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SECTION

SEQUIM GAZETTE

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In it for the long run



Will Thomas takes a break to enjoy the view of Island Lake in Colorado's San Juan Mountains, part of the Hardrock 100 mile race course, in July of 2016. Photo courtesy of Will Thomas

Sequim's Will Thomas finds running highs in the extremes

BY MICHAEL DASHIELL
Sequim Gazette

"Distance running was revered because it was indispensable; it was the way we survived and thrived and spread across the planet ... you had to love running, or you wouldn't live to love anything else."
— Christopher MacDougall, "Born to Run"

An understatement as big as the Italian Alps: Will Thomas is in it for the long run ... a long, long, long, long steep run.

The 41-year-old Sequim resident left a real estate development career in Seattle to split time between promoting his wife Jennifer's burgeoning music career and being a stay-at-home dad to their three young sons.

The move allowed Thomas some time to pursue one of his passions: trail running. The professional-turned-stay-home-dad laces his shoes up for some of the most punishing trail races conceivable,



Left: Hot enough for you? Will Thomas makes his way across Death Valley National Park in July 2018, part of the Badwater 135-mile race. Right: Thomas braves the sub-zero elements in the Susitna 100-mile race in Alaska in 2018.

taking him to both literal and figurative great heights.

That pursuit has taken him across the nation and the world, in extremes from long distances of 100 miles or more, to daunting weather of 40-below and well over 100 degrees, to great altitudes — including a 200-mile sojourn through the Italian Alps in September.

"Being in the mountains ... that's what I enjoy," says Thomas.

"When you get into these 100-mile, multi-day races ... physical isn't everything," he says. "You have to push hard (but) it's more than physical."

Eschewing the ligament- and soft-tissue-pounding pavement, Thomas slakes his running thirst on the undulating, earthen trails in the foothills and peaks of the Pacific Northwest's Cascade and Olympic Mountain ranges.

Since his first "ultra" — a race

that goes beyond that standard 26.2-mile marathon distance — Thomas estimates he's racked up about 50 ultras, including the Tor Des Geants 200-plus mile race in Italy.

On tour with Jennifer, a classical crossover pianist and composer who completed her first major tour in August, Thomas said he got very little time to train for the Tor X (so named for the event's 10th anniversary race).

"It was just a huge challenge — it's the biggest race I've ever done with the least amount of training," he said.

At the outset, Thomas said he gave himself a 20-percent chance of finishing.

From road racing to hill climbing

Sometime in his 20s, after seeing a half-marathon on television, Thomas said a seed got planted: I want to do that some day.

An athlete in high school, he was well versed in football and basketball. Once he got to college and realized he'd be too small to compete in those sports, he took up running.

At the outset, it was a run here and there, once or twice a week. In the early 2000s, with just a few smaller road races under his belt, Thomas geared up for the Portland (Oregon) Marathon. His longest training run at the time (2001) was about 15 miles and he figured he'd target about four hours.

See ULTRA, B-4

BUSINESS SPOTLIGHT

Bidet business transfers ownership

Sequim grad looks to carry on Robert Streett's vision

BY MATTHEW NASH
Sequim Gazette

New owner Sara Shearer looks to maintain the business vision of the late Robert Streett after recently buying Clear Water Bidets.

Shearer officially took over as owner of the Carlsborg business from Streett's wife Josslyn on Sept. 30.

"I feel like it's a path I found," Shearer said.

She began working for the company in January 2018 after Robert's sister and her partner assumed management of the company earlier that year.

Robert, 52, and his son Robby, 16, died in a car wreck on a family trip in Colorado

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Website: Clearwaterbidets.com, major online retailers

on July 20, 2017. They are survived by Josslyn and younger son Sawyer, both of whom sustained serious injuries.

Josslyn, Clear Water Bidets' majority owner, took over business operations after she recovered in November



Josslyn Streett recently sold Clear Water Bidets to employee Sara Shearer in late September. The Carlsborg business primarily makes its sales online but does do sales and repairs in-house. Sequim Gazette photo by Matthew Nash

of 2018 with assistant Ellen Hammer.

In a way, she feels Sara was meant for the job.

"Robert said if they ever had a girl they'd name her Sarah," Josslyn said.

He even named their online

customer support representative Sara without an "h."

"I believe Robert helped choose her in some way (for the job)," Josslyn said.

Bidets were something Robert talked about for years before starting up his retail

business, Josslyn said.

In a story about his then-new business in 2015, Robert said that "washing with water just made more sense than wiping with dry paper."

"It just took one time and I was convinced," he said.

"Knowing you're completely clean after using the toilet is like stepping out of the shower every time. Washing with water not only is hygienic but it feels good. It feels soothing."

See BIDETS, B-3

Improvisation troupe returns to Olympic Theatre Arts

SEQUIM GAZETTE STAFF

Will Tyler finally admit his crimes? Will an audience member find their love match? Will Marybeth successfully play all five of the characters in a frenetic scene all by herself?

Troupe members from Imagined Reality Improv bring these situations to the stage at Olympic Theatre Arts on Saturday, Oct. 19, starting at 7 p.m.

Tickets are \$10 for the general

public and are available at OTA's box office, 414 N. Sequim Ave., from 1-5 p.m., Monday through Friday, or online at www.OlympicTheatreArts.org.

The audience is a critical part of improvisational comedy (or "improv"), and the Bainbridge Island-based Imagined Reality group brings that spirit back to PTA, where they've played several shows in recent years.

Imagined Reality Improv per-

former Marybeth Redmond said she's attracted to improv because "it stretches me to think quickly on my feet and go places I never thought I could go as an actor."

Fellow troupe member Patrick Ryan said he likes the collaborative aspect between the audience and the performers. He also shares a group-wide feeling of relief from not spending weeks memorizing lines, but that doesn't mean they don't "rehearse."

Typical rehearsals or pre-show warm-ups, he said, involve exercises in creating well-rounded characters, relationships and environments on the spot.

The creativity of Imagined Reality Improv shows also comes from the varied backgrounds of the seven performers: a scientist, two lawyers, a classical musician, a human resources guru, a marketing expert and a teenage student — each bringing something different to

the collaboration.

The group formed on Bainbridge in 2016 and performs all over the Olympic Peninsula, but the members have many decades of combined theater study and performance in their backgrounds.

For more show information and more about Imagined Reality Improv, see www.Facebook.com/IRImprov.

For more about Olympic Theatre Arts, call 360-683-7326.

Ultra

From page B-1

He finished in just under 4:21.

The next year, still eyeing the four-hour mark, he cut about eight-and-a-half minutes. The next year, another minute. Finally, in 2004, he crossed the line in 3:57.

"I said, 'OK, I'm done with marathons,'" Thomas recalls. "Since then, I haven't gone back to the road."

"I found trail running."

After moving to Seattle, he found he enjoyed doing a lot of backpacking in the Columbia River Gorge and the Cascades but that his work week wasn't conducive to long wilderness journeys. Friends wanted to do 50-mile trips into the backcountry, but he only had a short weekend.

The solution? Run. Run long. And do the 50 miles in a day.

There, in the woods Thomas found something that changed his life: "There's a whole running world beyond the marathon."

Going 'ultra'

Well before the running craze of the 1970s and 80s put the marathon on millions of Americans' bucket lists, athletes have been looking to go further than 26.2 miles and into what's called "ultra" runs.

Those runs generally fall into somewhat standard race lengths — 50- or 100-kilometer or 50- and 100-mile runs



Sequim resident Will Thomas celebrates at the finish line of Tor Des Geants 200-plus mile race in Courmayeur, Italy, in September. Photos courtesy of Will Thomas

are common — while other ultras look to test the limits of human physicality, from extreme temperatures, to timed events (such as 24-hour runs) and beyond.

Thomas' first ultra was about 12 years ago on Squak Mountain, nestled between Tiger Mountain and Cougar Mountain just south of Issaquah.

Says Thomas: "I remember showing up, thinking, 'It'll be like a big city marathon.'"

Instead of legions of folks clapping and handing out water like the big city road races, there were aid stations spread miles and miles apart.

"I remember saying, 'Never again.'"

But something about ultra running got in Thomas that he couldn't shake, and since

then he's hit trails time and again in ultras of varying distances, climates and elevation gains.

Ultra running has taken him through extreme heat — including the Badlands, a 135-mile run through Death Valley that some consider the most difficult footrace in the world — and extreme cold, such as the Susitna 100-mile race in Alaska where temperatures hit 40-below, Thomas said.

"I'm not fast — I don't have that (gear) — but I can go for a long time," he says. "I noticed I didn't have to push physically as hard."

In marathons runners experience highs and lows, he says, but in ultras, "they get higher and lower."

On some race days he'd watch the sun come up, then set, then come up again, all the while pounding the trail.

"And you're still in the mountains ... it's a really cool experience," Thomas says.

"I started here," he says, his

hands together, then broadening, "and now I'm here, and it was all my own power. It's cool to see what the body's capable of."

At home on the peninsula

Thomas now takes to hills of Olympic National Park, where among its nearly one million acres one may find him chugging up a marked — or entirely unmarked — trail to one of the nearly 500 summits in the Olympic Mountains (he's tallied about 150 so far, Thomas says).

Most of the time he runs solo, always with a satellite-connected messenger device to let family know where he is and how he's doing.

"Seeing new terrain is always great — I love to explore," Thomas said.

It's a region he and Jennifer found and agreed to move to a few years back. Having driven the length of the West Coast from San Diego back to Sequim, a place they'd

vacationed several times, the choice was clear: "It has her ocean; it has my mountains."

And plenty to do for their three sons, Preston, Riley and Taylor. While Thomas says he hasn't pushed them to take up long-distance running, they will come with him for short jaunts around the neighborhood.

He works training and races in between his day job: marketing, advertising and bookkeeping for Jennifer, now a world-traveling musician.

"I feel bad; they don't have normal parents," Thomas said, laughing.

"I get to be a dad. She has the (music) talent. (We're) complete opposites, but it works out great. I get to be a dad."

Thomas said he hopes his boys learn something from his trail running efforts, in the vein of setting goals and working hard.

Running the Italian Alps

With a goal of simply finishing in mind, Thomas took part in the Tor Des Geants in Aosta Valley, Italy, an ultra touted as a 330-kilometer race that must be completed in less than 150 hours.

To keep ahead of a minimum time cutoff, he ran nearly non-stop for six days. He'd pass aid stations every five or 10 miles where "dozens and dozens of runners (were) just giving up."

"That's so hard. (I thought), 'I could just stop.'"

The elevation gain and loss totaled about 80,000 feet, Thomas said — the equivalent of racing up Hurricane Ridge (from sea level) about 15 times.

