

TODAY'S FOCUS: SPORTS

Staying fit goes to the dogs



Selyne Aabu leads her Icelandic Shepard, Ragnar, across a bridge during the Nov. 22 TDAA trials at Jumpin' K9's in Temecula. ANDREW FOULK PHOTO

WHERE ARE THEY NOW

Dynese Adams

California Riverside Basketball

After missing most of the past two seasons due to injury, Adams is back in the Highlanders' starting lineup. The former Vista Murrieta High School star started 17 games as a redshirt freshman in 2011-12 but suffered a season-ending injury two



games into the 2012-13 season. In her return, Adams averaged seven points, five rebounds and three assists in wins over Santa Clara and San Jose State University.

Lauren Dorr

Westmont College Soccer

A junior from Paloma Valley High School, Dorr took over the starting goalkeeper role this year and led the Warriors to a 15-3 record, a No. 5 ranking, a conference tournament title and a berth in the NAIA national championship. Dorr allowed 13 goals and made



36 saves while recording five shutouts and sharing four more with her backup. She was a two-time all-league selection at Paloma Valley.

Mariam Lowe

Cal State East Bay Swimming

The nationally ranked Pioneers made an early-season trip to Alaska-Fairbanks and won a pair of dual meets behind two backstroke wins by Lowe, a sophomore from Chaparral High School. Lowe picked up where she left off her freshman season, when



she was named all-conference and twice set the school record in the 200 back. Lowe was a four-year varsity swimmer at Chaparral and earned All-American status.

Kelli Mattson

University of Toledo Volleyball

A middle blocker from Murrieta Valley High School, Mattson recently completed her freshman season for the Rockets. She played in 31 sets, averaging 1.29 kills, 0.81 blocks and 0.16 digs. Her best performance was a six-kill, five-block effort in a



three-set loss to Duquesne. A Nighthawk Award winner at Murrieta Valley, Mattson was a three-year volleyball letterwinner and three-time scholar-athlete award winner.

CALENDAR

TEMECULA

Dec. 9 Morning Runners

7 a.m., Vail Ranch Middle School, 33340 Camino Piedra Rojo

Vail Ranch Middle School has scheduled a Morning Runners meeting for students and parents. The group participates in 1- to 5-mile runs and is open to runners of all abilities. For more information, visit www.wrms.tvusd.k12.ca.us.

Dec. 20 Hike

8 a.m., St. Thomas of Canterbury Episcopal Church, 44651 Avenida de Misiones

Saint Thomas of Canterbury Episcopal Church will host its Hike. For more information, call 951-302-4566, visit www.episcopalchurchtemecula.org or email admin@episcopalchurchtemecula.org.

MURRIETA

Dec. 8 Men's Softball

6:30 p.m., Calvary Chapel of Murrieta, 24225 Monroe Ave.

Calvary Chapel of Murrieta will host its Men's Softball at Wheat Field-Menifee.

For more information, call 626-461-1200 or visit www.ccmurrieta.com.

Dec. 9 Geri-Fit exercise class

1 p.m., An Optimal You Wellness and Fitness Center, 29995 Technology Drive

An Optimal You Wellness and Fitness Center will offer its Geri-Fit exercise class for seniors age 65 and older. Cost is \$40 for eight classes. For more information, call 951-461-3021 or visit www.gerifit.com.

ENCINITAS

Dec. 9 Silver Age Yoga

1 p.m., Encinitas Branch Library, 540 Cornish Drive The Encinitas Branch Library is offering Silver Age Yoga. The class is designed so that seniors can safely participate at their level of comfort. For more information, visit www.sdcl.org.

VALLEY CENTER

Dec. 9 Gentle Yoga

5 p.m., Valley Center Library, 29200 Cole Grade Road

The Valley Center Library will hold a Gentle Yoga



Dec. 6 Run 4 Bacon, 5K, 10K and 1K Kids Fun Run

7:30 a.m., Temecula Galway Downs, 38801 Los Corralitos Road, Temecula

Temecula Galway Downs will hold Run 4 Bacon at Galway Downs. The race will feature a 10K, a 5K and 1K Kids Fun Run. The cost to register is \$35 to \$55. Proceeds will benefit Helpline. For more information, call 951-551-0166 or visit www.temecula.org. STOCK IMAGE

class. The class will feature an hour to relieve the stress of the day and restore your mind and spirit, according to the library. For more information, visit www.sdcl.org or call 760-749-1305.

DEL MAR

Dec. 12 Silver Yoga

10 a.m., St. Peter's Episco-

pal Church, 334 14th St. St. Peter's Episcopal Church is offering a program titled Silver Yoga. For more information, visit www.stpetersdelmar.net.

SAN DIEGO

Dec. 13 Adult Yoga with Aryn

9:30 a.m., San Diego Library-Rolando Branch, 6600 Montezuma Road

The San Diego Library College-Rolando Branch will offer adult yoga with Aryn. For more information, visit www.sandiego.gov or call 619-533-3902.

Dec. 16 Zumba class

6:30 p.m., San Diego Library-Rolando Branch, 6600 Montezuma Road

Have a news tip or an event you'd like to see in print? Send details to Temecula@UTSanDiego.com

The San Diego Library College-Rolando Branch will hold a Zumba class for adults. The class will teach participants both cardio and resistance training components designed to tone and sculpt the entire body, according to the library. For more information, visit www.sandiego.gov or call 619-533-3902.

Dec. 18 Toddler Yoga

10:30 a.m., San Diego Public Library-Central Library, 330 Park Blvd.

Toddler Yoga will be offered. For more information, visit www.sandiego.gov or call 619-236-5800.

LAKE ELSINORE

Dec. 20 Hiker Chicks

8 a.m., Lake Elsinore Diamond Stadium, 500 Diamond Drive Cornerstone Community Church's Hiker Chicks women's group meets monthly for a hike, weather permitting, at the levee behind Lake Elsinore Diamond Stadium. For more information, visit www.go2cornerstone.com or email beachcruizer@live.com.