



## Gorge Paddle Challenge

### Locals represent amidst large field at 2013 SUP event

#### Event highlights

For complete results see: [gorgepaddlechallenge.com](http://gorgepaddlechallenge.com).

**Overall Waterman:**  
Kody Kerbox

**Overall Waterwoman:**  
Fiona Wylde

**Saturday distance:**

**Elite Men:**

1st: Kody Kerbox, 1:03:56  
2nd: George Cronsteadt, 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, 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, 24:21

2nd: Ian Light, 21:20  
2nd: Valerie Fisher, 24:21  
Jane Staples, 24:35

#### Kerbox, Wylde are overall champions

By ADAM LAPIERRE

News staff writer

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

grind from Viento State Park to 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 Wylde.

Kerbox won Saturday's dis-

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-year-old Candice Appleby. Roles were reversed on Sunday, as Appleby 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 award.

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

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Photos by Adam Lapierre

**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 good enough for the overall Waterwoman award. At right, Jon Davies rounds the corner on his way to a win in the open mens race Sunday.

### 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 weekend.

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."

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### Beat the Heat — Eight Places to cool off in August

## #6 Rainy Lake: Soak in summer nostalgia

By ADAM LAPIERRE

News staff writer

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 geographically, but accessed from different roads are Whatum and Scout lakes, and beyond those are Lost Lake and Bull Run Lake.

Rainy is just a small and shallow pan-

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.

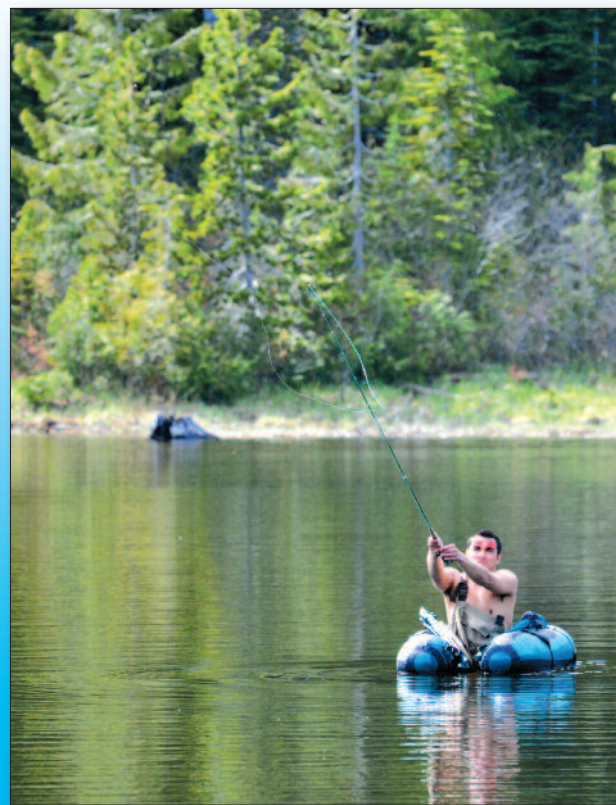


Photo by Adam Lapierre

**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.



