



PORTS

A10 Hood River News, Wednesday, August 21, 2013



Locals represent amidst large field at 2013 SUP event

Event highlights

2nd: Kody Kerbox,

3rd: Slater Trout, 50:29

1st: Candice Appleby,

2nd: Jenny Kalmbach,

3rd: Fiona Wylde, 57:43

1st: Jon Davies, 36:10

3rd: Rob Dies, 37:22

Open women overall:

1st: Bonnie Fromm,

2nd: Maria Randle,

3rd: Lysanne Lavigne,

1st: Ford Huntington,

2nd: Sam Wiley, 38:18

3rd: Tyler Tschritter,

1st: Sam Davies, 47:14

2nd: Savannah Boers-

3rd: Abigail Leion,

1st: Bill Babcock, 25:15

2nd: Dwayne Lotnick,

3rd: Gregg Leion, 38:05

1st: Bonnie Fromm,

2nd: Teressmarie Tuck-

3rd: Judy Shasek, 54:07

1st: lan Light, 21:20

Jane Staples, 24:35

2nd: Valerie Fisher,

er, 45:37

Open youth:

Women 50 and over:

Men 50 and over:

2nd: Ford Huntington,

Open men overall:

Elite women:

56:32

43:12

43:41

43:59

Men 16-17:

Women 16-17:

For complete results see: gorgepaddlechallenge.com. **Overall Waterman:**

Kody Kerbox **Overall Waterwoman:**

Fiona Wylde

Saturday distance:

Elite Men: 1st: Kody Kerbox,

1:03:56 2nd: George Cron-

steadt, 1:04:52 3rd: Slater Trout,

1:07:30 4th: Noa Ginella,

1:07:54 5th: Livio Menelau,

1:09:07 Open men:

1st: Mark Raaphorst, 1:11:21

2nd: Jon Davies, 1:13:33 3rd: Joy Braley, 1:16:02

4th: Douglas Hopkins, 1:16:32

5th: Gregg Leion,

1:16:57 Elite women:

1st: Andrea Moller, 1:15:14

2nd: Fiona Wylde,

1:15:55 3rd: Candice Appleby,

1:17:19 4th: Mariko Strickland,

1:17:30

5th: Jenny Kalmbach, 1:19:13

Open women:

1st: Linda DeJong, 1:30:31

2nd: Bonnie Fromm, 43:12 1:30:45

3rd: Victoria Hopkins, 1:35:10

4th: Lori Parker, 1:35:20 5th: Kim Rueter, 1:35:23

Sunday course:

Elite men:

1st: George Cronsteadt,

Kerbox, Wylde are overall champions

By ADAM LAPIERRE

Several epic battles ensued this weekend in what is already being hailed a very successful third-annual NAISH Columbia Gorge Paddle Challenge.

Starting Saturday with the distance race, relatively light wind meant paddlers' endurance was truly put to the test in the six-mile upriver

Hood River. Wind picked up on Sunday for course racing in front of the Hood River Waterfront Park, and again paddlers were pushed to their limits, as half of the diamond-shaped course faced straight upwind.

Winning the overall Waterman and Waterwoman awards (and the \$500 payout) for the fastest combined times of the two days were 19-year-old Kody Kerbox of Hawaii and Hood River's own, 16-year-old Fiona Wvlde.

Kerbox won Saturday's dis-

grind from Viento State Park to tance race in a time of 1:03:66 and finished second the following day, 17 seconds behind Tahitian paddler Gorge Cronsteadt, which was enough for the fastest overall time. Wylde caught female pro frontrunners off-guard Saturday with a second-place showing in the distance race, finishing in 1:15:55, 41 seconds behind 33-year-old pro Andrea Moller and almost a minute and a half ahead of last year's overall winner, 27-yearold Candice Appleby. Roles were reversed on Sunday, as Ap-

pleby won the elite women's

race, followed by Jenny Kalmbach and Wylde in third at 57:43. Wylde's combined time was 13 seconds faster than Appleby's for the Waterwoman

A field of 188 racers, ranging in age from 11 (Jane Staples) to 70 (Dave Larkman), turned out for this year's event, including a solid representation of local paddlers.

