

**WALK, RUN, BIKE AND MORE!**

# November - 2015

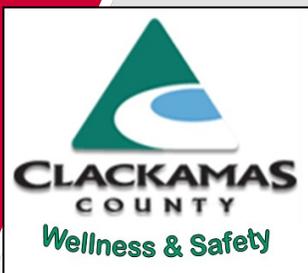
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Left to right: Shannon Boyette (Contract Worker), Colette Stiff (H3S), Tiffani Frank (H3S)

The Wellness Program provides 1/2 race reimbursement for County teams of at least 3 employees/family. Email Tamra Dickinson ([tamradic@clackamas.us](mailto:tamradic@clackamas.us)) for reimbursement approval for your run/walk/bike.

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*Wellness & Safety @ Work Addendum*



# Providence Bridge Pedal

"I loved flying down the on-ramp onto an empty I-405, then up onto the Marquam Bridge with great views of the city and mountains in all directions. Great to have the roads closed for us, and see the bridges in a way one never has a chance to see when driving." *Tamra Dickinson, DES (pictured on MAX train on right)*



"This was my 7<sup>th</sup> time doing the Bridge Pedal and Bob's 3<sup>rd</sup> time joining me. As always it's a great time enjoying the Portland bridges in a way that you don't get to experience in a car. It was fun being some of the first people to experience the new Tilikum crossing. The weather was beautiful and we will be there again next year." - *Luanne Forney*



On St. Johns Bridge in Portland, Bob & Luanne Forney, both work at the CC Jail



Nicole, Kelly and Kevin Layng (Sheriff's Office)



Pictured above: Kevin Ko, Community Development "Val and I at the start of the 34 mile 11-Bridges Ride. We rode our tandem, and while I was busy negotiating the bike traffic, she snapped some great photos from the back. "



Pictured above: Rich Swift, DHS Admin "Yes - the little helmet does protect the big melon! Rich

# Cove Triathlon June 2015



**Adam Tingey** (Sheriff's Office): "My first triathlon so far. It was a ton of fun and I'll definitely come back for more next year."

**David Buzza** (Sheriff's Office): "One month ago I couldn't ride 3 miles or even run a mile. I lost 20 lbs training for this!"

**Shana Tingey** (family member): "A fun adventure. I look forward to doing it again next year."

**Jenny Davis** (family member): "A fun race in a beautiful place."

Left to right: Jenny Davis (family member), Shana Tingey (family member), Adam Tingey (Sheriff's Office)



David Buzza (Sheriff's Office)



Adam and David



Adam Tingey (Sheriff's Office)



# Bubble Run August 2015

## Portland Color Run - September 2015

### Bubble Run :

**Krysta:** “Great experience and even better memories!”

**Jennifer:** “Best 5k so far! Time for the Dirty Dash!”

**Aaliyah:** “The bubbles tasted soapy”

### Portland Color Run:

I had so much fun! I enjoyed spending time with co-worker friends and participating in the event!

**Samantha Wolf, BCS Admin**

It was so much fun and energy. It was my first 5k and I can’t wait for Team Wilde Ones to plan another.

**Lisa Meurs, BCS Admin**

It was an awesome day and a great opportunity for Charlie to get some exercise and have lots of fun. She really enjoyed it, and is already talking about next year! **Katie Dunham, BCS Admin**

This event was fun for all ages. My kids loved it and it really did not feel like exercise at all with the different color station stops. My kids are already asking when we can participate again. **Lindsey Wilde, BCS Parks**



Left to Right: Krysta Criss (District Attorney), Jennifer Russell (family member), Aaliyah Asad (family member)



Front row: Charlie Dunham, Katie Dunham (BCS Admin), Samantha Wolfe (BCS Admin) Center row: Evan Wilde, Hunter Wilde, Lisa Meurs (BCS Admin), Kasey Bowman, Gina Wiedrick Back row: Sandy Weijland (BCS Parks), Lindsey Wilde (BCS Parks), Anne Retwauit, Jeff Kent, Brandon Meurs, Garrett Rincon, Jack-Lynn Strube (Finance)



# Girlfriends Run for a Cure 2015



**Jennifer** - The Girlfriends Race for a Cure has always been one of my favorite walk/run events. It's a great excuse to get together with an amazing group of girls and support a good cause. The firemen handing out medals at the end of the race are a nice perk too.



