

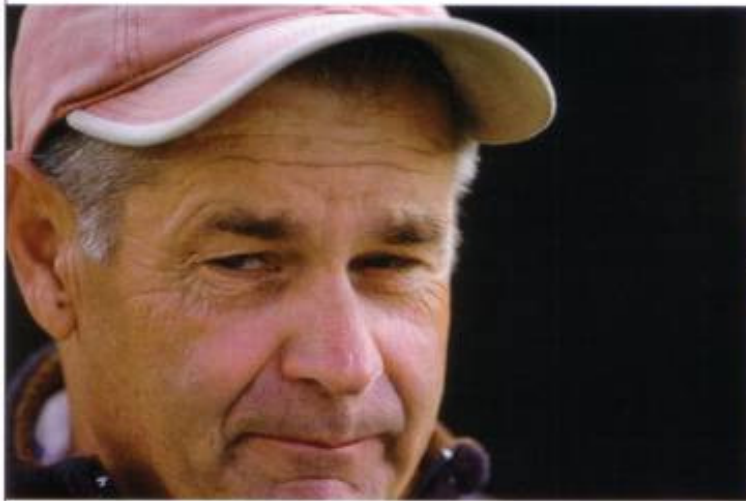
BE A SPORT:

Raise money for a good cause

BY DAWN WEINBERGER | Every summer, Jack Snook of Wilsonville (below) looks forward to hitting the golf course. It's not about showing off his swing or improving his handicap: It's about encouraging others to become organ donors.

For Snook, the issue is personal. The retired Tualatin Valley Fire & Rescue chief received a heart transplant in 1993. Grateful to his donor and thankful for a second chance at life, Snook decided to participate in Donate Life Northwest's annual golf tournament fundraiser.

Snook is one of thousands of Oregonians who enjoy raising money for charity while competing in a sport they enjoy. So grab your bike, boat or clubs and start looking for an event that suits your summer calendar. Our list below will get you started.



DONATE LIFE GOLF TOURNAMENT

[Aug. 12 THE RESERVE VINEYARDS & GOLF CLUB, ALOHA]

This annual tournament offers golfers an opportunity to spend an afternoon on the course while helping Donate Life Northwest, Oregon and Washington's official organ donor registry program.

"The tournament benefits our programming department, which is in charge of community outreach and education," says Brittany Gosselin, director of development for Donate Life. "Their job is to inspire people to become donors and to show them what donation means to families."

The event starts with lunch, followed by tee times between 1 and 1:30 p.m. Registration is \$225 per person or \$900 for a foursome. This year, Donate

Life hopes to raise \$75,000; last year's tournament brought in \$57,000 after expenses.

Although the 18-hole double-flight tournament is not officially competitive, players will have the opportunity to participate in mini-contests throughout the day (mulligans and closest-to-the-pin challenges, for example). In addition, players will have the opportunity to interact with "hole greeters" — organ-donation recipients

and donor families — as they make their way through the course.

"They'll be out at every hole telling their stories," Gosselin says. "You get to meet the people who have been saved by a transplant or have given life to others."

Gosselin emphasizes that everyone is welcome, even first-time golfers. To register, visit www.donatelifenw.org or call **503-494-7888**. »

PHOTOS BY BENJAMIN BRINK



PACIFIC CREST TRIATHLON

[June 28-29 SUNRIVER]

Each year, the Oregon/Southwest Washington Chapter of the Leukemia and Lymphoma Society fields a team in this event, which comprises biking, swimming and running. Its "Team in Training" program offers novice triathletes — or even experienced competitors who just want a little camaraderie — an opportunity to train with coaches and peers while raising money for LLS.

Along with paying a \$50 registration fee, which covers lodging and a few other expenses, participants set individual fundraising goals. Athletes make money in myriad ways, including letter-writing campaigns, garage sales and silent auctions. Last year's team of about 80 members earned \$213,000, says Audrey Sheppard, "Team in Training" campaign manager. This year, the organization expects to bring in \$340,000, with 75 percent going directly to research and patient/survivor support.

Dean Christensen, a 42-year-old leukemia survivor, said he and his family are touched by the huge effort. "I can't even begin to

describe it," he says of his feelings toward those who train and participate.

While it's too late to train with this year's team, "Team in Training" is gearing up for more 2008 events, including the Peach of a Century 100-mile bike ride in September and the Portland Marathon in October. Visit www.teamintraining.org for more information. Or consider cheering on the Pacific Crest participants as they head for the finish line. Organizers have several family-friendly activities planned in Sunriver to coincide with the event; check them out at www.racecenter.com/pacific-crest.

TOP // The Oregon/Southwest Washington Chapter of the Leukemia and Lymphoma Society's "Team in Training" gets warmed up at Forest Park. This month, the team will participate in the Pacific Crest Triathlon to raise money for LLS.
 ABOVE // Keiko Abe (front) and Gayle deJesus keep warm before their early-morning run.

