



### Anti-gravity treadmill gives Heights clinic unique edge

By LINDSAY MCCLURE  
For the News

Have you ever wondered what it would be like to walk on the moon, to run through clouds, or bound like Tigger the tiger?

Or, more realistically, have you ever imagined the ease of walking or running if you were just a fraction of your current body weight?

Gorge Spine and Sports Medicine has a new machine that can help you answer those questions. The Hood River Heights clinic purchased a state-of-the-art AlterG Anti-Gravity Treadmill a few months ago and is already seeing great benefits from a machine that can “unweight” users and ease burdens people may have with walking and running.

The machine looks like a treadmill attached to a giant bubble. Using a pressurized air chamber attached to a person's waist, the machine calibrates the user's body weight then uses pressure and blowing air to support the user to certain percentage of their body weight, anywhere from 20 to 99 percent.

Kateri Lohr arrived at Gorge Spine and Sports Medicine one after-



Photo by Adam Lapierre

**KATERI LOHR** uses Gorge Spine and Sports Medicine's new anti-gravity treadmill to get in a running workout while rehabbing an injury. Physical Therapist Tom Moline watches Lohr's form using a live-view camera pointed inside the pressurized bubble.

noon with a treadmill workout to pound out. She slipped on a pair of neoprene shorts similar to wetsuit shorts sewn into a kayak skirt , then stepped onto a treadmill partially surrounded by a plastic bubble. After

raising up a metal and plastic support, she zipped her shorts into the plastic bubble and turned her attention to the controls on the screen in front of her.

Lohr powered-up the machine,

which immediately began blowing air into the chamber while calibrating her weight. Once properly supported, she started her workout on the machine, adjusting speed and weight as she went along.

For Lohr, a dedicated runner, the new machine has been an instrumental tool in getting healthy enough to run pain-free while rehabilitating a lower spine and tailbone injury. Lohr has been rehabilitating her injury since November. She started using the treadmill three days a week in April and is now able to run on it for a full hour without experiencing any back pain.

“I've been able to rebuild my mileage base without pain while becoming stronger and regaining my cardio,” she explained. Her goals are to get healthy enough to no longer need the machine for training, and then to compete in a marathon this summer or fall, if her health continues to improve.

The treadmill has quickly become a popular tool at Gorge Spine and Sports Medicine. Physical Therapist Tom Moline explained that although the machine is a great new tool for

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### SPORTS BRIEFS

#### Alumni lacrosse night is Saturday

Hood River Valley High School boys lacrosse team's annual alumni game is set for Saturday at HRVHS. The alumni vs. current players game will start at 7 p.m. and will be preceded by kids events and contests for prizes starting at 5:30 p.m. The evening's activities will also include a barbecue, raffle and drawing for prizes as a fundraiser for the HRV boys lacrosse program.

For more information, contact coach Jon Munk at [munkerd@hotmail.com](mailto:munkerd@hotmail.com).

#### HR Soccer Club annual meeting June 25

Hood River Soccer Club (formerly Dynamos) will hold its annual general meeting on Tuesday, June 25, from 6:30-7:30 p.m. in the Coe building (1009 Eugene St.). The public is invited to learn more about the club and its mission to provide competitive soccer for Columbia Gorge youth. Visit [hoodriversc.com](http://hoodriversc.com) for more information.

#### Volunteers, host families sought for Mt. Hood Cycling Classic

Organizers of the 2013 Mt. Hood Cycling Classic are seeking volunteers and host families to help make the 11th and final year of the event a success. The event will run from June 21-23 and a range of volunteer positions exist, from flaggers, drivers and course crew to hosting riders in your home to help ease the financial burden racers face while traveling.

To volunteer or host, contact Moria Reynolds at: [moria@breakawaypromotions.com](mailto:moria@breakawaypromotions.com).

#### HRVHS basketball camp June 18-21

Hood River Valley High School athletes and coaches are hosting their annual summer youth basketball camp June 18-21, from 9 a.m. to 3 p.m. for players going into grades 3-8. The camp, run by HRV varsity male and female players and coaches, will focus on basic techniques and skills and positive sportsmanship on the court.

Registration is run through Hood River Community Education or at the door before the first day of camp. For more info, see [www.hoodriver.k12.or.us/coe](http://www.hoodriver.k12.or.us/coe) and search for class number R2012.

#### Triple Threat hoops camp June 17-21

Horizon Christian School's annual Triple Threat basketball camp is set for June 17-21. The camp, for boys and girls going into grades 4-9, will be run by director Jim Skagen, with the special guest Al Egg, Portland Trail Blazers chaplain.