In the end, Thomas — who estimates he slept about six or

seven hours total — joined a little more than half of the 1,000 Tor Des Geants entrants in completing the race; he crossed the line in 145 hours and 24 minutes.

"I got some great friends out of the experience," he said.

The winner, for the curious, was a 50-year-old firefighter Oliviero Bosatelli, who clocked in at 72 hours, 37 minutes, while the top woman, Silvia Ainhoa Trigueros Garrote, won in a record 85 hours, 23 minutes.

Said Thomas: "My bucket list of races is getting smaller and smaller."

This October Thomas is getting ready for the Big Backyard Ultra, a kind of popular — but quite exclusive — ultra set for Oct. 19 in Bell Buckle, Tenn. The concept to the race is simple: run the 4.17-mile course in under an hour. Then do it again. And again ... until one runner remains.

Winners from similar races, about 70 or 75, along with some "wildcard" applicants are allowed to enter, he said.

"As long as you finish you're in the tie for first place with everyone else, like an elimination race," Thomas said. "It puts me on a level playing field with the top runners in the world."

Last year's winner, Johan Steene, went more than 67 hours and covered more than 280 miles.

Thomas got 30 hours — 125 miles — into last year's Big Backyard race before a pain in his hip forced him out. He finished 15th.

Some years, he said, it's the fast folks who win, and some years it's the steadiest.

"It's something even a lot of non-runners can relate to," Thomas said.

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SPORTS

SEQUIM GAZETTE

TRACK & FIELD

Wolves race to state 2A championship

Seniors lead the way as Wolves claim first boys team title in school history

BY MICHAEL DASHIELL

Sequim Gazette

Battling wind and rain and some of the top prep competitors in the state, Sequim's boys track and field squad ran, hurdled and threw to a state title—and into the school record books.

Led by 800-meter state champ Murray Bingham, a senior-laden Wolves track and field racked up 11 medals at the class 2A state track and field meet at Mount Tahoma High School last week, earning not only Sequim High's first track and field championship, but the first overall SHS boys team title in any sport.

The Wolves crowded the medal stand all weekend and locked up the team title with a pair of top-three efforts in the waning moments of the meet — senior Riley Cowan's second-place finish in the javelin and a third-place finish by Sequim's 4x400 relay team—as the Wolves amassed 61 team points, out-pacing Tumwater (46), Ridgefield (42) and Pullman (40).

The Wolves' best team finish was fourth place (twice), in 2015 and 1987.

"We thought we had a shot before the season even started (based on) how we did last year, who we had coming back," Sequim coach Brad Moore said.

Despite some early-season injuries to key athletes, Moore noted that they were able to get most of the Wolves in shape at the right time.

"They kept getting better," Moore said. "They just kept working. It was that whole concept of perseverance, long term goals."

After winning the Olympic League and West Central District team titles in the preceding weeks, Moore said, "We thought, 'We could do this.'"

Bingham helped get the Wolves off to a fast start with a third-place finish in a 1,600-meter final on May 23, a race that he led until the final lap. He finished in 4:21.73, his second-fastest 1600 effort this season.

"Coach told me to kind of wait (on pushing the lead), to go 68-, 67- (second laps) but I took the third lap at 62," Bingham said. "I just kind of burned out."

"He got a little eager," Moore said.

But Bingham had plenty left in the tank in the next two days, racing to a big win his preliminary 800 heat on May 24 before edging Lucas Cunningham of Sehome by a tenth of a second (1:55.94) in the 800 final a day later.

'Lights-out performance'

Joining Bingham in the 800-meter finals was teammate Alec Shingleton, who placed fifth in the 800 (1:59) and added a second place finish in the 400-meter finals (50.01)

Shingleton battled through injuries — including a hamstring issue on the season's first day, Moore said — and sickness at the state meet to earn a pair of individual medals and helped the 4x400 relay place third.

"I'd be running once a week in practice and then in meets," Shingleton said.

Doubled over following a first place finish in his preliminary heat of the 400, Shingleton said he was able to persevere through his illness thanks in part to experience, in part to having the team title in mind.

"(It's) that motivation to win for the team,"



Sequim's Murray Bingham races to a first-place finish in a preliminary heat of the 800 meters at the state 2A track and field championships in Tacoma on May 24. Bingham went on to win the 800 title a day later. Sequim Gazette photos by Michael Dashiell



Sequim High freshman Riley Pyeatt races in the preliminaries of the 200 meters at the state 2A track and field championships in Tacoma on May 24. Pyeatt placed fifth in the 400-meter race.

he said. "It's pretty exciting."

Shingleton placed sixth in the 400 and ninth in the 800 at the 2018 state 2A finals, and placed 14th in the 800 as a sophomore in 2017.

"Before I was nervous at meets like this; I'm more confident coming into every single race," Shingleton said.

Edging in to the 800 final on May 25 with the eighth-fastest time, Shingleton moved up three spots to finish in 1:59.21, then came within 0.12 of a second of a state title in the 400 that same day, trailing only Brian Le of Tumwater.

"A lights-out performance — it's amazing what he did," Moore said. "He just kept pouring it on."

Photo finish

Sequim's Riley Martin capped his prep career with a second place finish in the 110 high hurdles on May 24, after placing third in the same event at last year's state final.



SHS senior Alec Shingleton races to a win in his preliminary heat of the 400 meters at the state 2A track and field championships in Tacoma on May 24. Shingleton went on to place second in the 400 finals and added a fifth-place finish in the 800.

Martin clipped the finish line in 14.910 seconds — 0.001 of a second behind Tyrus Thomas of Pullman.

It's a finish that, a couple of weeks into the season, looked like an impossibility. The senior said that following multiple injuries — three in three weeks — that he decided to leave the team.

"I thought, 'Maybe it's just time to hang up the shoes,'" Martin said. A couple of his senior teammates convinced him to come back.

"I never took him off the team," Moore said. "When he asked to come back, there was no drama."

Said Martin, following the 110 final, "I'm more than thankful."

Martin raced to a 15.36-second mark (second) at the league meet and 14.99 seconds (also second) at districts before his runner-up effort at state.

See TRACK, A-8

TENNIS

Dietzman, Wiker net 2A doubles title

Boys doubles teams place 7th, 8th at finals

BY MICHAEL DASHIELL

Sequim Gazette

The road to the state 2A doubles title match looked awfully similar for Sequim's Jessica Dietzman and Kalli Wiker. This time, however, the Wolves weren't leaving without a championship.

Dietzman, a junior, and Wiker, a sophomore, overcame a loss in a first-set tiebreaker to dominate the second and third sets to top Sammamish's Katrina Kuntz and Nina Vongsaly (6-7, 6-2, 6-1) in the state 2A tennis championship in Seattle on May 25.

Their effort helped Sequim tie Columbia River for first place in team scoring — only the second team tennis championship in Sequim High's history (2007).

"The girls played fantastic tennis and beat good teams all weekend," Sequim coach Mark Textor said. "They are just really mentally tough and never give up."

Their SHS boys counterparts also had a successful 2A tourney, with Thomas Hughes and Blake Wiker earning a seventh-place finish, and teammates Damon Little and Liam Payne placing eighth, helping Sequim's boys team tie for fifth place overall.

Girls go 4-0

Dietzman and Wiker finished their season with an unblemished 22-0 mark and are 40-1 as doubles partners in the past two seasons.

"We have different skill sets: Kalli has more powerful ground strokes and I'm more like volleying, getting shots back (over the net)," Dietzman said. "The best way we play is I'm at the net and she ground-stroking."

The Wolves' pair won two matches to open the 2A tourney at Seattle's Nordstrom Center on May 24. In the opener, Dietzman and Wiker swept Kerea Sinclair and Lillian Hyde of West Valley-Spokane 6-1, 6-1 before edging Bellingham's Britney Butcher and Louli Ziels 6-4, 7-5 in the quarterfinals.

"Bellingham played a different style: they lobbed all the time," Wiker said. "We had to stay aggressive and not play their style all the time."

The next day, Dietzman and Wiker were tested but eventually ousted Sydney Cameron and Jisu Han of W. F. West, 7-5, 6-3, to set up a rematch of last year's 2A doubles finals against Kuntz and Vongsaly; the Sammamish duo took the 2018 title by a 6-3, 6-3 score.

"We were excited (for the rematch)," Wiker said. "We were ready to take on the challenge. We knew they were going to be good (but) we knew we could beat them."

"At first I was kind of nervous — I did not want a repeat of last year," Dietzman said. "But talking with Kalli, it was, 'OK, this is redemption. If we win this is huge. It shows how much we've grown.'"

By the second set, the Sequim duo was matching Kuntz and Vongsaly ground stroke for ground stroke, Wiker said.

"Their shots were hard (but) Jessica got everything back," Wiker said.

See TENNIS, A-8

GOLF

Sequim's boys place second at state tournament

Wiker ties for sixth, Jacobsen 10th

Olympic Peninsula News Group

For the second consecutive season, Sequim's boys golf capped a banner campaign with a second place finish at the class 2A state tournament.

Sequim's Blake Wiker tied for sixth place, Paul Jacobsen tied for 10th and Ben Sweet tied for 21st as the Wolves racked up 83.5 points behind state champ Ridgefield at the state finals, held at Liberty Lake Golf Course in Liberty Lake, near Spokane.

Jacobsen held a share of the lead after the first day with eventual state champ Jordan Medcalf of Lynden, after both shot 73s. Jacobsen closed with a 2-under-par 33 on the back nine.

"He played the back nine extremely well and had four birdies," Sequim coach Bill Shea said.

But the Sequim junior shot an 85 on the second day to slip back of the lead pack while Medcalf shot a 74 to edge Conrad Brown of Burlington-Edison by two shots (147-149).

Wiker, a senior, shot rounds of 79 and 77 to finish in a three-way tie in sixth, nine shots back of Medcalf.

On day one, Wiker shot a 38 on the front nine holes but a rules decision led to a triple bogey on a back-nine hole and Wiker struggled a bit, Shea said. The Sequim 12th-grader rebounded to play the final four holes in 2-under-par.



Sequim High School's boys golf team celebrates a second place finish at the class 2A state golf tournament at Liberty Lake Golf Course on May 22. Pictured, from left, are Liam Payne, Blake Wiker, Ben Sweet and Paul Jacobsen. Photo courtesy of Karla Wiker

"I really feel that (tournament) went great, all things concerned," Wiker said. "It was a difficult course (but) to medal in my senior year was

amazing."

Wiker said a highlight came on the first day when he found the green on the ninth hole from 200 yards out, com-

ing within six feet of the hole and sinking his birdie putt.