PHOTOS BY MOTOYA NAKAMURA

BIKE MS

[July 19-20 SWEET HOME]

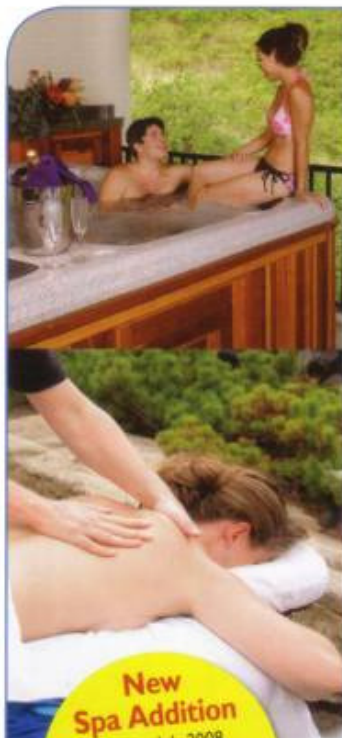
Interested in a leisurely weekend bike ride? Or perhaps you're more competitive and have your eye on first place? Either way, the National Multiple Sclerosis Society's Bike MS event will fulfill your cycling desires.

This marks the 24th year of the Oregon chapter's participation, and organizers are expecting as many as 850 riders. Participants decide how far they want to ride based on certain courses — the most challenging involves riding 100 miles on the first day and 55 on the second; the easiest is a 10-mile ride out to the local fish hatchery. Sarah Schirmer, Bike MS coordinator, says many participants get together with friends and family members to form teams.

"A team can be anywhere from four people to the sky's the limit," she says.

Schirmer says the chapter raised \$400,000 through BikeMS in 2007 and hopes to top that amount this year. Participants are required to pay a \$40 registration fee, which covers food and other expenses, and commit to raising at least \$250 per person. And because the goal — along with finding a cure for MS — is having fun, the first day culminates with a program in the park, complete with a motivational speaker, live music, a talent show and other activities.

To find out more information about Bike MS, or to sign up, visit www.defeatms.com. »



New Spa Addition
Opening July 2008
15% OFF
Guest room rate for AAA, AARP and Costco members.
Not combinable with other offers.

Gorge-ous Spa Getaway

Relax and Renew Body and Mind. Naturally.

Escape to the only destination resort spa in the Columbia River Gorge — your destination for romantic luxury, impeccable service, and soothing relaxation. All just 35 miles from Portland. Soothe your senses and renew your spirit with a relaxing soak in natural mineral hot spring water famed for its power to heal and rejuvenate.

Pamper yourself in our full-service spa with a hot stone massage, hydrating facial, pedicure, manicure, herbal body wrap, or any of over 40 massages and body treatments.

- Mineral spring filled indoor and outdoor jetted soaking pools and dry sauna
- Romantic dining and regional specialties in the Pacific Crest Dining Room
- 25 meter indoor lap pool filled with natural mineral hot spring water
- 78 guest rooms and suites — all with private fresh air balcony and many with spring filled private hot tub

BONNEVILLE HOT SPRINGS RESORT & SPA
866-459-1678 | www.BonnevilleResort.com



ROOM TO BREATHE. TIME TO DEFINE.



SPACE TO BE

CALIFORNIA CLOSETS®

Come see our new showroom at
1225 SE Grand Ave, Portland, Oregon 97214

Mon - Fri 8am - 5:30pm, Sat 10am - 4pm

complimentary in-home design consultation
800.488.4558 | 503.885.8211 | californiaclosets.com



© 2008 California Closet Company, Inc. All rights reserved. Each franchise independently owned and operated.



SAIL FOR THE CURE

[Sept. 28 PORTLAND YACHT CLUB]

You've heard of Race for the Cure. In Portland, you can sail for the cure, too.

Each September, the Oregon Women's Sailing Association sponsors Sail for the Cure on behalf of the Susan G. Komen for the Cure's Oregon and Southwest Washington chapter.

"We had a couple of members affected by breast cancer, and we were looking for a way to give back to the community, so this made sense," says OWSA board member Ellen Galvin.

Sail for the Cure is not a race; it is a recreational event suitable for novices and experienced sailors alike. OWSA members and other local sailors volunteer their boats, and participants are assigned to a crew. Sailing begins at noon, and boats stay on the water until about 3 p.m. Next up is a dinner, and live and silent auctions. Registration is \$50 for both segments or \$35 for sailing only (boat owners aren't required to pay a fee). Although it is not required, some participants gather pledges as well.

"Pledging is the least important part," says Galvin, adding that last year OWSA donated \$30,000 to Komen for the Cure.

While the main goal is to help find a cure for breast cancer, Galvin says the event is also designed to introduce community members to the sport of sailing.

"We just love to show others what sailing is all about," she says.

Detailed event information, including a downloadable registration form and pledge sheet, is available at www.owsa.net.



TOP // Frank Noragon is an annual participant — and stalwart supporter — of Sail for the Cure, which takes place Sept. 28 at Portland Yacht Club. He and his wife, Sandy, are retired and own a boat dubbed "Cool Change."

PHOTOS BY BRUCE ELY