proper care — diabetes will not prevent them from leading a normal life. One of the camp mottos is "You can do anything you want to do, provided that you take care of yourself."

According to Dudley, one major benefit of the camp experience is that kids aren't "different" at camp. At home, they

may be the only kid with diabetes in their neighborhood or school. At camp, they are "normal," and nobody stares at them while they are testing their blood sugar levels. Just being one of the crowd can help improve their self-esteem and confidence. One child's mom suggested he pray at church for a diabetes cure, his response... "not until I'm too old for Basketball Camp."

For more information about the Chris Dudley Basketball Camp, including price and scholarship availability, write The Dudley Foundation at 5415 NW Saltzman Rd., Suite 789, Portland, OR 97229, phone 503-626-4007, or e-mail < info @chrisdudley.org >.



Chris Dudley, former NBA Basketball player, giving some basketball pointers on the court during his camp for basketball loving kids aged 10 to 17 years old with Type 1 diabetes.

Puncochar wins street stock main Aug. 14

Race car driver Jeremy Martin of St. Helens and Scappoose drivers Clark Tenney and Kerry Smith continue enjoying success as they each recorded top-10 finishes in the Columbia County Racing Association Baxter Auto Parts sponsored event Saturday, August 14 at River City Speedway. The trio solidified their positions near the top of their respective series standings as they're each on track to possibly win a division championship.

Martin took third in the Modified A Main while driving the Superior Torque Convertor open-wheel racer owned by Sam Jeffers of Scappoose. It marked a fifth consecutive top-five main event finish for Martin, currently third in the division behind Portland's Ray Elwess and leader Gary Morris of Boring. Elwess started on the pole position of the 16-car field and led from start-to-finish to notch his first win. Morris was runnerup, just inches ahead of Martin at the conclusion of the 40-lap race.

Shawn Dorie of Scappoose was fourth, he was the fastest in qualifying on the quarter-mile clay oval track at 14.76 seconds and he also won a heat race. Mark Hill of Scappoose won the B Main.

"It was a good, exciting race, we're solidly holding onto third and we're so close to the leaders (Morris, Elwess) that it's very likely the championship will be decided on the last race of the season (Sept. 25)," said

Martin. "We've been working hard all year, while we're also having fun every week, but the two frontrunners both have 10-years more experience in motorsports than me."

Kerry Smith won her fourth women's main and has posted top-five finishes in six of seven events with her Alliance Automotive/STC Racing Parts Chevrolet Camaro. Puncochar was runnerup and Vancouver's Stacey Fordyce was third. Smith won the heat race and she was also the fast qualifier (16.66).

Scott Puncochar led all the way to capture the street stock main with his Oly's Construction/Goddard Garden Landscaping Camaro. Tenney won the B main to qualify for a last place A main starting position and he maneuvered up to ninth in his 1979 Malibu. Tenney, who leads the street stock standings, took seventh in the sportsman main and is ranked fifth in the series.

Sportsman division leader Troy Schreiner of Longview, led 36 laps of the A main until Sandy's Randy Allen passed him on the inside of turn four. Allen led the last four circuits with his Malar Performance Engines Monte Carlo to post his first win. Schreiner was second, followed by Rainier's Mike Hagen in third.

Portland's Kelly Nace won the mini stock main and George Dohn of St. Helens (5th) notched a fifth straight top-five.

RIVER CITY SPEEDWAY AUGUST 14 RESULTS

SPORTSMAN — Fast Time: 16.12 — Randy Allen, Sandy. Trophy Dash: Mike Hagen, Rainier. Heat 1: Tony Malar, Portland; Stephen Kaptur, Deer Island; Ron Williams, Portland. Heat 2: Marty Holmason, St. Helens; LeRoy White, Portland; Tim Williams, St. Helens. Heat 3: Allen; Troy Schreiner, Longview; Hagen. B Main: Kaptur; Tommy Elstoen, St. Helens; Bob Cram, Kelso; Ron Williams; Malar. A Main: Allen; Schreiner; Hagen; Doug Hurley, Castle Rock; White; Lisa Liner, St. Helens; Clark Tenney, Scappoose; Tim Williams; Jeff Simons, Portland; Don Schott, Portland.

MODIFIED — Fast Time: 14.76 — Shawn Dorie, Scappoose. Trophy Dash: Ray Elwess, Portland. Heat 1: Monique Benson, Longview; Mark Hill, Scappoose;

Zoe Minsker, Portland. Heat 2: Scott Puncochar, Hillsboro; Dan Fox, Warren; Mike Graham, Portland. Heat 3: Dorie; Jeremy Martin, St. Helens; Elwess. B Main: Hill; Benson; Minsker; Paul Folwick, St. Helens; Sam Jeffers, Scappoose. A Main: Elwess; Gary Morris, Boring; Martin; Dorie; Marc Sayre, Portland; Ron Greer, Rainier; Brian Timmons, Scappoose; Eric Deeter, Portland; Hill; Benson.

STREET STOCK — Fast Time: 16.32 — Scott Puncochar. Trophy Dash: Ralph Puncochar, Hillsboro. Heat 1: Gary Meyer, Vernonia; Robert Sterling, Scappoose; Loren Thompson, Elsie. Heat 2: Kari Puncochar; Jon Gladiman, Portland; Aaron Bozarth, Rainier. Heat 3: Scott Puncochar; Jon Gillett, Rainier; Mark Reser, Beaverton. B Main: Tenney; Meyer; Nathan Slape, Rainier; Aaron Prettyman, St. Helens; Thompson. A Main: Scott Puncochar; John Nusom,

Gresham; Gillett; Reser; Ralph Puncochar; Robert Duncan, Portland; Skip Pillow, Gresham; Kari Puncochar; Tenney; Don Kelley, St. Helens.

MINI STOCK — Fast Time: 17.63 — George Dohn, St. Helens. Trophy Dash: Joe Cherington, Vancouver. Heat: Cherington; Dohn; Kelly Nace, Portland. Main: Nace; Michael Harrison, Portland; Brad Nusom, Gresham; Ray Perry, Portland; Dohn; Scott McMullen, Deer Island; Cherington; Mark Jeffries, Beaverton; Kathy McMullen, Deer Island.

WOMEN'S DIVISION — Fast Time: 16.66 — Kerry Smith, Scappoose. Trophy Dash: Jacki Graham, Portland. Heat: Smith; Susan Wallace, Beaverton; Kari Puncochar. Main: Smith; Puncochar; Stacey Fordyce, Vancouver; Wallace; Graham; Angela Jones, St. Helens; Carrie Melland, Kelso; Rebecca Trotter, Portland.

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