



CLACKAMAS COUNTY TEAMS

2014



INSIDE THIS ALBUM

Just 24 Feet (PTC)	2
Miss Steps (PTC)	3
All Walks of Life (PTC)	4
Slow Mo P.O.'s (HTC)	8
Stranger Danger (PTC)	9
Good Game (HTC)	10
Super Chumps (PTC)	13

JUST 24 FEET



Team members share their experiences:

Another great year for Just 24 Feet! One thing you can count on for PTC is that it is never the same from year to year. This year we killed the battery on the Tahoe during our resting period. Luckily, I remembered seeing a tow truck while trekking to the lovely honey buckets and tracked the driver down. He was able to get the Tahoe started while I set off on my second leg. I was very happy when my team passed me on the way to the next exchange! **Liane Kinne, Health Centers.**

This year I challenged myself by changing legs and conquering “The Hill,” aka the dreaded leg #5. It felt so good to be able to push myself out of my comfort zone and succeed! **Colette Stiff, Behavioral Health Division**

For me it was an amazing experience. I had an awesome team supporting me to meet a very challenging personal goal. I’m so proud of them and myself! **Mandi Oropeza, Behavioral Health Division**

Portland to Coast was a great experience for me. Not only do I feel accomplished, but it is such a fun opportunity that I’m glad I did not miss out on. **Amber Stellings, Health Centers**



Top Row: Cherise Flannery (volunteer), Jeanette Wyman (Assessor), Colette Stiff (Behavioral Health), Natalie Spilman (volunteer/Behavioral Health), Mandi Oropeza (Behavioral Health), Liane Kinne (Health Centers), Emmylou Boyle (Health Centers), Roxann Fisher (Finance), Maikao Yang (Health Centers), Ray Soto (family member of Amber Stellings), Roman Sierra (Assessor)

Bottom Row: Kay Bayot (volunteer), Miranda Dean (Health Centers), Amber Stellings (Health Centers), Shannon Billings (OFSN/Behavioral Health)

Hangin' out with the Competition



Jeannette Wyman (left), Liane Kinne (right), Tiffani Frank (center from Health Centers), Team Franks n Beans

Van 1



Van 1: Amber Stellings, Liane Kinne, Colette Stiff, Jeannette Wyman, Emmylou Boyle, Roxann Fisher

MISS STEPS

All team members of the Miss Steps team are from the Juvenile and Clackamas County Courts Departments.

We had a great experience as a team and look forward to another year!

Sarah McLeland, Juvenile Department



Top Row: Stephanie Perez-Asuncion, Krista Tidwell, Jana Wiseman, Bekah Evans, Julie Bitz, Ellen Crawford, Dee Stewart

Bottom Row: Tina Wheeler, Jen McCombs, Sarah McLeland, Andrea Ejtehadi, Karen Anderson



ALL WALKS OF LIFE



Top Row: Brooke Gelfand, John Filar, Janice Tafoya, Caryn Anderson

**Bottom Row: Laura Kooiman, Jaime Bartholomew, Amy Jackson, Kim Wyatt,
Edith Frederick, Tammy Ortega & son, Kelsey Deming, Linda May**

This was my second P2C experience and I had a fantastic time. I set a PR for average time and total distance which had been a goal of mine from the previous year. It was great getting to know my co-workers, as well as people from other departments! **Kim Wyatt, Social Services**

I loved it and all my team walkers. I would love to do it again and you were a great captain (Caryn Anderson).
Wonder Woman, aka Linda May

Thank you Clackamas County for sponsoring our team for Portland 2 Coast! Our team, AWOL, had a great time cheering on our team and other Portland 2 Coast teams. It was a treat to see the beautiful Oregon scenery and all the costumes, van decorations, and be a part of such a fun Oregon tradition. This was my first P2C event. I had no idea that I would come away from a weekend sleep deprived, smelly, and so excited to participate again next year! Can't wait for next year's P2C! **Kelsey Deming, MSW, Social Services**

Cheers to Clackamas County for sponsoring P2C. This is my 8th year as a walker and first year as a team captain. I have to say the captain role can be daunting at times; however, observing the entire team cross the finish line safely and happy is a great moment! AWOL team members rocked it with such great attitudes, cheering each other on, and had a positive competitive attitude that I was very surprised with! Team AWOL completed 178th overall for PTC, and we were 53rd out of 132 teams in mixed walkers (male/female teams with a 13:59 average pace per mile)! Well done everyone! **Caryn Anderson, Social Services**

Once again, a HUGE thank you to Wellness for supporting our team this year! Additionally, a BIG thank you to Van 2 for all of your support—you made a good experience great. This is a wonderful opportunity to connect with employees from other departments, to push yourself to exceed your limits, and to challenge yourself to surpass your previous fastest time. This year, Team AWOL crushed their projected finish time by over two hours, finishing in 30 hours, 44 minutes. I can't wait for next year when we will finally break the 30-hour mark!
John Filar, Health & Wellness Centers

Team members are from the Social Services/DD Group and Public Services/Clackamas Health Centers

ALL WALKS OF LIFE, continued

Trying to Catch a Nap!