Sweet, a freshman, shot rounds of 79 and 85, also finishing in a three-way tie at 21st. His first day score was his lowest high school round.

"He's been working really hard and practicing," Shea said. "He's striking the ball really well. His low tournament round of the year was 81, so we are super pleased with his performance."

Senior Liam Payne missed the second day cut after shooting an 89 — four shots from the cutoff.

"Liam broke through and finally made it to state as a senior," Shea said. "He struggled on the front nine and shot 50 but he really closed well and had a 39 on the back nine."

Led by fourth-place finisher Kellen Bringhurst, Ridgefield saw six players make the second day cut and finished with 128 team points to outpace Sequim (83.5), Ephrata (63.5) and Burlington-Edison (62).

Defending state 2A champ Liberty (Issaquah) was fifth with 54.5 points.

In 2018, Sequim's boys placed second behind Liberty.

"It's crazy to finish second two years in a row," Wiker said. "You always want to get first but ... teams lost to both years were amazing. (Ridgefield was) great; we did all we could have done."

On the girls' side, Sequim High senior Brittany Gale tied for 60th overall after shooting a 101, six shots off the second day cut.

Wolves drop 2 close games at state tourney

BY MICHAEL CARMAN
Olympic Peninsula News Group

The state softball tournament is not the place for bats to turn cold and mistakes to be made.

Unfortunately for Sequim (15-8), that's what happened at the class 2A state tournament at Carlon Park in Selah on May 24.

The Wolves were hard-luck, 6-4 losers to Selah in their state opener before falling 6-3 to Tumwater in a loser-out contest.

"We just picked a bad time

to go flat for a little bit, that's what it came down to," Sequim coach Tim Lusk said.

"At districts we had a team average of about .535 and at state we were right around .200," Lusk said.

"When you get to that level and you struggle to hit and you make a few mistakes in the field it can come back and hurt you."

Lusk felt his team could have won both games.

"The first game we scored four runs and gave up four that we shouldn't have; we should have won that one 4-2," Lusk said.



Sequim's LeeAnn Raney pitches at the state 2A tournament. Photo by Mark Krulish/Kitsap News Group

Selah broke open a 4-4 tie with a two-run line drive dou-

ble to left field in the top of the sixth inning to send Sequim to

the loser's bracket. Senior Raelynn Opdyke homered and doubled for the Wolves in a loser-out contest against Tumwater, but the Thunderbirds triumphed.

"Hitting a home run at state was a great way to go out," Lusk said. "We had been talking about (designated hitting) for her, but I thought she was due and she came through."

"Bobbi Sparks also played an excellent defensive game at shortstop."

Lusk added, "I'm very pleased with the girls. They never quit and they held their heads high."

The Wolves will graduate Sparks, Opdyke, Isabelle Dennis, Latisha Robideau and Ashleigh Cate.

"The seniors are a really good group of girls; it was a tearjarker when we lost," Lusk said.

The team does have a talented crop returning led by freshmen LeeAnn Raney, Lili Fili, Christy Grubb and sophomores Jayla Julmist and Kiana Robideau.

"I had three of the freshmen with me driving home and we were already putting a lineup together," Lusk said.

Track

From page A-7

"My overall goal was sub-15 (seconds); I was happy to get there," Martin said. "At state the goal was to) just run and have fun."

Teammate Fischer Jensen, another Sequim senior, earned a spot in the 300 hurdles final on May 25, where he placed eighth in 41.80.

Breakout season

Sequim also got a pair of top-eight performances out of junior Darren Salazar, who raced to a fifth-place finish in the 200-meter finals (22.86) and sixth in the 100-meter sprint (11.43).

"He's just lights-out; he was a stud for us," Moore said. "At the start of the season we didn't expect him to be in the finals of the 100, but maybe the 200."

Salazar said he was able to improve his times over the season thanks to running cross country in the fall and doing weight training and intervals in the winter months.

"It's definitely an improvement from last year," said Salazar, who placed sixth in the 200 at districts in 2018. He also improved his 100 best from 2018 by a half-second and his 200 mark by nearly a half-second.

Along with Bingham, Shingleton and Logan Laxson, Salazar helped Sequim's 4x400 relay team place third, and get the Wolves' 4x100 relay team to the finals.

He said he switched to running the anchor leg of the 4x400 relay this season.

"It's terrifying," Salazar said of running the anchor leg, in between his 100- and 200-meter preliminary races. "It's all about having that mental strength."

Auspicious starts, strong finishes

Cowan improved on his fourth-place finish at last year's meet with a 176-foot, 6-inch throw in the javelin finals on May 25. The SHS senior posted the throw early on, which proved fruitful after the weather turned worse in the late afternoon.

"That (throw) put pressure on everybody else," Moore said.



Sequim High junior Darren Salazar, center, earns a spot in the 100-meter finals at the state 2A track and field championships in Tacoma on May 24. Salazar went on to earn two individual medals, placing fifth in the 200 and sixth in the 100. Sequim Gazette photo by Michael Dashiell

Sequim's 4x100 relay team of Salazar, Laxson, Jarrett Allen and Keeshawn Whitney looked to be out of the proverbial and literal running of the final after placing seventh in their preliminary heat on May 24. But three teams in the second heat (Bremerton, Lindbergh, Mountlake Terrace) were disqualified for running out of their zone, and the Wolves edged in with the eighth-fastest mark.

A day later, with freshman Theo McMurray taking Salazar's place in the lineup to help the junior stay fresh for his 100- and 200-meter finals, an eight-place Sequim relay team (44.70) was bumped to sixth place after two more teams — Cheney and Franklin Pierce — were disqualified.

Sequim senior pole vaulter Liam Byrne got a tough luck finish to his prep career after he sprained an ankle during a training session in Seattle just days before the state tournament.

Byrne said he took off a bit too far back on one attempt and landed on the slope of the vault mat, hearing a "pop" as he turned his ankle.

The SHS senior could only look on in sweats and a protective boot as other vaulters vied for top places at the state meet. Byrne, who said he may try to walk on to Portland

State University's track team where he will study mechanical engineering next fall, had a season-best mark of 13-0.

"I was a little worried (about a state title chance) after Liam got hurt," Moore said. "The way it looked, he could place well in the vault. I was hopeful the sprain wasn't too bad."

"I thought, 'What if we are close (but don't win)?' That would have really bothered (Liam) too."

As it turned out, the Wolves had enough points across the board to take the team title.

What was Byrne's poor luck turned out to be good fortune for River Ridge senior Matthew Jenkins, a state meet alternate whose coach said Jenkins didn't know he'd be eligible to vault until the day of the meet. With Byrne's scratch, Jenkins was able to compete and tied for second overall with a 13-0 mark, just six inches back of state champ Levi Williams of Columbia River.

Two medals for SHS girls

Sequim High freshman Riley Pyeatt placed fifth in the 400-meter run (58.88) and senior Elizabeth Sweet capped her prep career with a sixth-place finish in the pole vault (10-0) as Sequim's girls placed 34th as a team.

Sweet lost about four weeks of training to injuries during the

season, Moore said.

"She had some very lofty goals this season," the Sequim coach said of Sweet. "We finally got to where she looked good vaulting at the end of the season. It was just not enough to get 10-6 (but) I'm proud of her. She worked really hard and was able to turn it around at the end of the season."

Pyeatt qualified for two state races, with a spot in the 400 finals and 12th overall at 200 meters.

Despite success at longer distances — Pyeatt placed 13th at the class 2A cross country final in November, on a 3.1-mile course — the ninth-grader said she uses that time to get in shape for winter (basketball) and spring (track) seasons.

"I've been very successful in the events I chose," Pyeatt said.

She said breaking 59 seconds in the 400 was her highlight — she did it three times this season — and hopes to clip that time to the low 58s or better in coming years.

Sequim High sophomore Abby Schroeder followed her district high jump championship with a 14th place finish at state after clearing 4-8 on May 23.

Olympic League squads represented well at state, with Port Angeles and North Kitsap tying for second place behind 2A state champ Bellingham.

Wolf of the Week: Alec Shingleton



SHINGLETON

Class: Senior

Team: SHS boys track & field

Head coach: Brad Moore

Reason for selection: "Alec took second in the 400, fifth in the 800 and third in the 4x400 relay to help the Sequim boys capture the 2A state championship for the first time in school history."

Wolf of the Week is a partnership between Sequim High School and Castell Insurance to recognize local prep student-athletes and help raise funds for the SHS athletic department. For more information, contact James Castell at 360-683-9284 or see www.castellinsurance.com.

Tennis

From page A-7

Boys teams go 2-2

Hughes and Blake Wiker opened their tourney with a 6-3, 6-0 win over Ephrata's Clay Johns and Nathan Todor before getting knocked out of the championship round by Bellingham's Owen Morrison and Colm Schaefer in the quarter-finals, 6-1, 7-5.

Hughes and Wiker rebounded to beat Wapato's Humberto Hinojosa and Naujae Pineda 7-5, 6-1 on May 25 to reach the fourth/seventh-place match, but fell 6-4, 6-3 to Bellingham's Noah Giese and Ben Grabau.

"We were right in it the second day to placing higher," Wiker said.

Little and Payne dropped their opener on May 24, a 6-1, 7-6 decision to Columbia River's Wilson Keller and Nate Kessi, but came back to win a three-set match a 6-4, 2-6, 6-4 against Washington's Ariano Chavez and Kyle Whitmarsh.

The Sequim pair defeated R.A. Long's Ethan Chung and Brady Anderson 7-5, 6-1 on May 25 to reach the fifth/

eighth place match, where they dropped a 6-0, 6-2 decision to Pullman's Andy He and Tim Watts.

Hughes and Wiker finish the season — which started in the fall — with a 16-2 mark as doubles partners, while Little and Payne end the campaign with a 19-7 record.

"It was awesome to have Damon and Liam there (at state) too," Wiker said.

Wiker, who had a busy week with playing in the state 2A golf finals on May 20 and 21 before playing at the state tennis prep finals just three days later, said he and Hughes have similar skills and developed a good repertoire in discussing strategy before and during each match.

The duo have been playing together for the past three seasons and qualified for the state tourney in 2018.

"We both serve and volley really well," Wiker said.



HUGHES



B. WIKER

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SPORTS

FOOTBALL

Wolves beat Knights, head to playoffs

Four Wiker rushing TDs, dominant O-line lead Sequim to key win

BY CONOR DOWLEY
Sequim Gazette

The Sequim Wolves locked up a West Central District 3 playoff berth on Nov. 1, beating the Bremerton Knights 36-21 to finish second in the Olympic League and earning a chance at the state tourney.