**Billie** - I signed up for the Girlfriends half marathon as usual this year, but then life got in the way and I didn't find the time to properly train for it. Fortunately they introduced a quarter marathon last year so I called and switched myself and my sister to that. She was extremely relieved when I told her about the switch because she hadn't trained for it either plus it meant we would be able to enjoy the entire event with Nina and Jennifer. At the finish line there were handsome firemen to hand you your finisher's necklace, lots of food including cupcakes, trainers to stretch you out, massage therapists to help relieve muscle aches, and new for this year a beer and wine garden. If any girlfriends would like to join us for the quarter marathon next year we would love to walk with you and guys you are welcome to join the "pink brigade" by wearing pink, and fundraising \$1000; or they are always looking for volunteers to help man the aid stations along the beautiful course.



Left to right: Nina Smith (DES), Jennifer Joslin-Brown (DES), Billie Hurley (DES), Danielle Rickards (family member)

**Nina** - This was my second year walking in the Girlfriends Run for a Cure Quarter/Half Marathon. To be honest, I must have had amnesia after I completed it the first year because I forgot how sore I was and how hard the half marathon was to complete in. So, I signed up again this year. I signed up to support my girlfriends who were walking, but also to walk in memory of several dear friends who passed away from cancer this last year. This time however, I was realistic and signed up for the quarter marathon. The quarter marathon was challenging, but not ridiculous in terms of my preparedness to walk that far. Preparedness is key: have the right equipment, have the right training, and have the most supportive friends imaginable walk alongside you. I'm truly glad I returned this year.

# Molalla River Trail - Big Foot



Left to right: Ilsa Watson (Social Services), Amy Jackson (Social Services), Barb Watson (Social Services)

This was a fantastic race! Beautiful trails, extremely well organized and amazing volunteers. I had so much fun and pushed my comfort zone, running far more of the race than I had planned. (I usually walk races.) I would absolutely run this race again and highly recommend it to others for next year! *Amy Jackson, Social Services*

"I had a fantastic time! I can't wait for the next one!" *Ilsa Watson, Social Services*

"Nice way to start the day" *Barb Watson, Social Services*

# Cosmo 7K Run August 2015



Sara Zachary top 2nd from left and Colette Stiff top 4th from left with friends from their gym

"The Cosmo 7k is one of my favorite races to do; it is a pretty course and the after party is always fun." *Sara Zachary (H3S)*

"The Cosmo 7k was just the right challenge with a beautiful view. Our group won the "Best Tutu" competition following the event!" *Colette Stiff (H3S)*

"I enjoy all the runs/walks I participate in. But I really like the pink bag and the glass from the cosmo run. I also like that the cosmo run is over a 5k but not a 10k." *Shannon Boyette (Contract Worker)*

# Veterans Day 5k, 10k and Half Marathon November 2015



Nearly half of our county Hood to Coast team reunited for the 2<sup>nd</sup> annual Veterans' Day Run on the Sandelie Golf Course (new location this year). The heavy rains held off until after the event so we got to enjoy running on the soft grass surface without slipping and sliding in the mud too much. Family and friends joined in to honor our veterans; the national anthem was sung before the event; and red, white and blue flags marked the course that wound through the golf course. There was a great turn out for the event and it was a beautiful morning to be out exercising in the fresh air. We would recommend this event to everyone in the future.

Thank you!  
*Kelly Neumeier (TS)*

Left to right: Scott Hoelscher (Planning) & Pat Greene (TS)

Left to right below: Karen Buehrig (Planning), Pat Greene (TS), Kelly Neumeier (TS)



Friends + 5<sup>th</sup> from left Jennifer Joslin-Brown (DES) and son Cade



# Wahine Tri & Du/Hula Girl 5K, 10K, & Half Marathon



Colette Stiff (H3S) and Shannon Boyette (Contract Worker)

**Tiffani Frank:** "I really loved this 10K. It was fast, fun, and there was tons of support along the way. Will definitely be doing it again next year."

