

FACTS & FIGURES

Dates: Aug. 5-21
Site: Rio de Janeiro
Slogan: "A New World"
Mascot: "Vinicius," a mix of different Brazilian animals



U.S. OLYMPIANS TO WATCH

SIMONE BILES
AGE: 19
Hometown: Spring, Texas
Sport: Gymnastics
Best shot at gold: Biles could return from Brazil with up to five medals in her carry-on luggage. She is a heavy favorite to become the fourth American to win the Olympic all-around title and is a threat to win gold on vault, floor and beam.

KATIE LEDECKY
Age: 19
Hometown: Washington, D.C.
Sport: Swimming
Best shot at gold: Ledecy is an overwhelming favorite to win at least two individual golds as the world-record holder in the both the 400 and 800 freestyle. She will likely face more of a challenge in the 200 free but is still the swimmer to beat.

ALLYSON FELIX
Age: 30
Hometown: Los Angeles
Sport: Track
Best shot at gold: She wanted to go for gold in the 200 and 400, but an ankle injury set back her training and she failed to qualify in the 200. With only one event to focus on, it'd be hard to bet against her.

ASHTON EATON
Age: 28
Hometown: Eugene, Oregon.
Sport: Track & Field
Best shot at gold: When healthy, he's pretty much untouchable in the decathlon.

IBTIHAJ MUHAMMAD
Age: 30
Hometown: Maplewood, New Jersey
Sport: Fencing
Best shot at gold: Muhammad will make history in Rio as the first U.S. athlete to wear the hijab, a Muslim head scarf. Muhammad will be a long shot to compete for gold, but a medal is possible.

THE OLYMPICS • RIO DE JANEIRO



RESURFACING

His legacy as one of the greatest Olympians ever already secure, Michael Phelps looks for more

He's the greatest Olympian ever, with a staggering haul of 22 medals — 18 of them gold — since first testing the water in Sydney as a teenager in 2000. Now Michael Phelps is a 31-year-old new father trying to cap off a remarkable career with one final gold rush in Rio. He has qualified for three individual races but also could swim in up to three relays.

After coming out of a brief retirement and coming to terms with some personal issues, he'll be the titular leader of a U.S. team loaded with both proven talent and young swimmers hoping to make a splash.

Among them is Ryan Lochte, who has 11 medals of his own and will try to go out on top in his rivalry with Phelps in their showdown in the 200-meter individual medley.

"I don't know of another person in this world who brings out the best in me like he does," Phelps said. "Neither one of us likes to lose."

Neither does Katie Ledecy, perhaps the most dominant swimmer in the world. She will be a big favorite to add to her medals

from the London Olympics, where she surprised everyone by winning the 800 freestyle as a 15-year-old.

All eyes won't be on the water in Rio. On land, Jamaica's Usain Bolt figures to electrify fans as he did in the last two Olympics, where he dominated the sprints. With Russia's track team banned because of doping allegations, some surprise winners also are likely.

Fears of Zika, polluted water and crime aside, the Rio games have a lot to offer. The scenery will look spectacular on TV, and athletes will compete for glory under the kind of stifling pressure that only the world's biggest sporting event can impose.

There will be tears and cheers, surprise winners and devastated losers. New stars will be born, and old ones will take one last shot at gold when the games begin Aug. 5.

The biggest star, though, is Phelps, who insists this will be his last time, more eager than he was four years ago in London and more secure in who he is now with an infant son and more settled personal life.

This time, he's not going to waver. There will be no more swimming after these games, no dreams of taking yet another shot at the age of 35 in Tokyo
 "I'm done," Phelps said. "The body is done. This is my last one."

Other things to watch for in Rio: NEW SPORTS

Golf returns to the Olympics for the first time in 112 years, while rugby also makes a return of sorts with the rugby sevens competition. Golf will be without some of the world's top male players, who withdrew either because of Zika worries or scheduling conflicts, but a full field is set anyway for both the women's and men's events. Watch for Fiji, a favorite in men's rugby, to win the country's first-ever Olympic medal.

GYM GEMS

They call Aly Raisman "Grandma" because at 22 she's pushing traditional age limits for gymnasts. But the captain of the "Fierce Five" U.S. women's team that won gold in London will be back, as will reigning all-around champion Gabby Douglas. The best member of the strong U.S. team, though, is Simone Biles, a 4-foot-9 bundle of moves who has not lost a major competition since 2013 and is the three-time reigning world all-around champion.