The Wolves (5-1 in Olympic League, 8-1 overall) will face the River Ridge Hawks from the Mountain Division of the South Puget Sound League at 7 p.m. on Nov. 8 at Bremerton High School, with the winner moving on to the 2A state playoffs.

Sequim's win over Bremerton came off the strength of four Taig Wiker touchdown runs and a touchdown pass, thanks in large part to a dominant performance by the offensive line.

"Our whole line did great tonight," junior lineman Brandon Barnett said.

"Our coaches have been on us since the (Oct. 18) Port Angeles game to block better, and he's been with us the last two weeks to show us better ways to do what we do."

Barnett noted that some recent changes to the offensive line setup, with him moving to left guard after Isaiah Cowan moved to a backfield role and Lane Mote stepping in at right guard, helped them figure things out.

"They've been moving us around to get best positions," Barnett said. "But I think we have our best line set for the next few games."

Barnett and fellow junior Caleb Pozernick were particularly efficient on the line last week

See FOOTBALL, A-8



Walker Ward breaks through the line during the third quarter of the Sequim Wolves' 36-21 win over the Bremerton Knights on Nov. 1. Ward was a reliable workhorse on the night, with 122 yards on 24 carries, and picking up several big first downs to keep drives moving. Sequim Gazette photo by Conor Dowley

Olympic League final standings

Team	Lg.	Over.
North Kitsap	6-0	7-2
Sequim	5-1	8-1
Olympic	4-2	6-3
Bremerton	3-3	3-6
Kingston	2-4	4-4
Port Angeles	1-5	1-8
North Mason	0-6	2-7

SOCCER

Storm King shines in RCL

Squad features top prep players from Sequim, PA, PT

BY MICHAEL DASHIELL
Sequim Gazette

A cadre of top prep soccer stars are getting a chance to shine away from the friendly confines of the Olympic Peninsula.

After a couple of years of appealing to join Washington Youth Soccer's Regional Club League (RCL)—one of upper echelons of select soccer in Washington state — Storm King's U19 select boys team is showing players from smaller schools can more than hold their own against big city squads.

Following a split of games last weekend, Storm King is in second place in the RCL's U19 Division II, their lone loss coming Saturday to an undefeated team from Pasco.

Sequim's Michael McAleer, who coaches the team alongside Kevin Parker and Steve Methner (and previously with Aaron St. George), said the local squad of prep stars from Sequim, Port Angeles and Port Townsend are clicking so well in part because of their skills and in part because, for many of them they've played for years together.

"What we did really well was create a culture of a positive, fun, team-first mentality," Michael McAleer said.

"These boys love each

"We coaches committed to one another 10 years ago that we wouldn't micromanage them during games. As long as they stick to our principles, they are free to play with their own instincts."

Michael McAleer
Coach, Storm King Soccer Club

other like brothers and trust each other; it's why our passing and offensive build up is so pretty to watch. It's also why are team defense is so suffocating for our opponents."

In all but one of eight games in the RCL's second division, Storm King has held opponents to two goals or less as they match up against squads from Seattle, Everett, Federal Way, Puyallup, Snohomish County and beyond.

The team includes a quartet of Sequim High seniors—Reid Parker, Navy Thomas-Brenke and team captains Mike McAleer, Ryan Tolberd — as well as 2018 SHS grad Chris Morgan, plus Port Angeles standouts Stuart Methner and Kaleb Baier, each of whom have each played at least six seasons on Storm King teams.

"It's a really good group — it's fun to play (with and) against each other," said SHS

junior Eli Gish, an outside defender and wing for Storm King, a two-year starter at Sequim High and a second-team All-Olympic Leaguer as a sophomore.

The lineup features some serious firepower, with six players who've earned All-Olympic League honors, including Tolberd, who owns the single-season scoring record at Sequim High, and Methner, who led the peninsula in scoring in 2018 with 24 goals.

"We have such good individual players and good chemistry," said Methner, a midfielder in his ninth year as a Storm King player.

Foes during the high school season, Storm King players area teammates in the "offseason." While games in the RCL and other leagues don't have the same energy as prep games, Methner said, "(we) can bring in the best players on the peninsula, and



Mike McAleer, right, vies for the ball against a Club Three Rivers defender in a Nov. 2 match-up in Port Angeles. McAleer took one on the chin (literally); a high kick from a Club Three Rivers player drew a red card and drew blood, temporarily putting the Sequim High senior out of the game. Sequim Gazette photo by Michael Dashiell

it's a lot more competitive."

Other Storm King members include Sequim High senior all-leaguer Adrian Funston, SHS seniors Angel Servin and Keith Wilwert, Port Townsend High senior all-leaguer Silas DeWise and PT High senior Trillium DeWise, as well as exchange students Alvaro Mediavilla and Nico Zingaro.

"We love each other and love playing for each other," said midfielder Mike McAleer, a nine-year Storm King player and second team All-Olympic League player.

That kinship — and a bit of freedom from coaches to freelance play on the field — seems to have Storm King

rolling in the RCL.

"We've also given them a lot of freedom to experiment, try new skills, and be creative — which is scary as a coach, but in the end allows for unfettered individual growth of the player," Michael McAleer said. "We coaches committed to one another 10 years ago that we wouldn't micromanage them during games. As long as they stick to our principles, they are free to play with their own instincts."

Those instincts are honed during a season that stretches from June into mid-December, when Storm King and other select teams battle for top spots in a President's

Cup tournament that spills into January and February.

Storm King players generally see two practices per week — "We do a lot of running and high-paced drills," Methner said — and games on weekends, sometimes on both Saturday and Sunday.

"We make practices as competitive as possible," Michael McAleer said. "We learned years ago that if a drill didn't have a winner and loser, they weren't going to be all that interested. Our practices are pretty intense. It's our team culture that has kept them together for so long."

See STORM KING, A-9

Wolf of the Week: Riley Pyeatt



PYEATT

Class: Sophomore
Team: SHS cross country
Head coach: Paul Brinkmann
Reason for selection: "Riley took first in the West Central District 3 cross country championships to secure a berth to the state meet this weekend."

Wolf of the Week is a partnership between Sequim High School and Castell Insurance to recognize local prep student-athletes and help raise funds for the SHS athletic department. For more information, contact James Castell at 360-683-9284 or see www.castellinsurance.com.

Pyeatt takes district title

SHS sophomore leads pack of 4 to state final

BY MICHAEL DASHIELL
Sequim Gazette

One week after winning her first Olympic League crown, Sequim's Riley Pyeatt is a district champion.

Pyeatt, a sophomore, topped the field at the Westside Classic, the West Central District 3's cross country final, finishing the 5,000-meter course in 18 minutes, 38 seconds.

Her finish capped a meet that saw three Sequim girls and one boy earn state meet berths, though it came with a bit of heartache: the SHS girls missed a chance to qualify after placing sixth overall, just five points back of Steilacoom.

Pyeatt edged Washington sophomore MaryAlice Mitchell by eight seconds and third-place finisher Stephanie Martz of

See DISTRICT, A-8



Sequim sophomore Riley Pyeatt, pictured here in an Olympic League meet in late September, topped the field in the girls 2A division of the West Central District 3 meet on Nov. 2. Sequim Gazette file photo by Michael Dashiell

SMS FOOTBALL

Timberwolf team looks for growth in gridiron tests

BY MICHAEL DASHIELL
Sequim Gazette

Sequim Middle School's Timberwolves took their figurative and literal lumps on the football field this fall.

Coached by Sam Salanoa, Marcus Hollan and Quinton Delph, the T-Wolves went 1-5 this season with a 14-6 win against Blue Heron (Port Townsend) and a close loss to Stevens (17-12) in the second game of the campaign.

With 34 athletes turning out the Timberwolves saw a number of injuries this season,

said Hollan, who is also the school's athletic director.

"Most of our top playmakers this year had never played football before," Hollan said. "The team faced a great deal of adversity this year ... but they ended up coming together as a stronger unit. The group showed a lot of commitment to each other and played much better than the record shows."

Hollan noted that quarterback Lars Wiker and receiver Dylan Allen connected for seven touchdowns passes this year, putting them toward the top of the league in passing touchdowns.



Sequim Timberwolf Easton Munger, right, looks for running room as he and Sequim take on Stevens (Port Angeles) on Oct. 30. Sequim Gazette photo by Michael Dashiell



Sequim High senior goalkeeper Navy Thomas-Brenske makes a diving stop against Club Three Rivers (Pasco) on Nov. 2. Thomas-Brenske has played on Storm King teams for eight years. Sequim Gazette photos by Michael Dashiell



Port Angeles High standout Stuart Methner drives deep into enemy territory in a Nov. 2 match-up against Club Three Rivers (Pasco). Methner had Storm King's lone goal in the peninsula club team's lone loss of the season.

Storm King From page A-7

This majority of players from this iteration of Storm King began in Division 2 of the North Puget Sound League (NPSL) as 9- and 10-year-olds, moved up to Division 1 and won the league multiple times.

Last year, the NPSL placed the team a year above their age bracket and the team still managed to finish third against teams with older players.

Two years ago, the team applied for entry into the RCL, McAleer said, but were denied. Coaches were asked to more information as to the teams records in tournaments and the coaches credentials, he said.

"We've always known we're

capable," Mike McAleer said. "Our record has shown we belonged here for years."

Playing in a college showcase helped with finally gaining admittance, Michael McAleer said.

"We are the only team in the RCL league coached by volunteers," the Storm King coach said.

"The truth is, if we lived in Seattle we would have lost half of these kids to better teams years ago with more high level coaching," McAleer said, "but out here on the peninsula, Storm King was the only legitimate option unless you commit to traveling hours for every practice.

"The coaches have grown with them, and now we're one of the best teams in the state."

SPORTS BRIEFS

Paddlers to host solo kayak adventurer

The Olympic Peninsula Paddlers invites the community to an evening of outdoor adventure with a presentation by Kitsap native John Kuntz, from 7-8:30 p.m. on Wednesday, Nov. 13, at Dungeness Valley Lutheran Church, 925 N. Sequim Ave.

In August 2018, Kuntz embarked on a mostly solo kayak trip, paddling the entirety of the Columbia River — all 1,250 miles. Hear his story in words and video as he describes running whitewater rapids, dodging lightning strikes and forest fires, crossing long open water, portaging around 14 dams, enduring a five-mile hike around the U.S. border and more.

The event is free.

For more information, call 360-461-7008, email to info@olympicpeninsulapaddlers.com or visit www.olympicpeninsulapaddlers.com.

Outdoor gear swap set for Sunday

The annual Outdoor Gear Swap is set for noon-3 p.m. on Sunday, Nov. 10 at the Vern Burton Community Center, 308 E. Fourth St., Port Angeles

Cost is \$45 per person, \$8 per family.