**Shannon Boyette:** "Hula Girl was great. Started my motivation again."

**Colette Stiff:** "The course was beautiful and the volunteers were cheery and had the "Hawaiian Spirit." It was a great experience. Aloha"



Left to right: Marcy Shadrin (CCSO), Jason Ritter (CCSO), Andy Shadrin



## Oktoberfest Road Race September 2015

What a great run! The course took runners through scenic farmland, vineyards, and the small town of Mt. Angel. My husband, nephew and I each placed in our age divisions. A first for all three of us.

**Marcy Shadrin**

MORE

THAN

A

DREAM

RUN

AUGUST 2015

On a recent, reasonably cool Sunday morning some Clackamas County employees worked on staying healthy and helping others at the same time.

Tom Lin, MD was among those lacing up for the Third Annual Dream Run in Portland. The doctor did more than just barely crossing the finish line, he took a respectable third place in the 15k division. “It was a great day, a great event for a great cause. In the end I survived,” *Dr. Lin* said with a smile.

The run/walk raised money to assist youth in being entrepreneurial. It also highlighted the idea of going beyond ideas laid out in Dr. Martin Luther King’s “I Have a Dream Speech.” Organizers want to help young people achieve their dreams.

Also happy about the event was *Emily Ketola*, a therapist with the county’s Behavioral Health Team. “It was a beautiful run,” Ketola said. She took on the 5K portion of the event with her husband Elishaya Wisnievitz, and another county employee *Hazel Whitman*.

“Hopefully more colleagues will join us for this next year,” said Whitman. “It feels good to be a part of helping others.”

This course had 15k, 10k and 5k options. It wove through North Portland’s city streets and passed alongside the historic Peninsula Park. Mother Nature lent a hand and kept temperatures in a reasonable zone. There were musicians on hand to add to the festivities, as well as food and drinks.



Left to right: Dr. Tom Lin, (Health Centers), (Hazel Whitman (Health Centers), and Emily Ketola (Health Centers )

# *Sunset on the Springwater*

## *August 2015*



Left to Right: Karen Buehrig (Planning), Jason Morrill (DES), Katie Dunham (NCPRD Admin), Kelly Neumeier (TS)



“This was the first organized 10K I had ever participated in. It was a blast! The weather was perfect for a run (not too hot or too cold), and the trail was a beautiful run. I have been training for Hood to Coast, and this was a great lead-up to the big event.” *(Jason Morrill, DES)*

“Sunset on the Springwater was a new event and a new location for me to run which is always fun! I’ve run north on the trail plenty of times, but going east was new. Putting a race bib on every few weeks keeps training on track. This doubled as a training run for all of us planning for longer events coming up.” *(Kelly Neumeier, TS)*

“The Sunset on the Springwater Run was a great opportunity to get to know other people who work at the County, and prepare for an upcoming ½-marathon. The run was flat and family friendly, well organized, and the weather was perfect! I would definitely recommend it!” *(Katie Dunham, BCS – NCPRD)*

“While running at 6 PM is not optimal for me, it was fantastic to spend time with other runners who work at Clackamas County! Beautiful day for a run along the Springwater Corridor.” *(Karen Buehrig, Planning)*

# Run Like Hell! October 2015



Run Like Hell was a quirky circus-themed run that brought out the best of Portland – gypsy queens, bearded ladies and strong men galore! It was all fun and games until I had to run in clown shoes! *Rachael Bettis, Outside Consultant*



**Pictured:  
Rachael  
Bettis  
(Outside  
Consultant)  
and aunt**

# Spartan Sprint August 2015



Left to Right: Steven Hohensee, Mark Lundervold, Brandon Kearns, Alex Mazhnikov (all from Sheriff's Office)



Steven Hohensee (CCSO)



Brandon Kearns (CCSO)



Mark Lundervold (CCSO)



Alex Mazhnikov (CCSO)



“Great fun, with a great group of guys. I can’t wait to do it again.” *Mark Lundervold*

“Hardest fun I’ve ever had.” *Steven Hohensee*

“Loved it, first time running in an event like this. Had a blast and will definitely do it again next year.” *Alex Mazhnikov*



# Race for the Cure September 2015



Third from left Carolee Asher (H3S) with family members



Tracy charging ahead, a two-time champion!