HOOPS

No Kobe. No LeBron. No problem. The U.S. men's basketball team is still a prohibitive favorite to win gold yet again, despite the absence of some stars of Olympics past. With Kobe Bryant retired and LeBron James resting after winning the NBA title, the roster is missing some star power. But Kevin Durant will be in Rio, and so will Klay Thompson. Carmelo Anthony is in, too, as is Kyrie Irving. Spain, France and Brazil should fight for the silver and bronze.

TUNING IN

Need a quick Olympic fix at any time of the day? No problem. Broadcasters around the world are showing the games, but NBC is going all out to make sure the Olympics are a big part of everyone's summer. Besides coverage on NBC's assortment of stations, a whopping 4,500 hours of Olympic action will be available for live streaming on everything from phones to TV sets. Expect to see lots of swimming and gymnastics, but plenty of hours dedicated to even the most minor sports and 170 commentators to tell you all about it.

Content by The Associated Press; page designed by GateHouse Media's Center for News & Design.
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Astoria's Clay Englund tries to outrun a Tillamook defender in last year's Homecoming Game.

Shrine Game kicks off Saturday

Three locals play for West

The Daily Astorian

The 64th annual East West Shrine All-Star Football Game kicks off at 7 p.m. Saturday in Baker City.

Showcasing some of Oregon's best football players (Class of 2016) from the Class 1A to 4A levels, the game caps a week full of activities for the players, including a visit to the Portland Shriners Hospital for Children.

A pregame parade takes place at 11 a.m. Saturday in Baker City.

Three local players will suit up for the West squad: Astoria's Clay Englund and Seaside's Alex Barker and Austin Eagon.

Other players from the region include a trio of players from Scappoose — Brandon Clark, Rob Lohman and Brennen McNabb; Twister McComas of Banks; Clatskanie's Wyatt McKay; Casey Tripp of Rainier; and Vernonia's Blade Ware.

The four coaches of the West squad are Dusty Birchfield (Central Linn), Mike King (Rainier), Sean McNabb (Scappoose), and Pat Todd (Lowell).

The game, which benefits the Portland Shriners Hospital for Children, will not be televised live, but will be aired on ROOT Sports Network at a later date. Check local listings.

| WEST ROSTER | |
|----------------------------------|--------------------------------|
| Dylan Arritola, Kennedy | Taylor Lowther, Scio |
| Jarred Ashley, Dayton | Noah Lubben, Horizon Christian |
| Ivan Ayala, Lost River | Alex McArthur, Blanchet |
| Hunter Bain, Santiam Christian | Twister McComas, Banks |
| Alex Barker, Seaside | Wyatt McKay, Clatskanie |
| Michael Barrett, Triad | Wryland McKnight, Sutherlin |
| Ben Barch, Blanchet | Brennen McNabb, Scappoose |
| Daniel Cano, Oakridge | Lance Nelson, Amity |
| Brandon Clark, Scappoose | Alex Pettner, Central Linn |
| Mitchell Cole, Hosanna Christian | Jakob Pruitt, Valley Catholic |
| Austin Eagon, Seaside | Wyatt Robb, Central Linn |
| Clay Englund, Astoria | Forrest Rosser, Waldport |
| Rylan Fisher, Taft | Joe Rutherford, North Bend |
| Gunnar Foster, Triad | Will Shaw, Yoncalla |
| Austin Gordon, North Douglas | Andrew Taylor, Lost River |
| Joel Hills, Santiam | Casey Tripp, Rainier |
| Gary Jantzer, Marshfield | Austin Voltin, Regis |
| Dylan Jennings, Siuslaw | Dillon Wallen, Scio |
| Anthony Johnson, Scio | Blade Ware, Vernonia |
| Daniel Lindstrom, Siletz Valley | Coaches: |
| Rob Lohman, Scappoose | Dusty Birchfield, Central Linn |
| Jacob Lopez, Kennedy | Mike King, Rainier |
| | Sean McNabb, Scappoose |
| | Pat Todd, Lowell |



Seaside's Alex Barker turns the corner and heads up field for another gain in a September win over Valley Catholic.

Jeff Ter Har For the Daily Astorian

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September 10, 2016

LOWER COLUMBIA HOSPICE RACE TO THE BAR

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- Who:** You (walker or runner)
- What:** 5K walk/run or 10K run, followed by a bonfire on the beach
- When:** 5:00 p.m., Sept. 10, 2016
- Where:** Peter Iredale Shipwreck at Fort Stevens State Park, Warrenton, Oregon
- How:** Register online at www.RaceToTheBar.com.
- Cost:** \$40 before Aug. 26, includes a shirt. \$45 on Aug. 26 or later, shirt not guaranteed after Sept. 5.

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