Get rid of old sporting gear and/or pick up some new-to-you gear.

Gear drop-off is 10-11 a.m. Shopping is from noon-3 p.m., and pick-up of unsold gear is 3-4 p.m.

Vendors such as the Hurricane Ridge Winter Sports Area, Surfriider Foundation, Sound Bikes & Kayaks, Peninsula Wellness & Performance, Winter Ice Village, Disco Bay Outdoor Gear Exchange and NxNW will have merchandise and information as well.

Proceeds support the Hurricane Ridge Ski Team and Surfriider Foundation.

For more information, contact Lindsay Fox at skifox2@gmail.com.

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SPORTS

Sticking together

Mother-son duo to compete in international martial arts event

BY MICHAEL DASHIELL
Sequim Gazette

The first time she saw it, Kathrin Sumpter recalls, was during a martial arts exhibition — likely a black belt karate showcase — about a dozen years ago.

“All of a sudden, she breaks out these sticks,” she says.

Something clicked for Sumpter, a Sequim resident and owner/instructor of Sequim Martial Arts and the newly-designated Cacoy Cañete Doce Pares-Sequim Club, where she teaches the Doce Pares, a Filipino martial art.

Now, the Doce Pares fourth-degree black belt and her son Sam Manders are in training to take part in the Cacoy Cañete Doce Pares World Invitational Tournament & Gathering in Cebu City, Philippines, in August.

“It’s exciting — it’s kind of like going to the motherland,” Sumpter says. “The best in the world will be there.”

Sumpter and Manders join a six-person team representing the United States for a tournament, seminars and a training camp along with other events catering to stick fighters from all disciplines across the globe.

In preparation, the Sequim duo train with fellow team members and others at a facility in Portland, Ore. — the closest Sumpter says she can go to get this kind of training.

“I have to go to Portland to find people I can learn from; here I’m the only game in town,” she says.

Family inspiration

Sumpter holds experience with Tae Kwon Do since the early 1990s and is now a 5th degree black belt in the discipline. An unexpected family connection broadened her repertoire, however.

Gail Sumpter, who was living in Los Angeles at the time, said she’d visit her sister-in-law Kathrin in Sequim.

“She said something about sticks. (I said), ‘That’s what I do,’” Gail Sumpter recalls.

Since 1996 Gail Sumpter had been well-versed in Eskrima, the national



Doce Pares is a Filipino martial art that focuses primarily on stick fighting, knife fighting and hand-to-hand combat. Sequim Gazette photos by Michael Dashiell

sport and martial art of the Philippines that focuses primarily on stick fighting, knife fighting and hand-to-hand combat but also covers grappling and other weapons.

Doce Pares, Spanish for 12 peers or 12 equals, is a form of Eskrima.

“When I moved up here I started teaching her; she got way into it,” Gail says.

“I just started doing it with no form; (Gail) really helped me get into it,” Kathrin says.

While martial arts like Tae Kwon Do tend to be more sport-oriented and good for fun and getting fit, Gail Sumpter says, Eskrima is more focused on combat and self defense. A 3rd degree black belt in the discipline, she says she took to Eskrima in particular with her role as a reserve law enforcement deputy.

“It ties into wanting to defend yourself,” Gail Sumpter says. “It’s really versatile. You can use a stick, and open hand, a knife and a stick.”

See STICKS, A-8



Kathrin Sumpter and her son Sam Manders are headed to Cebu City, Philippines, this August for the 10th biannual Cacoy Cañete Doce Pares World Invitational Tournament and Gathering. Sumpter owns and operates Cacoy Cañete Doce Pares Sequim Club/Sequim Martial Arts.

SPORTS BRIEFS

Ritter gets second ace

Grant Ritter of Sequim got his second lifetime hole-in-one on June 24 at The Cedars at Dungeness.

Ritter used an 8-iron to drive the 137-yard hole No. 4 at The Cedars.

Brian Anderson and Tom Flack of Sequim witnessed the feat.

Wolves named to All-Peninsula softball team

Five Sequim players earned postseason kudos for their play, named to the 2019 All-Peninsula Softball MVP as selected by area coaches and the sports staff of the *Peninsula Daily News*.

Earning spots on the team were freshman pitcher Lee-Ann Raney, senior first baseman



RANEY

Latisha Robideau, senior second baseman Isabelle Dennis, freshman third baseman Christy Grubb and sophomore outfielder Jayla Julmist.

Raney, a second-team All-Olympic League selection as an outfielder, had a strong season on the mound as well. She won three district games on the mound, including a complete-game four-hitter against top-seeded Eatonville. Dennis was an All-Olympic League first team infielder while Grubb, Julmist and Robideau were selected all-league second-teamers.

All-Peninsula Softball honorable mentions also went to Sequim’s Lily Fili, Kiana Robideau and Bobbi Sparks.

Forks junior Rian Peters was named All-Peninsula MVP.

Stars on the pitch

A one-season standout for the state-bound Wolves’ boys soccer squad, Belgian exchange student Mathys Tanche led a host of Wolves on the 2019 All-Peninsula Boys Soccer Team, as selected by area coaches and the sports staff of the *Peninsula Daily News*.

Tanche, who led the Wolves with 18 goals and 10 assists netted first-team All-Olympic League status.



TANCHE

Joining him on the squad are senior midfielder Sean Weber, junior forward Ryan Tolberd, junior midfielder Adrian Funston, senior defenseman Rudy Franco and sophomore defenseman Eli Gish.

Weber was a first-team All-Olympic League pick scored four goals with five assists. Tolberd, a second-team All-Olympic League pick after tallying 16 goals and nine assists, is on pace to break Liam Harris’ all-time scoring and assist school records. Funston was a first-team All-Olympic League pick with five goals and seven assists. Franco had a goal and two assists while leading the stout SHS defense, while Gish notched three goals and three assists to earn second-team All-Olympic League honors.

An honorable mention also went to Sequim junior Mike McAleer.

SHS’s Dave Brasher shared Coach of the Year honors with Forks’ Joe Morton (a Sequim High grad) and Port Angeles’

See BRIEFS, A-8



Sequim’s Riley Cowan was named the West Team’s offensive MVP in the 25th annual Earl Barden All-Star Classic on June 22. Cowan rushed for 35 yards and threw a touchdown pass for the West. Submitted photo

Cowan named MVP for all-star offense

OLYMPIC PENINSULA NEWS GROUP

The East team routed the West 37-6, but local prep football standouts on the West squad shined at the 25th annual Earl Barden All-Star Classic at Zaepfel Stadium on June 22.

One of four quarterbacks used by the West, Sequim quarterback Riley Cowan was named the West’s offensive MVP. The SHS graduated senior threw the only TD of the game for his team in the second quarter, a four-yarder to Tyler Nevin of Concrete.

Cowan, who helped lead Sequim to an Olym-

pic League 2A Division championship and was named the league MVP, had 35 yards rushing on five carries and was 4-for-8 passing for four yards.

It was Cowan’s final high school football game; he will be playing football for George Fox University in Newberg, Ore., this fall.

Also playing in the game were Logan Storm of Chimacum and Robert Comstock III of Quilcene. Storm had two rushes for nine yards and two receptions for nine yards. Comstock, who has signed to play at the College of the Siskiyous in Weed, Calif., had a reception for nine yards.

Olympic Discovery Trail added to Great American Rail-Trail

SEQUIM GAZETTE STAFF

With some help from Gov. Jay Inslee’s office and other Olympic Discovery Trail friends, the Rails-to-Trails Conservancy made a late-breaking decision to add the ODT to the Great American Rail-Trail (GART) — a multi-use stretching more than 3,700 miles from Washington, D.C., to Washington state.

“Inclusion of the Olympic Discovery Trail as the westernmost segment of the ‘coast-to-coast’ GART represents a huge recognition of the significance of the ODT and the vision for its completion,” Jeff Bohman, president of the Peninsula Trails Coalition board, said.

“It also will provide a significant boost to the work of the Peninsula Trails Coalition and all the ODT jurisdictional partners to complete the missing pieces in the full vision of a continuous trail from Port Townsend to La Push,” he added.

The Great American Rail-Trail has 1,900 existing trail miles — about 52 percent of the projected 3,700 mile-plus full length. The trail boasts more than 125 existing trails — and 90 gaps to fill — span-



Jordan Lowe, left, and Justin Fritz, both of Victoria, B.C., cycle on the Olympic Discovery Trail along Discovery Bay in May. Photo by Jesse Major/Peninsula Daily News

ning the 12-state route.

The Olympic Discovery Trail is 130 miles long, using both road and multi-use paths across the North Olympic Peninsula. more than half of the ODT route is on non-motorized paths.

“The ODT is one of the Olympic Peninsula’s crown jewels, linking together many of our communities and attracting outdoor enthusiasts to visit,” Marsha Massey, Executive Director of the Olympic Peninsula Visitor Bureau, said. “We expect that attraction to grow, bringing more cyclists,

runners and walkers from further afield to experience the variety of trail offerings. With the scale of this route, communities along the trail should see a bonus of economic opportunities and benefits.”

Learn more about the Great American Rail-Trail and to view the preferred route, see www.greatamericanrailtrail.org and follow @greatamericanrailtrail on Facebook and Instagram.

For more information about the Olympic Discovery Trail, see www.olympicdiscoverytrail.org/explore.



Karthin Sumpter is a 4th grade black belt in Cacoy Cañete Doce Pares and 5th degree black belt in Tae Kwon Do. Photo by Sam Manders

Sticks From page A-7

(And) you really have to focus if you are training.”

While Gail Sumpter doesn't practice Eskrima too much anymore — “I'm just so involved teaching lifeguards and CPR,” she says — her sister-in-law and her son are taking to the international stage soon with a crew of other Americans led by Team USA Captain and Master Dan Haney.

International stage

In an article Kathrin Sumpter wrote for the Tae-KwonDo Times — she's a correspondent, columnist and contributor for the publication — Haney notes,

“It's inspiring to witness and compete against such a high caliber of competitors. The thing I look forward to the most is the camaraderie and bonding with participants from all over the world. I've met some incredible people and I cherish these experiences. Spear-headed by our coach (Anthony Kleeman), we have a strong team ... I'm excited for all of us to meet, share, and learn from the top grandmasters and world champions in the Filipino Arts.”

A relatively late addition to the team is Manders, 23, a 2014 Sequim High graduate about to complete a theology degree at Northwest University in Kirkland.

Manders got his start in

martial arts at age 7.

“I had to do something after school,” Manders remembers. “I decided to do what she was doing.”

Manders earned black belts in 2011 and 2012. When the chance came to join his mom on the trip to the Philippines, he jumped.