Camp hours are 9 a.m. to noon; registration is \$70 for an individual or \$60 each if more than one family member attends. Register at HCS front office or call 541-387-3200.

#### Mount Adams Country Bicycle Tour is June 29

The 11th-annual Mount Adams Country Bicycle Tour is set for Saturday, June 29, based out of Trout Lake, Wash. Riders can choose from 11.5, 51, 54 or 105-mile courses. Registration is \$20 and proceeds will go to area nonprofit and community service groups.

For additional details or to register, visit [troutlakewashington.com](http://troutlakewashington.com).

## Come play

Hood River Community Education's annual HRV Summer Soccer season is just getting started and remains open to additional players. Age groups are 4-5, 5-6, 7-10 and 11-16 for the season, which runs from 5:30-6:30 p.m. every Monday and Wednesday at Wy'east Middle School through mid-August.

Additional volunteer coaches are always welcomed to help facilitate the program and teach the county's young soccer players.

For more information or to register, visit [www.hoodriver.k12.or.us/coe](http://www.hoodriver.k12.or.us/coe) and search for soccer programs or call 541-386-2055.



**FUN IN THE SUN:** Young soccer players work on basic ball skills during Monday evening's Community Education soccer practice at Wy'east Middle School. The group pictured here is the 4-5-year-olds, coached by Garrett Sharp. Although numbers are strong for all four age groups, additional players and coaches are encouraged to join the fun and help increase the vitality of the program.

Photos by Adam Lapierre



## Invasive species permits required for SUP boards

By ADAM LAPIERRE  
News staff writer

Afternoon temperatures are rising and sunny summer fun is right around the corner; and on the long list of ways to keep cool in the Gorge, stand-up paddling seems to be rising in popularity in sync with the mercury.

But before casting out on one of the area's many bodies of water, authorities at the Oregon State Marine Board, Oregon Department of Fish and Wildlife and the U.S. Coast Guard want to remind you of a couple of regulations SUP users are obliged to follow.

By Oregon law, SUP boards qualify as boats. As such, users are required to wear (if 12 or younger) or carry life jackets when “beyond the limits of a swimming, surfing or bathing area” and a sound signaling device (whistle).

Additionally, a new regulation requires SUP boards to have an Aquatic Invasive Species Permit.

According the Oregon Aquatic Invasive Species Prevention Program, permits are required for paddle craft and other non-motorized vessels over 10 feet long for both residents and non residents of the state. Permits are transferable between craft, but each one on the water is required to carry a permit, which can be purchased online through a sales website for \$7 per year or through OSMB for \$5 per year.

Although surfboards, sailboards

and kiteboards are listed among watercraft exempt from this requirement, SUP boards over the length of 10 feet have been classified by the USCG as a boat and as such are required to have permits.

The permit program is used to help fund the state's AIS program and activities with the chief goal of protecting Oregon from the introduction and spread of aquatic invasive species such as the quagga and zebra mussels, Asia carp and New Zealand mudsnails, which have caused widespread problems in waterways throughout the eastern U.S. and Great Lakes regions.

#### How to buy a permit

■ Permits can be purchased at ODFW license sales agents, ODFW offices that sell licenses and on ODFW's online license sales website for \$7.

■ The Marine Board sells one- or two-year Tyvek tags for non-motorized boats for \$5 and \$10, respectively, that can be purchased at the Marine Board office, 435 Commercial St. N.E., Salem, or ordered via mail by downloading an application and returning the form to the Marine Board.

■ The Marine Board also has a number of dealers throughout the state that sell the Tyvek tags. A map of ODFW and Marine Board point-of-sale locations can be found online at <http://1.usa.gov/11hPB1Q>.

**HRV ALUMNI** Erin Jones is pictured crossing the finish line of the USA Triathlon U-23 National Championship last month. Jones won the national title with a time of 1:57:09.

Submitted photo



## Erin Jones wins national title

DALLAS, Texas — In the women's race of the 2013 Dallas ITU Triathlon Pan American Cup, Mexico's Claudia Rivas posted a winning time of 1:56:11. Elite Triathlon Academy athletes Erin Jones (Hood River, Ore.) and Johanna Gartman (Chattanooga, Tenn.) finished in 1:57:09 and 1:57:42, respectively, to take second and third.

The race was also host to the USA Triathlon Under-23 National Champi-

onship, contested in conjunction with the ITU Pan American Cup. As the top U-23 athletes of the day, Jones won the national titles and met qualification criteria to represent the U.S. at the 2013 ITU Under-23 World Championships, set to take place in September in London.