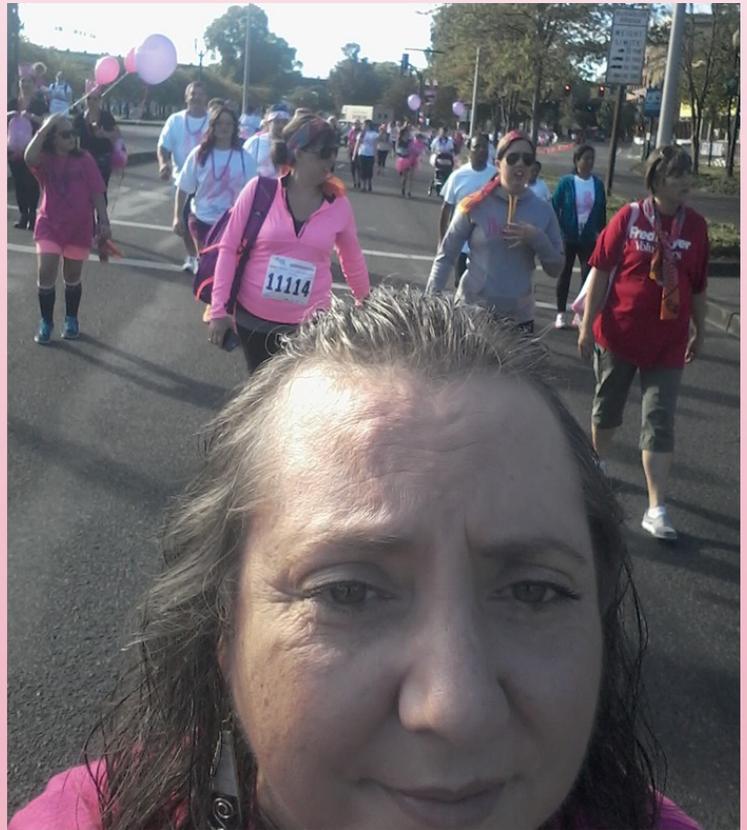
Left to right: Estefany Barua (Health Centers), Bruno Barua, Victoria Barua



As always, thank you to the Wellness Program for sponsoring such an important event! My partner Tracy is a two-time survivor, so this event has special meaning for us. It seemed like there were a lot more survivor shirts in the crowd this year, which is always a good thing! *John Filar, Health Centers*

This year I walked with my mom, aunt, sister and daughter. We were celebrating an aunt and a cousin who are currently doing well in their battles with breast cancer, one of them for the 2<sup>nd</sup> time. *Carolee Asher (Public Health)*

This year, I not only walked for my mother, but for my aunt and cousin that were diagnosed with breast cancer this year. Thank you Clackamas County Wellness for supporting us in walking for a great cause! I look forward to doing it again next year! *Estefany Barua (Health Centers)*



Betty Andretti (Health Centers)

October

# Pints to Pasta

2015

Again, what a great way county employees get out there and be healthy - not only the running for our physical wellbeing, but the mingling with coworkers for our mental health. This year the race had a minor hiccup. We waited at least one hour after the planned start time for the buses to even arrive to pick us up to drive us to the start line. While this did give us an opportunity to mingle a bit more with our coworkers, it was also a good way to really mess with our minds and bodies. We should have had a plate of pasta and a pint in our hands by now. That being said, we didn't let this stop us. We pushed our famished bodies to the finish line with gusto! Then we ate and drank and stretched and whined with just as much of that gusto!



Left to right: Mindy Jensen, Tina Burgess (CCOM), Mark Spross (CCOM)

Thanks Wellness Department!



Andy Shadrin (family member)



Left to right: Tishree Hoel, Emily Green, Emma Post, Natalie Obrien (all friends of Krista), Krista Tidwell (Juvenile)