“I'm glad Sam is coming to the event,” Kathrin Sumpter says. And not just for a bit of tourist picture-taking: he joins other U.S. team members for a tournament that will last at least a couple of days of the team's two-week trip.

Sumpter says she's been training since October and is the lone woman on the team.

Held in Cebu City, head-

quarters for Doce Pares, the World Invitational Tournament & Gathering is also a centennial birthday celebration of Supreme Grandmaster Ciriaco “Cacoy” Cañete. Born on Aug. 8, 1919, Cacoy, revered as a founder of the discipline and last surviving member of the Doce Pares Eskrima Club founded in January 1932, died at age of 95 on Feb. 5, 2016.

“It will be an honor for us all to attend and pay tribute to the founder of Cacoy Cañete Doce Pares,” Haney said.

For more about Cacoy Cañete Doce Pares-Sequim Club, call Kathrin Sumpter at 360-775-0542.

Reach Michael Dashiell at editor@sequimgazette.com.

Briefs From page A-7

Chris Saari. Brasher led the Sequim team to an undefeated regular season record and 2A state tourney appearance.

SHS diamond stars

Joining MVP Johnnie Young on the 2019 All-Peninsula Baseball Team — as selected by area coaches and the sports staff of the *Peninsula Daily News* — are a trio of Sequim players: Joey Oliver, Silas Thomas and Michael Grubb.

Oliver, a senior third baseman, hit .340 with a .453 on-base percentage, 18 hits, 18 runs and six RBIs. Wolves coach Dave Ditlefsen said Oliver is the “best defensive third baseman I've ever coached.” Thomas, a junior outfielder, was a second-team All-Olympic League player who hit .333 with 18 RBIs and 16 runs. Grubb, a sophomore second baseman, hit cleanup for Sequim and batted .279 with 16 runs and 11 RBIs.

Links standouts

Joining co-MVPs Paul Jacobsen and Blake Wiker on the 2019 All-Peninsula Boys Golf Team are Sequim teammates Ben Sweet and Liam Payne, selected by area coaches and the sports staff of the *Peninsula Daily News*.

Sweet, a freshman, played his best golf of the season in the postseason for Sequim,



Members of the Forks FC team celebrate a championship in the 2019 Port Angeles Parks & Recreation/Peninsula College Spring Adult Coed Soccer League. Submitted photo

shooting a round of 80 at the Olympic League final and a 79 in the first round at the state 2A tourney. He tied for 21st at state and averaged 42.36 strokes per nine holes in league play. Payne, a senior, averaged 43.85 shots per nine holes, qualified for



SWEET

state tournament and closed out his prep golf career with a 39 on the back nine at state.

Sequim coach Bill Shea took home the Coach of the Year honor, leading the Wolves to a 9-0 league mark to earn SHS's fourth consecutive Olympic League title — and second consecutive second place finish at the state 2A tournament.

Bingham takes MVP

Recently graduated Sequim High student Murray Bingham, fresh off a state championship in the 800-meter run at the state 2A track and field finals, was selected as the *Peninsula Daily News'* All-Peninsula Boys Track and Field MVP.

For Bingham, a key piece in the Wolves' first track state

championship (and first boys team title in any sport), it was his second All-Peninsula MVP award of the season; he was also selected as the boys' cross-country MVP in the fall.

He won 28 races during the season and broke the school mark in the 800 at districts



BINGHAM

before helping score 22 of Sequim's 61 points at state.

“I wanted to be the best I could be. I'm pretty sure I did that,” Bingham said.

Other Sequim boys named to the All-Peninsula team include Riley Cowan (javelin, shot put), Alec Shingleton (middle distances, relays), Riley Martin (110 hurdles), Darren Salazar (sprints, relays) and Fischer Jensen (hurdles).

Early-bird pricing for Oyster races

The deadline for early bird discount rates for the Quilcene Oyster Races ends at midnight, June 30.

The event — set for Sunday, Sept. 15 — featured three distances for runners and walkers: a half-marathon, a 10k and a 5k.

Early-bird pricing is \$55 for the half-marathon, \$35 for the 10k and \$25 for the 5k; costs jump \$5 after the deadline.

The races include a free concert with the Jack Dwyer Band.

T-shirts can be purchased by pre-order only, and must be ordered by Aug. 22.

Proceeds benefit Quilcene-Brinnon Dollars for Scholars and Count Me In for Quilcene.

For a race day schedule, see runsignup.com/Race/QuilceneOysterRaces/Page/Schedule. To register, go to runsignup.com/Race/WA/Quilcene/QuilceneOysterRaces.

COMMUNITY SCOREBOARD

Golf

Sunland Golf & Country Club

• Couples Weekly Game, Team Modified Scramble, June 18

1. Dan Flynn-Gail Flynn-Jan Prout-Owen Prout, 56; 2. (tie) Bob Berard-Doreen Berard-Cheryl-Coulter-Jay Tomlin and Jim Elvery-Susan Elvery-Ann Hester-Gary Hester, 61

KPs: C. Coulter, G. Flynn, G. Hester, Ray Dejong, Frank Herodes, Geri O'Clary.

• Men's Club Mixer, Best Net Ball-Best Gross Ball, June 19

1. Martin O'Brien-Jack Real-John Sims-David Walp, -10; 2. Ray Aldrich-Bill Engle-Brad Littlefield-Jay Tomlin, -6; 3. Clifton Brown-Scott Ferguson-Bruce Mullikin, -3

KPs: Dave Anderson, Gary Hester, Mullikin, Tomlin.

The Cedars at Dungeness

• Merchants League, June 13

Team scores:

Griffin Custom Homes 5.5, Mischmidt 4.5

SkyRidge Golf Club 6, Sequim Plumbing 4

Dungeness Tile and Stone 6, Castell Insurance 4

Stymies Bar and Grill 5, Jamestown Aces 3

Eric's RV 6, Bill Mair Heating 4

Dungeness Golf Shop 10, Angeles Plumbing 0

Individual results:

Low division — Gross: 1. Frank Catelli 37; 2. Shane Quinet, 38; 3. Chad Morgan, 40; 4. Brandon Kettel 43. Net:

1. Brian Cays, 33; 2. Richard Clendening, 36; 3. (tie) Kurt Anderson and Matt Dotlich, 37

High division — Gross: 1. 1. Bill Francis, NS; 2. (tie) Vern Ahrendes and Jim Hough, NS; 4. Ken Hagan, NS. Net: 1. Brad Chitwood, 34; 2. (tie) Mark Ausmus and Kim Mishko, 35; 4. Eric Davis, 37

KPs: Chitwood, Clendening, Mishko, Jesse Francis.

• Men's Club, Stableford, June 19

First flight — Gross: 1. Mike Clayton, 32; 2. Richard Clendening, 32. Net: 1. John Raske, 42; 2. (tie) Justin Ewing and Russ Veenema, 39

Second flight — Gross: 1. John Nally, 30; 2. Jeff James, 26. Net: 1. Bob Gunn, 44; 2. Jac Osborn, 41; 3. Everett Thometz, 40

Third flight — Gross: 1. Warren Cortez, 21; 2. Cary Richardson, 20. Net: 1. Jim Pabst, 43; 2. Stephen Falcone, 41; 3. Bill Riley, 37

Fourth flight — Gross: 1. Thomas Deeney, 14; 3. Wally Jenkins, 13. Net: 1. George Switzer, 39; 2. Joe Tomita, 35; 3. Barry Tuteur, 34

KPs: Ewing 2, Clendening, Falcone, Pabst.

• Merchants League, June 20

Team scores:

Stymies Bar and Grill 8, Dungeness Tile and Stone 2

Mischmidt 6, Jamestown Aces 4

Eric's RV 6, Griffin Custom Homes 4

SkyRidge Golf Club 5.5, Bill Mair Heating 4.5

Castell Insurance 5.5, Dungeness Golf Shop 4.5

Sequim Plumbing 10, Angeles Plumbing 0

Individual scores:

Low division — Gross: 1. (tie) Mark Hash and Shane Quinet, 38; 3. Gary Kettel, 40; 4. Derrick Moore, 41. Net: 1. (tie) Rich Burlingame, Bryce Gange and Mark Quinet 33; 4. (tie) Matt Dotlich and Irene Schmidt, 35

High division — Gross: 1. Lance Gardner 46; 2. (tie) Ken Hagan and Jim Hough 47; 4. Adam Barrell 49. Net: 1. (tie) Kevin Gallacci, Betty Kettel and Taylor Thorsen, 35; 4. (tie) Jason Meyer and Don Purser, 36

KPs: M. Quinet, S. Quinet.

• PA Power Summer Series, June 18

4 Balance Bike — 1. Lou Hughes, 2. Layla Stamper, 3. Evan Hughes

13-14 Girls Cruiser — 1. Catherine Copas, 2. Rylee Carr, 3. Trinity Gaither, 4. Harper McGuire, 5. Iris Winslow

11 Cruiser — 1. Anthony “A-Train” Jones, 2. Ethan Barbre, 3. Evan “Mongo” Hernandez

14 Cruiser — 1. Russell Gaither, 2. Ca\$h “Money” Coleman, 3. Anthony Brigandi

17-20 Cruiser — 1. Cory Cooke, 2. Aiden Rush, 3. Isaiah Muckley

56-60 Cruiser — 1. Michael “Patch Kit” McGuire, 2. Anthony Hernandez, 3.

George Williams, 4. Steve Gaither

5 & Under Novice — 1. Danny Goettling, 2. Atticus Reed, 3. Kayden Beck, 4. Bradan Gray

6 Novice — 1. Zebastian Ferrier-Dixon, 2. Levi Hull, 3. Tony Cargo, 4. Woody Cargo, 5. Beau Browning

8 Novice — 1. Ben Keeler, 2. Dylan Thomas, 3. Grady Pinell, 4. Sonny Horejsi, 5. Cameron Collins, 6. Maverick Williams

10 Novice — 1. Isaac Anderson, 2. Kawika Deboer, 3. Jaedyn Halladay, 4. Anna Cook

11 Novice — 1. Jacob Howe, 2. Logan Castle, 3. Kodiak Adkins

12 Novice — 1. Austin Fortman, 2. Dawson Dewey, 3. Jackson Beal, 4. Ryan Albin, 5. Natale Brigandi

13 Novice — 1. Russell Gaither, 2. Gabriel Granum, 3. Cameron Widder

14 Novice — 1. Will Roening, 2. Piper Williams, 3. Trinity Gaither

6 Intermediate — 1. Dominic Casebolt, 2. Thomas Dalgarno, 3. Blake Sweetser

9 Intermediate — 1. Benjamin Clemens, 2. Graysen Pinell, 3. Makaylie Albin

11 Intermediate — 1. Ethan Barbre, 2. Zephyr Thompson, 3. Ronan McGuire

12 Expert — 1. Ca\$h “Money” Coleman, 2. Finn “Machine Gun” Thompson, 3. Anthony “A-Train” Jones

14 Expert — 1. Andy “Sandy” Goldsbary, 2. Grant Zipay, 3. Zachary Pinell

13-17 Open — 1. Cholena Morrison, 2. Piper Williams, 3. Catherine Copas, 4. Iris Winslow.

