

CONTACT US
Gary Henley | Sports Reporter
 ghenley@dailyastorian.com

SPORTS

FOLLOW US
 facebook.com/
 DailyAstorianSports

TRIATHLETE — GINNY SOLLER MEADWAY

SWIMMING, BIKING AND RUNNING TO WIN

Former Seaside athlete has newfound career

By **GARY HENLEY**
The Daily Astorian

At Seaside High School, her big sports were soccer, basketball and track.

Now, Ginny Soller Meadway is winning awards for swimming, biking and running, and usually all on the same day.

The former Seagull star took up marathons, half-marathons and triathlons last year, and has taken to triathlons like ... well, a gull to water.

"I started triathlons last year," said Meadway, who now lives in Seattle. "My husband thought it would be a good idea to do all three sports instead of just running. Little did he know how expensive the triathlon world is."

Meadway has competed in events from the East Coast to the West, from Canada to the southern U.S., and recently came up big in the eighth annual Lake Meridian Triathlon last Saturday in Kent, Washington.

Out of 78 females entered in the "Olympic Wave" triathlon (nearly 32 total miles of competition), Meadway finished first in a total time of two hours, 23 minutes, 11.1 seconds.

Meadway, 35, completed the 1,500-meter swim in 27:00.1. She had the best time in the bike portion (1:09:32.3, over 24.8 miles), and the second-best time in the 6.2-mile run (43:55.0).

Second place overall was Kari Vreugdenhil, in 2:23:52.8.

"It's an all-out sprint, plus endurance distance," she said of her most recent event. "You need both. I have done two 70.3 (mile) Ironmans this summer. I placed on my second in Canada, which is the biggest accomplishment of my racing so far."

In one of her most impressive finishes, Meadway was the first female finisher (and second overall, men and women) in the Jailhouse 5K run in Hampton, Georgia. Out of 357 finishers, she crossed the finish line in 20:27, second behind Tom Dillard (18:51). Meadway was also the fourth female finisher in the 2016 Hotlanta Half-Marathon in Atlanta.

In a return to the North Coast last spring, she took first in the Astoria Run on the River Half-Marathon, in 1:31:34; and in "Ironman 70.3," July 30 in Whistler, British Columbia, she finished fourth in her age group (and 16th overall female).

Meadway ran in her biggest event April 17, taking part in the Boston Marathon, which she completed in 3:22:44.

Up next for Meadway is the "Full Ironman" competition in the annual Coeur d'Alene Ironman event, Aug. 27 in Coeur d'Alene, Idaho.

It's a 2.4-mile swim, 112-mile bike ride, and a 26.2-mile run, said Meadway, a former sprinter and pole vaulter in her days at Seaside High School (she still owns the third-best pole vault mark, 9-6, in school history).

Of her new career in triathlons and marathons, Meadway has "podiumed" or come in first in almost every race she has entered the last two years.

"I freakin' love it," she said.



Ginny Soller Meadway runs in the "Hotlanta" marathon last year in Atlanta, Georgia.



Above: Ginny Soller Meadway, third from right, following her latest win, last Saturday at Lake Meridian.

Left: The top spot on the awards stand — a familiar place for Seaside High School grad Ginny Soller Meadway. Submitted Photos

Carroll supports Bennett while saying Seahawks should stand

Associated Press

RENTON, Wash. — Seattle Seahawks coach Pete Carroll said Tuesday that he supported Michael Bennett's decision to sit during the national anthem while also saying he believes players should stand for "The Star-Spangled Banner."

Bennett's actions were a primary topic of conversation for Carroll two days after Bennett sat on the bench during the anthem before the preseason opener against the Los Angeles Chargers. Bennett didn't inform Carroll or his teammates of his decision to sit while the rest of the Seahawks stood locked arm-in-arm on the sideline Sunday.

"It's easy for me to support him



Michael Bennett

in his issues. But I think we should all be standing up when we're playing the national anthem," Carroll said.

Bennett said after the game that the violence in Charlottesville, Virginia, including the death of a woman who was struck by a car deliberately driven into a group of counter-protesters, solidified his decision.

"I can appreciate a man that no matter what the circumstances are, no matter what people are going to think, no matter what people are going to say, his morals and what he thinks is right to him, he's going to stand up for

it," teammate Cliff Avril said.

Carroll said he's met with Bennett on a couple of occasions since Sunday to talk about his actions.

"We've talked a lot about all that is going to come to him and listened very carefully to people's perspective and stay very true and stay very much in the middle so he doesn't get captured one way or the other by somebody else's concerns, somebody else's issues," Carroll said. "I'll continue to support him and help in every way. We'll visit regularly and hopefully all make sense of the things that come his way."

Bennett was at least the third prominent NFL player to protest during the anthem in the first full week of pre-season games.

Albers earns first win in four years

Associated Press

SEATTLE — Andrew Albers' perseverance paid off for himself and the Seattle Mariners.

The left-hander earned his first major league win in four years, pitching five effective innings as the Mariners beat the Baltimore Orioles 3-1 on Tuesday night to snap a five-game losing streak.

"You come up that first time and you think this probably isn't going to be the last," said Albers, called up from the minors earlier in the day. "All of a sudden you go a couple, three years without it happening, and you certainly appreciate the opportunities more as they become fewer and fewer."

The 31-year-old Albers (1-0) settled down after giving up Jonathan Schoop's 26th home run in the first inning. He allowed six hits for his first victory since Aug. 12, 2013,

when he went 2-5 in 10 starts with Minnesota.

Acquired in a trade with Atlanta last Friday after going 12-3 at Triple-A Gwinnett, Albers made one relief appearance for Toronto in 2015 and did not get a decision in six appearances last season with the Twins.

He retired the final eight hitters he faced Tuesday, and four Mariners relievers set down 12 straight over four scoreless innings. Edwin Diaz pitched a perfect ninth for his 26th save in 30 opportunities.

"It means a lot, but at the same time, it's more important right now just winning ballgames," said Albers, also aided by a first-inning double play. "Whether I get the W or somebody else gets the W, it really doesn't matter. Coming in here and getting to be part of a pennant race or wild-card race, that's pretty awesome."