Jones, a 2009 Hood River Valley High School graduate, is currently attending the University of Colorado and the Elite Training Academy in Colorado Springs.

## Short Track series ends Thursday

The fifth and final race in the five-week Gorge Mountain Bike Short Track Series will run this Thursday in Cascade Locks. After four consecutive Thursday races, overall leaders for each class are as follows:

Elite Men: James Ceccorulli, Portland (Bike Gallery-Bontrager Trek); Elite/Cat 1 Women: Bre Rue, Portland (Team Planet X USA); Cat 2 Men 45+: Thomas Morgan, The Dalles (Team bicycleattorney.com); Cat 2 Women 35+: Lora Melkonian, Trout Lake (Team Mtn View Cycles/Subway); Ju-

nior Men: Zach Mikkelson, Hood River (Team Mtn View Cycles/Subway).

Registration opens at 4 p.m., and races begin at 5:30 p.m. on Cascade Locks' EasyCLIMB trail system. New riders can enter the final race of the series for the one-race fee of \$25.

Overall series winners will be hailed at the end of Thursday's action according to a cumulative points system that takes the top four places for each rider over the five-race series.

For information or to register, visit [www.gorgeshorttrack.com](http://www.gorgeshorttrack.com).



Photo by Adam Lapiere

**REHABILITATION** can start much sooner after injury or surgery with the aid of the weight-supporting system, which be set to support just a fraction or almost all of a user's body weight.

## ALTERG

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rehabilitation, it's also useful for athletes who, "don't have an injury, just soreness from overuse that won't go away because their sport doesn't let the injury rest."

One example of this are the Hood River Valley High School track runners who used the treadmill as a training tool this spring. Moline explained that runners can "run faster for longer at less weight. Since runners feet are moving faster, they are still getting a great cardio workout while improving their turnover and working on quick feet."

A number of high school track athletes used the machine to train through overuse injuries such as shin splints.

In addition to athletes, a group that has seen huge benefits from use of the treadmill is post-surgery patients. According to Sally Askins, a physical therapist at the clinic who specializes in joint therapy, patients who have joint replacement surgery are permitted to weight bear as-tolerated almost immediately after surgery.

These patients, Askins explained, can't even walk into the office without a severe limp or the use of a walker or cane, but once they get on the machine and are sufficiently unweighted, they can begin to stride normally. This, according to Askins, "is beneficial because it allows these patients to use muscle groups not usually

available to them immediately after surgery and prevents them from developing secondary problems from weakness and limping."

The machine is outfitted with three cameras that record the user from the front, back, and side views. This video can be viewed in real-time or recorded and played back later which allows users and therapists to analyze gait and posture to monitor limping caused by an injury or to make corrections.

Before the availability of the Anti-Gravity Treadmill, therapists had limited options for unweighting patients while they exercised. Moline explained that he has been watching the technology develop over the last decade, and felt the technology for this particular machine, originally developed by NASA, had evolved to the point where it was affordable enough to take the leap.

The cost of a treadmill of this nature is between \$30,000 and \$80,000, said Moline, depending on whether it is a therapy model, a sport model, or somewhere in between. Gorge Spine and Sports Medicine has an upgraded therapy version with a treadmill that allows users to run as fast as five-minute miles.

In addition to being available to therapists and various athletic groups in town, Gorge Spine and Sports Medicine sells time on the machine to individuals. Moline explained that this program can actually save sore or injured individuals a great deal of money because they don't need to pay for as many therapy visits and can get healthy quicker.

## HRV athletes wrap up bright 2012-13 year

Hood River Valley High School athletics had a dynamic school year that saw a variety of notable individual and team accomplishments.

Below is a breakdown of how each team fared and, if applicable, grade-point averages for the team.