• Olympic Day, June 23

5 & Over Balance Bike — 1. Dennis Tisdale, 2. Layla Stamper

3 Balance Bike — 1. Jameson Moroles, 2. Annyah Beck, 3. Cooper Collins

11 Cruiser — 1. Anthony “A-Train” Jones, 2. Ethan “Bam Bam” Barbre, 3. Evan “Mongo” Hernandez

36-40 Cruiser — 1. Jason Forsmann, 2. Ca\$h “Money” Coleman, 3. Joseph Ritchie, 4. Anthony Hernandez

51-55 Cruiser — 1. Lawrence Moroles, 2. Lance Barbre, 3. George Williams, 4. Iris Winslow

5 & Under Novice — 1. Danny Goettling, 2. Atticus Reed, 3. Kayden Beck, 4. Jackson Moroles, 5. Lucas Allen, 6. Luke Shellito, 7. Wyatt Sweetser

6 Novice — 1. Zebastian Ferrier-Dixon, 2. Levi Hull, 3. Beau Browning, 4. Tony Cargo, 5. Woody Cargo, 6. Liam Whitehead, 7. William Johnson

10 Novice — 1. Jaedyn Halladay, 2. Kawika Deboer, 3. Anna Cook, 4. Sky Wasankari, 5. Clayton Didrickson, 6. John Kahler

12 Novice — 1. Austin Fortman, 2. Dawson Dewey, 3. Jackson Beal, 4. Ryan Albin, 5. Logan Schamberg, 6. Jake Wilson, 7. Frank Johnson, 8. Caleb Underwood

13 Novice — 1. Easton Merritt, 2. Tyler Worley, 3. Gabriel Granum

26-35 Novice — 1. Wyatt Beck, 2. Steven Jordan, 3. Michael Reed

6 Intermediate — 1. Dominic Casebolt, 2. Thomas Dalgarno, 3. Blake Sweetser

8 Intermediate — 1. Liam Otto, 2. Brayden Allen, 3. Graysen Pinell

10 Intermediate — 1. Ethan “Bam Bam” Barbre, 2. Levi Bourm, 3. Isaac Anderson

11 Intermediate — 1. Talen Gierth, 2. Henry Bourm, 3. Jaron Tolliver

14 Intermediate — 1. James Hampton, 2. Piper Williams, 3. Mason Beal

15 Intermediate — 1. Colby Groves, 2. Andy “Sandy” Goldsbary, 3. Chase Schweitzer

51 & Over Intermediate — 1. Jason Forsmann, 2. Daniel Goettling, 3. George Williams

13 Expert — 1. Joseph Ritchie, 2. Ca\$h “Money” Coleman

26-35 Expert — 1. Matt Groves, 2. Michael “Big Mike” Ferges, 3. Joseph Pinell.

SPORTS

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SEQUIM GAZETTE

PREP SPORTS

SHS cross country leader crosses finish line

Huff coached 2 individual state winners, earned 8 team district championships

BY MICHAEL DASHIELL
Sequim Gazette

When Harold Huff saw the running talent coming through the proverbial pipeline at Sequim Middle School, with some of the top runners in his daughter Valerye's class, he jumped at the chance to coach them.

"I thought I'd like to coach those kids three or four years, see if I was cut out for it," Huff said. "It was supposed to be a four-year run."

"It turned into an 18-year run."

That run comes to an end this fall. Huff, weary of the travel associated with leading the Sequim High School cross country program — one that's produced two state individual champions, 11 league titles, eight district championships and 15 team state berths — called it a coaching career earlier this year.

"What I'll really miss will be the races," Huff said last week. "It's fun to be with the kids, fun to see how they do. I'll miss not being part of that. I ain't going to miss the bus rides there."

Going to away meets often included two to four-hour bus rides, he said, and while practice schedule was doable, the weekend road jour-

neys were not.

"The travel was getting brutal on me — it was really beating me up," Huff said.

"I accomplished what I wanted to. I think I made it a very successful program."

Huff took over the cross country head coaching position, one that includes both boys and girls teams, in 2001. The Wolves, behind stalwart Kjerstein Bailey won a league title. In 2002, with a team of Bailey, Leanne Schaafsma, Natalie Jones, Tara McCallum and Huff's daughter Valerye, Sequim earned a second league title along with a state 3A meet berth; Sequim finished 15th overall.

"All year long we were jumping over injuries," Huff recalled. "I knew we were good enough to make it to state. That was a good group."

The early years tough for some Sequim runners, Huff noted, as they adjusted to his philosophy that more mileage would eventually produce faster runners.

That philosophy didn't change much over 18 years.

"Each year that became less of a problem," Huff said.

You have to bend a little bit based on your talent," he said, but the kids still had to put in the miles.



After 18 seasons with the Sequim High cross country program — 17 of them as head coach — Harold Huff is stepping down. His teams amassed a 189-92-1 overall meet record. Sequim Gazette file photo by Michael Dashiell

Stephanie Dinius (nee Marcy), recalls first meeting Huff between her eighth and ninth grades, a few moments after struggling to complete the North Olympic Discovery half-marathon.

"(Huff) came up to me afterwards, asking 'You're coming out for cross country, right?' I felt like he saw something in me, at least someone who was interested in the sport," she said.

Dinius, who went on to become a state champion in both cross country and track (1,600 meters), recalled making the rather brutal transition to Huff's workouts.

"I had heard that the mileage was going to be a lot more than what we were doing in middle school. We did six miles in our first practice," Dinius recalled. "On our way back,

I was running with (assistant coach) Stephanie Forshaw, asking, 'Are we almost back? Can we stop and walk now?' It was really hard. I didn't know if I was cut out for it."

Success follows

Over the next four years, starting in 2003, Sequim High's girls steadily improved. Thanks in large part to Dinius, the Wolves placed 13th, then 12th, then seventh and, in 2006, fourth at state.

"Very fond memories (of high school)," Dinius said. "I had so much fun. It was not just an extracurricular, it was a real family. Coach Huff was ... such a cheerleader; he made us all feel like a million bucks."

Dinius went on to win the 2006 cross country state title, a track and field title (1,600 meters) and

a Borderclash title pitting the best runners from all classes from Washington state and Oregon. Huff coached the budding superstar all along the way, Dinius said.

"I wouldn't have done it without coach Huff," she said.

That spring-boarded Dinius into a top collegiate career at Stanford University, where she ran varsity for the cross country, indoor and outdoor track and field teams for four years at Stanford. She was named team captain three times while earning three Academic All-American honors and four Athletic All-American honors. Before an injury put an end to her competitive career, she ran in the 2016 U.S. Olympic Trials.

See HUFF, A-7



Harold Huff with Sequim's girls at the class 2A state meet in Pasco in 2008. Submitted photo

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40% OFF MSRP New Chapter Supplements		30% OFF MSRP Natural Balance Supplements			
30% OFF MSRP LifeTime® Supplements		20% OFF MSRP Mercola Supplements			

SPORTS BRIEFS

Nally gets ace No. 3

John Nally of Sequim sank his third lifetime hole-in-one on Aug. 12 at The Cedars at Dungeness.

Nally used an 8-iron to ace the 154-yard hole No. 8 at The Cedars.

Learn about shrimping, crabbing

The next monthly meeting of Puget Sound Anglers-North Olympic Peninsula Chapter is set for 6:30 p.m. Thursday, Aug. 15, at Trinity United Methodist Church, 100 S. Blake Ave.

Guest presenter is state biologist Don Velasquez, who will speak on shrimping and crabbing in the Strait of Juan de Fuca and in Puget Sound.

Velasquez holds a biology degree from Oregon State University and fisheries degree from the University of Washington. His graduate work involved optimizing aquaculture conditions for juvenile geoduck clams.

Velasquez has worked with the Washington Department of Fish and Wildlife since 1993. His early work with the inter-tidal clam/oyster enhancement team and since 1995 he has been working primarily with crab and shrimp fisheries in Puget Sound.

The evening begins with viewing the raffle prizes and fish stories. The main speaker starts shortly after 7 p.m., followed by a short break and a short club business meeting. Dan Witczak will make a short presentation on an effective coho fishing technique, followed by raffles. Also on tap are refreshments and a \$75 membership drawing (must be present to win). The public is welcome.

GOAT races set Sept. 6

The Great Olympic Adventure Trail (GOAT) Run is set for Saturday, Sept. 7, with three course options for runners: a half-marathon, full marathon and 50-kilometer race.

Races start and end at the Crescent Grange. The 50k starts at 7:30 a.m., the full marathon at 8:30 a.m. and two waves of the half-marathon start at 10 a.m. and 11 a.m.

Cost is \$85 for the 50k, \$75 for the full marathon and \$55 for the half-marathon; youths are \$35 for all distances.

Registration closes Sept. 6 and the last day for a refund is Aug. 24.

There are no T-shirts or medals for the event; runners get a GOAT Run pint glass and contents. T-shirts are available for an extra fee.

GOAT Run donates funds to the Peninsula Trails Coalition for the construction and maintenance of the Olympic Discovery Trail and the Olympic Adventure Trail.

See greateatrun.org to register or for more information.

Drive for the Cure set

The Sunland Golf & Country Club hosts its 2019 Drive for the Cure golf tournament on Saturday, Sept. 21.

The tourney benefits the Olympic Medical Center Foundation's effort to provide breast screening and diagnostic services or men and women on the Olympic Peninsula.

For non-Sunland members tourney nine-hole cost is \$50, or \$65 for 18 holes. Fee pays for green fees, luncheon, on-course prizes, a raffle and more. Carts are \$10 per set for nine holes, \$16 per seat for 18 holes. Luncheon tickets for those not golfing are \$20.

Tourney format is a modified scramble.

For more information, call Cheryl Coulter at 360-681-2796.

Esports teams forming

Peninsula College is launching an esports program for 2019-20 under head coach Charlie Morrow. The esports athletes will compete in "League of Legends,"

"Overwatch," "Super Smash Bros" and possibly one or two other games in 2019-20.

The newest Pirate Athletics program will feature a dedicated high-speed fiber line, high-speed gaming computers, uniforms, a training facility and the Pirate athletes will compete against other college esports teams from fall through spring quarters.