Leading the charge in Sunday's open-class action was Hood River's 47-year-old Jon

Please see SUP, Page A8





BIG WINNERS: Fiona Wylde (above) paddled her way to second place in Saturday's distance race and third in Sunday's course racing, which was

Summer-long training pays off for Big Winds team

By LINDSAY MCLURE For the News

Local success at the Naish Columbia Gorge Paddle Challenge shouldn't have come as a surprise to anyone, especially for the dedicated group of young athletes who have been putting in long, hard, and oftentimes early hours in preparation for the races that took place over the

For many competitors, top finishes at the event can be attributed to training sessions with the Big Winds Junior Program, which is divided into a more experienced Junior Elite Team and a Development Team. The group of 30 boys and girls has been practicing Tuesday through Friday all summer, starting promptly at 6:30 a.m.

The Big Winds Junior Program is one of the first junior SUP teams in existence and is now, by far, the biggest, according to Steve Gates, head coach and team manager.



Photo by Adam Lapierre

CONGRATULATIONS: Steve Gates gives Big Winds team member Kelly Clark a high-five.

The strategic training regimen implemented by the team's coaching staff consisted of many exercises that set them up to excel in downwind and course races.

"The team was focused on fundamentals and good paddling technique with some distance, course racing, and relays thrown into the mix," explained assistant coach Gregg Leion. According to Leion, the team benefited greatly from training in a tight pack and dealing with a lot of chaos on the water. When they got into crowds on the course during actual competition, they were comfortable and knew how to battle through it.

"The Paddle Challenge was the focus from day one of training," said Gates, who was all smiles over the weekend watching his young athletes excel against a field of nearly 200 competitors. "For these kids this was their world cup, everything we've been training for was on the line this weekend and they certainly rose to the occasion."

Please see TEAM, Page A8

Beat the Heat — Eight Places to cool off in August

shallow pan-

#6 Rainy Lake: Soak in summer nostalgia

By ADAM LAPIERRE

While not considered remote by most standards, Rainy Lake is out of the way enough that the chances of having the lake to yourself on any given day are pretty good. From Hood River, Rainy is about an hour's drive from downtown and is one of several lakes oriented in a north-south line stretching between Mount Defiance to the

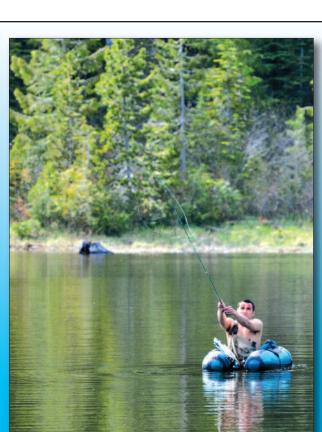
north and Mount Hood to the south. Black, Rainy and North lakes are all accessible from the same Forest Service Road 2820, or Dead Point Road, which can be reached either from Kingsley Reservoir or Dee. Not far to the south geo-graphically, but accessed from different roads are Whatum and Scout lakes, and beyond those are Lost Lake and Bull Run Rainy is just a small and

cake of a lake, but what it lacks in bravado, it makes up for in its quaint woodsy nostalgia as warm west winds swirl through the surrounding forest while hawks and eagles circle overhead, and salamanders and trout below nip at whatever the latest hatch has left floating on the surface of the cool, clear water.

On a hot summer day, pass-up the more popular Kingsley Reservoir for Rainy; blow up an air mattress or inflatable kayak, shove off and let the wind blow you in circles around the lake — you won't be disappointed. And don't forget a fishing rod, if you're so inclined; fly-fishing seems to work the best, especially in the morning and evening hours when the sun is off the lake.