### Fall sports

Football: Conference champions, state play-in, 3.21 GPA

Boys soccer: Conference champions, state semifinals

Girls soccer: Conference co-champions, state play-in, 3.5 GPA

Boys cross country: Con-

ference third, 3.5 GPA

Girls cross country: Conference champions, 3.51 GPA

Volleyball: Conference second, state play-in

### Winter sports

Girls basketball: Conference fourth, 3.62 GPA

Boys basketball: Conference fourth, 3.3 GPA

Wrestling: Conference second, state seventh, 3.32 GPA

Cheerleading: State fifth, 3.56 GPA

Girls swimming: Conference champions, state 13th, 3.64 GPA

Boys swimming: Conference champions, state 9th,

3.51 GPA

Girls alpine skiing: Conference champions, state third

Boys alpine skiing: Conference champions

Girls freestyle skiing: Conference champions, state champions

Boys freestyle skiing: Conference champions, state champions

Girls snowboarding: Conference champions, state fourth

Boys snowboarding: Conference champs, state third

Girls nordic: Conference third, state third

Boys nordic: Conference third, state third

### Spring sports

Baseball: Conference third, state play-in, 3.22 GPA

Softball: Conference third, state quarterfinals, 3.52 GPA

Girls tennis: 3.74 GPA

Boys tennis: Conference fifth, state 11th, 3.26 GPA

Girls track: Conference second, state ninth, 3.7 GPA

Boys track: Conference second, state ninth, 3.55 GPA

Girls lacrosse: Conference third, playoff round one

Boys lacrosse: Conference fifth

Girls golf: Conference champions, state eighth

Boys golf: Conference third



Submitted photos

## HANDBALL CHAMPS

Hood River had strong representation last weekend at the Pacific Northwest Regional Doubles Handball Tournament held at the Lloyd Athletic Club in Portland. Winning the men's doubles A division were brothers Michael and Steven Stenberg (above right). The two went 3-0 in the single-elimination tournament to take the title. In the men's 40+ division, Hood River's Ken Goe paired up with Ben Liebman of Clackamas to finish first in their bracket in a round-robin against two other duos. Not pictured but also at the tournament was the father/son combo of Ron and Ryan Harder; the two finished third in the men's B division bracket.



## OFF-SEASON STANDOUTS

Hood River Valley High School sophomore Ryan Ward (right) and freshman Skyler Hunter formed the battery to lead the 16U Oregon Diamond Jacks to win the Palouse Summer Series June 7-9 at Washington State University.

Ward earned the "Pitcher of the Tournament" award, shutting down the top-seeded Spokane Dodgers in the championship semifinal by allowing just two unearned runs on four hits while striking out 10. Hunter won the tournament Gold Glove award for his flawless defense at catcher, shortstop and center field. The Diamond Jacks are a traveling baseball team with players from Oregon and Eastern Washington.



Submitted photos



Submitted photo

## 44 TRAIL TEAMWORK

A volunteer work party last weekend drew a couple dozen volunteers to the 44 trail system (off USFS Road 44) to link Knebal Springs Trail with Surveyors Ridge. Additional work parties in the area will follow. For info on these and others, visit [www.hrarts.org](http://www.hrarts.org).

## Hood River Weather Forecast

Date	Forecast	Daytime / Overnight	
		High	Low (°F)
Today June 12	Sunny	68°	50°
Thurs. June 13	Partly Cloudy	65°	51°
Fri. June 14	Partly Cloudy	70°	50°
Sat. June 15	Partly Cloudy	78°	54°
Sun. June 16	Few Showers	74°	53°
Mon. June 17	Few Showers	73°	51°
Tues. June 18	Few Showers	71°	52°



Local Forecast: Partly cloudy, slides, possible showers this week!  
Daytime high of 78 to an overnight low of 50.

Day	Sunrise	Sunset	High	Low	Mean	Record High	Record Low
June 12	5:16 A.M.	8:56 P.M.	74° F	50° F	62° F	95° F (1932)	39° F (1942)
June 13	5:16 A.M.	8:57 P.M.	74° F	50° F	62° F	91° F (2002)	40° F (2001)
June 14	5:16 A.M.	8:57 P.M.	74° F	50° F	62° F	95° F (2002)	36° F (1930)
June 15	5:16 A.M.	8:58 P.M.	74° F	50° F	62° F	97° F (1989)	37° F (1945)
June 16	5:16 A.M.	8:58 P.M.	74° F	51° F	62° F	100° F (1961)	40° F (2004)
June 17	5:16 A.M.	8:58 P.M.	74° F	51° F	63° F	104° F (1961)	39° F (1940)
June 18	5:16 A.M.	8:59 P.M.	75° F	51° F	63° F	101° F (1961)	35° F (1954)

Wind: NW at 16 mph  
Humidity: 61%  
Chance of Rain: 10%  
UV Index: 8 - Very High

### Actual High / Low

June 4 - 85/48  
June 5 - 84/51  
June 6 - 83/58  
June 7 - 78/62  
June 8 - 81/50  
June 9 - 73/56  
June 10 - 70/50

Updated Tuesday, June 11  
at 10:00 a.m. PST  
Data from [www.weather.com](http://www.weather.com)



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