Kelsey Deming

Rocking It



Kim Wyatt and Linda May

Van Exchange



Jaime Bartholomew, Janice Tafoya, Edith Frederick

Van 1 "Selfie"



Kelsey Deming, Linda May, Caryn Anderson, Amy Jackson, Kim Wyatt

ALL WALKS OF LIFE, continued

A Little Water Help



Tammy Ortega and John Filar

The Ladies



Laura Kooiman, Kelsey Deming, Brooke Gelfund

High "5's" at the Finish Line



Janice Tafoya and Caryn Anderson

Ready to Exchange?



Edith Frederick



Tammy Ortega, Kim Wyatt, Amy Jackson, Kelsey Deming, Brooke Gelfand, Caryn Anderson

SLOW MO P.O.'S

Another Hood to Coast successfully completed. Many miles run, a mighty steep downhill and crazy inclines, some **personal bests**, sore muscles, a blister or two and **lots of laughs**. Sharing the experience with eleven other people makes it worth the lack of sleep, nausea, traffic delays and everything else that comes with the Hood to Coast. *Michelle Barrera, Juvenile*

Van 1
Starting at Timberline



Eric Barrera, Michelle Barrera, Tim Vice, Brooke Vice, Alex Barrera and Amber Kersey



Exchange
Sandy High School



Michelle Barrera, Eric Barrera, Tim Vice, Brooke Vice and Amber Kersey

Slow Mo P.O.'s at the Finish
Seaside

Exchange
Near Hawthorne Bridge



Maria Baltazar, Noe Baltazar, Rachel Pearl, Amy Williams, Dan Sprecher and Gary McQueen



Top Row: Noe Baltazar, Gary McQueen, Alex Barrera, Amber Kersey, Eric Barrera, Tim Vice and Dan Sprecher

Bottom Row: Amy Williams, Rachel Pearl, Maria Baltazar, Brooke Vice and Michelle Barrera

STRANGER DANGER

This is the team's 5th year for participating in the Portland to Coast Relay. We started our journey this year at 0515 on August 22nd with eleven determined walkers. After some very hot temperatures, a few blisters and at least one tumble from the roadway, we completed the race with our mustaches and smiles still attached! The camaraderie not only from our own team but other teams that we have seen every year is astounding and makes the 32+ hour relay worth it every time. We could not have completed this without the support from Clackamas County and especially our volunteers Ashley Cooper, Scott Costanzo and Nancy Bush. Thank you! **Brandy Ritter , CCOM**



Top Row: Chelsea Piper (CCSO), Jamie Hays (EOC), Jen Costanzo (CCSO Property Room), Mona Copenhaver (CCSO Spouse), Ashley Ledbury (CCOM), Devon Halleman (CCOM)

Bottom Row: Tracey Heimbuck (CCSO Spouse), Kat Smith (CCSO Spouse), Sarah Ashby Ashby, (CCSO Spouse), Brandy Ritter (CCOM), not pictured Liz Baliley (CCOM)



Van 1 at 1st leg



Liz Bailey, Jen Costanzo, Mona Copenhaver, Chelsea Piper, Ashley Ledbury

Team before Van 2 started



Top Row: Jamie Hays, Chelsea Piper, Devon Halleman, Jen Costanzo, Liz Bailey, Brandy Ritter, Sarah Ashby

Bottom Row: Tracey Heimbuck, Kat Smith, Ashley Ledbury, (missing Mona Copenhaver who was currently walking)

Van 2 before first leg



Brandy Ritter, Tracey Heimbuck, Kat Smith, Sarah Ashby, Jamie Hays, Devon Halleman

GOOD GAME



Jason Ritter



This was a great year with lots of changes to the team including three new members. Representing Good Game this year are Steve Case, Rich Sheldon, Mike Russell, Mindy Jensen, Candice Killinger, Sarah Lister, Tina Burgess, Lisa Shipley, Marcy Shadrin, Andy Shadrin, Mike Copenhaver and Me. We wouldn't be able to run without our volunteers Brian Jensen, Kalee Gibbons, Corrin Rowe and Abigail Mountford. This is our fourth year running the Hood to Coast and the third year being sponsored by the County. The team this year was great and was made up of Sheriff's Office employees or their spouses. We shared a lot of laughs, ran a ton and built a bond with each other. It is great to see a bunch of people come together for one goal—which was to run as fast as we could! Thank you Clackamas County Wellness for sponsoring our team and I hope we can do it all again next year!!!!!! **Jason Ritter, Sheriff's Office**