To learn more about the program, or to try out for the program, contact Morrow at cmorrow@pencol.edu. While our web site is under construction, go to the Student Government webpage at www.pencol.edu/student-life/student-government-asc to download the recruiting questionnaire.

PC soccer teams gear up for seasons

The Peninsula College men and women's soccer teams began their season with scrimmages last weekend in Canada.

The defending NWAC champion Peninsula women travel to Vancouver Island to play VIU and Victoria from Aug. 18-20 for scrimmages. The PC women open the season with non-conference games beginning at noon Aug. 22 versus Clark College at the Starfire Soccer Complex in Tukwila and against Spokane at Starfire at noon Aug. 23. The women also host a pair of non-conference games on Aug. 25 and 26. They play the University of Northern British Columbia at 2 p.m. Aug. 25 and against the University of Mary at 11 a.m. Aug. 26.

The P.C. men host Fraser Valley in a scrimmage at Wally Sigmar Field at 2 p.m. Aug. 16, before opening their season against Highline at Starfire at 2 p.m. on Aug. 22, and against Spokane at Starfire at 2 p.m. Aug. 23.



2019 "Big Dill" pickleball tourney winners include (back row from left) Daryl Giles, Gary Dickinson, Ron Halpern, Cami Standish, Pat Joersz and Sue Anderson, with (kneeling) Al Harris and Edwina Dewald. Photo courtesy of Bob Sester

'BIG DILL' BASH AT CARRIE BLAKE



Janie Dicus, Ron Halpern, Sue Zennan and Carmi Standish play a doubles pickleball match during the Sequim Picklers' "Big Dill" novice tournament at Carrie Blake Park on Aug. 8. There were 30 participants in the tournament's initial round-robin stage, plus more interested members standing by to fill in a spot in case someone had to pull out. The Picklers play at the pickleball courts at Carrie Blake Park every Tuesday and Thursday, and for more information on the organization you can go to sequimpicklers.net. Sequim Gazette photo by Conor Dowley

COMMUNITY SCOREBOARD

Golf

The Cedars at Dungeness

• CADWGA, Monthly Medal, Aug. 6

First division — 1. Emily Cook, 66; 2. Linda Hash, 67; 3. Wanda Synnestevedt, 72

Second division — 1. Lori Oakes, 62; 2. Lisa Chon, 74; 3. (tie) Cathy Grant and Lori Wyngaert, 83

KPs: Oakes, Synnestevedt, Jan Clendening

Putts: Oakes 35, Bobbie Piety 29

Birdies: Cook, 3 Oakes.

• CADWGA, 2019 Presidents Cup winners

Champion — Jane Peoples

Runner Up — Linda Hash

Consolation Champion — Marine Hirschfeld

Runner Up consolation — Kathy Langston.

• Men's Club, Summer-Series-Individual Stroke Play, Aug. 7

First flight — Gross: 1. Ron

Grant, 76; 2. Harry Phillips, 77. Net: 1. Grant Ritter, 67; 2. (tie) Justin Ewing and Robert Mares, 69

Second flight — Gross: 1. Karl Brehm, 82; 2. Karl Dryfhout, 86. Net: 1. Bill Berry, 69; 2. (tie) Allen Balla and Leonard Hirschfeld, 72

Third flight — Gross: 1. Stephen Falcone, 89; 2. Herman Sakimoto, 91. Net: 1. Robert Nute, 67; 2. Joe Tomita, 69; 3. Morris Fosse, 71

KPs: Grant, Robert Bourns, Steve Lewis, Bill Rucker, Russ Veenema.

• Merchants League, Aug. 8

Team scores:

Stymies Bar and Grill 5.5,

Eric's RV 4.5

Dungeness Golf Shop 5.5,

Sequim Plumbing 4.5

Mischmidt 6, Castell Insurance 4

Dungeness Tile and Stone

7, Bill Mair Heating 3

Griffin Custom Homes 7.5,

Angeles Plumbing 0 SkyRidge Golf Club 7, Jamestown Aces 3

Individual results:

Low division — 1. Jeff Jones, 32; 2. Chad Morgan, 38; 3. Josh Francis, 40; 4. Shane Price, 41. Net: 1. Gary Kettel, 32; 2. (tie) Bryce Gange and Jerry Pedersen, 34; 4. Jeff Pedersen, 35

High division — 1. Mike Drescher, 42; 2. Steve Lewis, 44; 3. Taylor Thorsen, 46; 4. Bill Francis, 47. Net: 1. Judy Reno, 31; 2. Dennise Kettel, 35; 3. Matt Bailey, 36; 4. Jacob Tweeter, 37

KPs: Kettel, Morgan, Reno, Tweeter.

Sunland Golf & Country Club

• Men's Club, Throw Out Three Worst Holes, Aug. 7

Gross: 1. Dennis Cook, 59; 2. Jay Tomlin, 62

Net: 1. Don Claussen, 42; 2. Bill Engle, 46; 3. Fred Smith, 47.

BMX

Port Angeles BMX

• PA Power Summer Series, Aug. 6

Balance Bike — 1. Parker Collet, 2. Layla Stamper, 3. Bennett Gray, 4. Dennis Tisdale

13-14 Girls Cruiser — 1. Trinity Gaither, 2. Harper McGuire, 3. Natale Brigandi

46-50 Women Cruiser — 1. Taylor Coleman, 2. Catharine Copas, 3. Iris Winslow, 4. Shellie Belbin

7 & Under Cruiser — 1. Kohen Wills, 2. Evan "Mongo" Hernandez, 3. Dominic Casebolt

12 Cruiser — 1. Brian Belbin, 2. Anthony "A-Train" Jones, 3. Jackson Beal

15 Cruiser — 1. Anthony Brigandi, 2. Russell Gaither, 3. Isaiah "Flying Fortress" Muckley

36-40 Cruiser — 1. Michael "Patch Kit" McGuire, 2. An-

thony Hernandez, 3. Jason Forsmann

56-60 Cruiser — 1. George Williams, 2. Wayne "Shipwreck" Goldsbary, 3. Steve Gaither

5 & Under Novice — 1. Atticus Reed, 2. Wyatt Sweetser, 3. Jackson Moroles

6 Novice — 1. Kayden Beck, 2. Bradan Gray, 3. Calianne Collins

7 Novice — 1. Tony Cargo, 2. Olive Rossi, 3. Woody Cargo

8 Novice — 1. Cameron Collins, 2. Grady Pinell, 3. Maverick Williams

9 Novice — 1. Kawika Deboer, 2. Sky Wasankari, 3. Michael Wilhelm, 4. Wyatt Stamper

10 Novice — 1. Wesley Schroeder, 2. Anna Cook, 3. Claire Luce, 4. Dylan Sinor

11 Novice — 1. Jacob Howe, 2. Kolby Charles, 3. Jaedyn Halladay

13 Novice — 1. Gabriel Granum, 2. Jake Wilson, 3.

Natale Brigandi

14 Novice — 1. Cameron "Area 51" Widder, 2. Piper Williams, 3. Michael Reed

6 Intermediate — 1. Thomas "The Train" Dalgarno, 2. Zebastian Ferrier-Dixon, 3. Levi Hull

7 Intermediate — 1. Dominic Casebolt, 2. Dylan Thomas, 3. Blake Sweetser

9 Intermediate — 1. Cooper Sandall, 2. Ben Keeler, 3. John De Shazo

13 Intermediate — 1. Brian Belbin, 2. Weston A. Opdyke, 3. Austin Fortman

14 Intermediate — 1. Mason Beal, 2. Anthony Brigandi, 3. Cholena Morrison

15 Intermediate — 1. Chase Schweitzer, 2. Cory Cooke, 3. Kale Dalton

11 Expert — 1. Ethan "Bam Bam" Barbre, 2. Anthony "A-Train" Jones, 3. Hunter Collet

15 Expert — 1. Andy "Sandy" Goldsbary, 2. Bruce Johnson, 3. Grant Zipay.

Huff

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And when it came to advice — particularly in the first few of her college years but before big races years afterward — Dinius said she'd call on Huff.

"I just remember (Huff's) voice booming, 'Drop the hammer,'" Dinius said. "He always believed he had more in the tank than we believed ... that there's always another another gear."

Sequim's boys program started to win big, too. In 2005, Alex Smyth — who would go on to run for Division I Florida State and help them place second in the nation — won a district title. The next year, Kenny Russell did the same and helped the

boys place 10th at state.

A watershed year for Sequim High cross country, 2006 saw the first of back-to-back-to-back state berths for both SHS programs. At the end of its run, in 2008, junior Allison Cutting won the 2A state title and Russell won a second district crown.

In 2012, another crop of strong boys runners put Sequim among the best crews in the state. Sequim's boys earned four consecutive years placing in the top 10 among all 2A schools, capped by a second place finish at the 2014 state meet — the best finish in the program's history.

Only when a round of sickness affecting several team members at districts kept Sequim from that 2014 title, Huff recalled. Led

by Brendan Despain, who twice placed in the top 10 at state individually, Sequim had a strong lineup that included Mikey Cobb, Jackson Oliver, Chris Jeffko, Peter Ohnstad, C.J. Daniels and Wendall Lorentzen.

"We had some great teams," he said.

That's a tribute to the athletes, he noted, considering the rather grueling workload each of them handled.

"No disrespect for those who work at (other sports, but) ... the nature of the workload of cross country is as tough as it gets," Huff said.

Huff would know. He's a two-time Boston Marathon competitor and Hawaii Ironman finisher, and only a lingering injury kept him

from running with his athletes in later years.

Huff said he'd always have a tough time recruiting: In the fall, good Sequim athletes have plenty of other sports to choose from, and he'd often lose several good middle school distance runners to sports such as soccer or swimming.

A couple he convinced to shift sports after an initial year playing other sports — Waverly Shreffler and Audrey Shingleton — became two of his top runners.

Huff took a year off from his SHS head coach position in 2016, essentially switching roles with assistant Michael Cobb, before coaching two more years. In his final season, he saw four more athletes — Murray Bingham, Jazen Bartee, Liam Byrne and Riley

Pyeatt — earning state berths, with Binham and Pyeatt placing 13th, respectively.

The former Sequim coach said he got plenty of help from a number of parent volunteers and great connections with families. Besides Smyth and Dinius, a number of SHS runners have gone on to compete at various collegiate levels and at least two — Dinius, at a Division III school near Boston, Mass., and Anton Clifford, at Clackamas High School in Oregon — who have gone on to coach.

In the 17 years under Huff as head coach and one year as assistant, the Wolves went 189-92-1 in meets. The Sequim coach saw 70 different athletes — 35 boys, 35 girls — qualify for state meets, individually or as a team.