

# "Loud and Proud" walks to first place



Front row, third from left is Liz White and behind her in the back row is Angie Handegard and to Angie's right is her husband, Derek Handegard; together with the rest of the "Loud and Proud" walking team, their volunteer support staff and drivers. All of them took time out from their celebration in Seaside for this team picture.

In this year's Portland to Coast walk, held August 26-27, the winning mixed walking team included three team members from Vernonia. The walk, held in conjunction with the Hood to Coast run, is a competitive relay that starts at the Hawthorne Bridge in Portland and ends in Seaside.

Vernonians Derek and Angie Handegard and Liz White started training in April to compete with the other nine members who make up the 12 walking members of the "Loud and Proud" team. The full team includes 12 walkers, two drivers

and three volunteers. Training consisted of walking 4-5 miles three times a week.

"Loud and Proud," one of 122 mixed walking teams, finished in 23:31:34 (23 hours, 31 minutes, 34 seconds), beating the second place team (last years winners) by 23:87. They beat their last year's time by over an hour. They also placed fifth overall out of the 315 total walking teams. Each team member walks two legs of the relay, with each leg averaging 5.5 miles.

This year was the Handegards' sixth time in the walk

and the first walk for White. Angie Handegard said winning the walk was "very emotional, the team has been in every position from seventh to second and finally took first, it was pretty overwhelming." White's take on the win, "our team was really supportive and focused, I think that's what propelled us into first place."

After celebrating and resting up, the Handegards and White plan to start training for next year's Portland to Coast, after all, there's still first overall to set as a walking goal.

## Oktoberfest at fairgrounds Sept. 23-24

Columbia County's second annual Oktoberfest will be held at the County Fairgrounds in St. Helens on Sept. 23 and 24.

"THE ULTIMATE PARTY!" is being presented by Friends of the Columbia County Fair and the Scappoose Boosters at \$5.00 per adult; kids under 12 are free. On Friday, Seniors get in for \$3.00. Raffle tickets will be on sale for a trip for two to the 2006 Munich Oktoberfest. Raffle tickets will be \$5.00 each and only 3000 will be sold.

Activities will include bingo, a quilt show, food and beverage-making demonstrations, children's activities, and concession booths.

On Saturday, in addition to the activities noted, there will be a Logging Show at 1:00 p.m. and, at 3:00 p.m., a BMW car show sponsored by Rasmussen BMW.

Camping facilities will be

available for \$5 dollars.

All proceeds benefit the Fairgrounds and Scappoose sports.

Contact Ronda Courtney at 503-397-4231 or Jeff VanNatta at 503-556-4008 for more information.



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### Bits & Bites

By Jacqueline Ramsay



"What are they thinking?" Last Tuesday, a smallish boy was riding his bicycle down Bridge St. angling across traffic. As I passed him, he was reading a book. Eeee...

Another thing I've pondered all summer. Driving into Forest Grove – beautiful highway – nice wide bike lanes both sides of the road, even a nice well kept walking path – Okay. So, why do the bikes use the walking path and runners use the bike paths? Think about it.

I know it's sunny and hot and all that jazz but did you know you can drive with your lights on and it won't run down your battery? When you're running in and out of our shady, dark lanes on any of the four roads leading into or out of Vernonia it would be nice to see you before you whiz by in the dark. Comprehend? Nobody will think you dumb for driving in the sun with your lights on, you're even easier to see then, also.

Did you go by Anderson Park last Friday? The Senior Center Picnic with the Golden Oldies was great entertain-

ment. Even a young girl visiting our town asked if she could sing with the band. They said, "sure." She sang *Amazing Grace*. It was very touching, her voice was timid but she could sing. I wasn't that brave at 11 years, I was trying to be unseen.

Vernonia Cares 5K Run/Walk had good weather and a good turnout. Runners, walkers, strollers and one dog.

For those of you who noticed the picture of Cares receiving four blankets from Maxine and Vic Jones, blanket vendors during Jamboree and wonder what we did with them – all clients' names were put in a can, and three people drew out the names of four happy people. Thank you from Vernonia Cares for those that care.

School's coming – Smile.



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