The entrance of the lake can be tough to spot; you know you've gone a little too far if you come to the end of the road and the very similarly sized and shaped Black Lake. If you're looking for privacy and cars are parked at Rainy, it's worth checking Black Lake since it's so close. The lake is about a quarter-mile hike from a small parking area and four-site campground. There's not much room around the edge of the lake for lounging, so something inflatable comes highly recommended here.

For the more adventurous, there's the Rainy Whatum Trail #409, which runs along the edge of the Mark O. Hatfield Wilderness between Rainy and Whatum lakes along Waucoma Ridge. Several other trails also tie into this network, including Herman Creek and Green Point Ridge. A quick search for these will give you details.



RAINY LAKE, tucked away at the base of Mount Defiance, is an excellent choice for cooling off and casting a fly-rod on a hot day.

Tasar Worlds conclude in Cascade Locks

The 2013 Tasar World Championships wrapped up Saturday afternoon in Cascade Locks. The seven-day race brought sailors from around the world to compete in a total of 14 heats on the Columbia River between Cascade Locks and Stevenson to determine this year's world champions.

In a low-score-wins format, the top four positions were hotly contested in the field of 60 racers, all in the same 14-foot Tasar dinghies. The duo of Anthony Boscolo and Haley Lane, representing the Seattle Yacht Club, finished with a score of 40, which was highlighted by three first-place finishes, two seconds and three thirds.

SYC had an impressive showing, with second-, third- and fourth-place finishers all representing the club, with 48, 53 and 57 points respectively.

Hood River's local duo of Andy and Jamie Mack, representing Hood River Yacht Club, finished a solid 15th with 178 points.

The event was brought to town and run by the Columbia Gorge Racing Associa-



Photo by Adam Lapierre

CRUISING in one of seven days of racing last week in the 2013 Tasar World Championships.

tion, which also hosted the 2013 Laser Pacific Coast Championships, the Gorge Skiff Invitational and the USODA Northwest Championships, among others, this summer. Wrapping up the CGRA schedule are Open Bic events Aug. 29-31 and community sailing days Aug. 22 and 29, all based out the Cascade Locks Marina.

Webb, Bergstrom return from Junior Nationals

and CONNOR WEBB

River Valley Swim Team, Scott Bergstrom and Seattle University (Webb). and Connor Webb competed in one last meet

before moving on to bigger things as college freshmen — the 2013 Speedo Junior National Championships at Irvine, Calif.

Bergstrom swam to a finals finish of 23rd in the 200-meter butterfly, while putting in a World Championship Trialsqualifying time. He also had big-time drops in both his 200 and 400 freestyle events, setting

new team records along the way (1:53.62 and

Webb set a new team record by over two seconds in the 200-meter individual medley (2:13.36) in a time trial, and had season-best swims on both breaststroke events.

Coach Shelly Rawding shared a message with the boys, who will soon be off to swim

After several years of representing Hood for the University of Denver (Bergstrom)

"Boys: It's been great fun teaching you how to swim competitively, and watching you develop into great swimmers and wonderful young men. I'm so excited for the future for you, and I'll be keeping an eye on your times in college. We look forward to you being in the water with us when you

> To put how fast the two young men are in perspective, Rawd-

ing explained, at the 1976 Olympic Trials, if they had swum these times, Bergstrom would have made the Olympic Team in both the 200 free and 200 fly, and would have been third at Trials in the 400 freestyle. Webb would have also been in the trials finals and would have finished 4th in the 200 breast-

come home to visit."



Play it safe In the water, on the trail, around the Columbia Gorge. The Columbia Gorge can be the perfect playground for any season. Whatever activity brings you to the Gorge, Providence wants you to play it safe.