I had another awesome year running on the Hood to Coast team "Good Game." The best part is hanging out with wonderful, fun and motivated people. This year my training consisted of workouts at CrossFit Indomitable, about four days a week. Additionally, I ran short distances a couple of times a week, increasing to longer distances as the relay approached. Thank you, Jason Ritter, our team captain, for another successful year. **Lisa Shipley, Sheriff's Office**

This Hood to Coast was my third year of running. I enjoy running and this relay is something I look forward to every year. It is awesome to be able to accomplish this relay with everyone. Big thanks to Jason for coordinating this run even if it was with all text messages. I can't wait for next year!
Marcy Shadrin, Sheriff's Office

This year was my first Hood to Coast and although I have done other race relays, I will have to say that having a great group of running partners is the key to success and fun. This relay was just that, I had a blast with everyone in our van, we meshed well and everyone had their spirits high. It was a great experience with a great group of runners in both vans; but obviously Van #2 was the best!
Andy Shadrin – Spouse of Marcy Shadrin, Sheriff's Office

This was my second year running the Hood to Coast and just like last year, it was a blast. Running has become a great way to spend time with my family while keeping up on fitness. I have found my son loves to ride in the jogging stroller while telling me to "run daddy run" if I begin to slow too much. Many days my wife will accompany me on the runs and we have come to enjoy running together. Hood to Coast is a good challenge that is different than most other runs. The challenge of running, getting in a car, and then running again about six hours later, three separate times, adds a challenge unlike most races. I attempted to train for this by running in the morning and evening. I found I wished I would have ran more hills though. I would like to thank Jason Ritter for setting up the plan and for the others in my van for having such a great sense of humor. Further, I thank Brian Jensen for driving for us, and Clackamas County for paying for it. It was a challenging blast, and I look forward to participating again next year. **Rich Sheldon, Sheriff's Office**

GOOD GAME continued

Van 2 Selfies



Mike Copenhaver, Jason Ritter, Lisa Shipley

Van 2 Selfies



Marcy Shadrin, Andy Shadrin, Tina Burgess

Van 1 Participants



Steve Case, Rich Sheldon, Mindy Jensen, Mike Russell, Sarah Lister, Candice Killinger

Van 1 Participants in Disguise



Mike Russell, Steve Case, Candace Killinger, Rich Sheldon, Mindy Jensen, Sarah Lister

GOOD GAME continued



Jason Ritter and Marcy Shadrin



Andy Shadrin



Lisa Shipley, Tina Burgess, Marcy Shadrin, Candice Killinger, Sara Lister, Mindy Jensen

SUPER CHUMPS



The Super Chumps 132 mile journey to Seaside began at 3:30 a.m. This was our third year participating in Portland to Coast. As always, we had a blast. This year we saw a lot of changes on our roster and had some challenges prior to the event. The biggest change was our team only had 10 walkers; this meant that some of us had to walk an extra leg. However, this year our team was solid. The teamwork and positive attitude everyone displayed was amazing and made such a difference in the team's morale. We had such a great time cheering each other on. Although we had a lot of sore muscles, blisters and lack of sleep, we challenged ourselves to push through to the finish line. In my opinion, one of the best experiences of PTC is crossing the finish line with your team and realizing what everyone has accomplished. It makes participating in this event well worth it. I thank each and every member of the team Super Chumps, both past and present, for this cherished experience. Looking forward to 2015!

Team Super Chumps team members were mostly from Corrections with a little help from Public Health and Community Health. I would like to thank our volunteers, Mike Naber, Leann Naber and Susan Ottersen. Without volunteers, this event would not be possible. Also, I'd like to extend a very special thanks to Kelsey Hafner and Cecilia Braaten for providing our team's vehicles this year. **Ofelia McMenamy, Corrections**



Top Row: Dennis Doyle, Bryon Hamilton, Kelsey Hafner, Jamie Zentner, Liz Baca

Bottom Row: Kari Goudge, Ofelia McMenamy, Christine Davis, Donna Patlan, Brandy Lea

SUPER CHUMPS, continued



Ofelia McMenemy and Liz Baca



Kelsey Hafner and Donna Patlan



SUPER CHUMPS, continued



Liz Baca and Jamie Zentner



Ofelia McMenamy



Liz Baca, Donna Patlan, Bryon Hamilton, Kelsey Hafner, Brandy Lea, Ofelia McMenamy, Jamie Zentner, Christine Davis in the front



Many thanks and congratulations to this year's teams, volunteers and team captains:

Hood to Coast Teams

- Good Game, Captain: Jason Ritter
- Slow Mo P.O.'s, Captains: Michelle Barrera and Dan Sprecher

Portland to Coast Teams

- All Walks of Life, Captains: Caryn Anderson and John Filar
- Just 24 Feet, Captains: Liane Kinne and Colette Stiff
- Miss Steps, Captains: Sarah McLeland and Jennifer McCombs,
- Stranger Danger, Captains: Brandy Ritter, Sarah Ashby, Jen Costanzo
- Super Chumps, Captain: Ofelia McMenemy

Good Game at the Finish Line