Pick up a free copy of our brochure, Play It Safe in the Columbia Gorge. It's available at our clinics and hospital, by calling 541-387-6342, or online at





SUP

Continued from Page A10

Davies, who paddled like a man half his age to win the race in 36:10 — more than a minute ahead of 16-year-old second-place finisher Ford Huntington. In the open women's class, 51-year-old Bonnie Fromm showed the importance of good form and determination as she crossed the finish line in 43:12 to the cheering of a large group of

spectators. "I thought I had a chance but wasn't sure," Davies said of Sunday's race. He finished second in the open men's distance race the day before. After a mass-chaos start and sprint around the first buoy, the field spread out and much

of the course race was a waves on the downwind grind against the wind and waves. "A few of us got a good breakaway at the start. I managed to get around the lead pack and after that it was a mental battle to stay focused and keep good technique. I came around the buoy after the second lap and started to feel slow and tired, so it really became a mental battle to focus on form — to paddle with core muscles and not just my arms."

With a diamond-shaped course that received much praise for its layout, paddlers faced a strong headwind in one direction and a tailwind in the other. Top finishers paddled hard through both, keeping their heads down and grunting through the upwind legs and carrying momentum to glide with the next August.

stretch. In between, buoy turns added a crucial technical element to the mix.

After completing four laps and sprinting across the finish line, Davis watched with an obvious sense of relief and satisfaction as others finished behind him with similar expressions, including his daughter, Sam, who won her age group (women age 16-17).

"That was the highlight of my whole weekend," he said. "I got to cheer her along on the course and then watch her finish. It was the best part of the whole event for me."

When asked if he'll compete in the elite division next year, Davis laughed and said maybe, but he'd have to stop supporting the local pubs in order to get to that level by

Team

Continued from Page A10

First-place overall Elite Women's division finisher and JET team member Fiona Wylde described her training: "I don't like getting on a board and just paddling for a bunch of miles," she said. "I like to mix it up with distances, sprints, buoy practice, and team relays.

Like many SUP competitors. Wylde spends a lot of time with her feet dancing on top of a board, albeit not tive windsurfer and wave paddler who can credit a and agility to her multi-disci-

plined training approach. Wylde appreciates the fun yet demanding environment provided by the junior team. We do a lot of team relays which are great for our team because it doesn't matter what your ability level is; everyone is learning together and pushing each other,"

she explained. Sam Davies, 16-year-old move their bodies and posi- SUP race.

JET team member, finished tion themselves to whip first in her age group in Sunday's course race and second in the downwinder the day

"All your teammates encourage you to do your best and Steve gave me a lot of tips," she said. "I wouldn't of the elite athletes who were have done as well without them." Davies not only had her teammates out there supporting her, but her father, Jon Davies, also competed last weekend and came in first in the Men's Open course race. "It was fun to have my dad out there because he gives me encouragealways a paddle board. She is ment when he paddles up also a top-ranked competi- next to me, even if he's going male standup paddlers in the

to pass me," said Davies. great deal of her strength lete, Jax Mariash, competed went out and had the most in the Elite Women's division in her first-ever SUP race. advantage of every swell that Mariash, a competitive triathlete and duathlete who is adding SUP to her sporting athletes who competed in this repertoire, described her experience: "The headwind here is really hard and it forces you to learn a new technique," she said. "The advanced SUP athletes know how to flip their paddle,

around the buoy."

Mariash said she was impressed by the skill level of the Big Winds Junior Team members and their comfort level paddling in a tight pack.

According to Gates, "many in town for this event, some of whom are running junior programs back home, were blown away by the fact that we have so many kids paddling this well who are this

committed.' Wylde admitted to being nervous about competing against a field that consisted of seven out of the top 10 feworld. "I just gave it my all Another top-tier local ath- and had nothing to lose so I fun I possibly could and took went by

While many of the local year's Paddle Challenge already have their sights set on next year, a few will continue their season with a trip to Dana Point, Calif., Sept. 28-29 for the Battle of the Paddle, North America's premier



