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Athletes of the Week



Photos by Gary Henley/The Daily Astorian

Competing against 125 other runners in the Ultimook Nike Invitational in Tillamook, Long opened her sophomore season with a fourth-place individual finish in the varsity 5,000-meter race. She covered the course at Hydrangea Ranch in 21 minutes, 4.5 seconds. Coupled with a sixth-place finish from freshman teammate Lindsay Riutta, the Astoria girls placed second in the team standings behind Tillamook, out of 13 scoring teams.



The senior did it all for the Gulls in their season opener Aug. 30 vs. Henley at Broadway Field. Offensively, he averaged just over 10 yards per run, finishing with 221 yards rushing on 22 attempts. He scored six touchdowns, including a 47-yard sprint down the sideline with six seconds left in the second quarter, and a 49-yard run in the fourth quarter. On defense, he intercepted a pass for Seaside's only turnover in the 55-13 win.

HOLE-IN-ONE

Lorraine Brown of Warrenton, following her hole-in-one.

The Daily Astorian

Lorraine Brown of Warrenton scored a hole-in-one Aug. 21 at Seaside Golf Course. She aced the par 3, 153-yard fifth hole.



AP Photo/Stephen Brashear

Seattle Seahawks' Earl Thomas warms up before a game against the Atlanta Falcons in Seattle.

Seahawks safety Thomas ends his lengthy holdout

By TIM BOOTH
Associated Press

RENTON, Wash. — Locker No. 29 in the Seattle Seahawks locker room was once again occupied Wednesday after being vacant the entire offseason.

Earl Thomas was back after ending his lengthy holdout. His Instagram post on Wednesday morning announcing his return made it clear Thomas wasn't happy or satisfied. But he was present, giving the Seahawks a major boost heading into the start of the regular season.

"He's been with us for so long. He's just been part of the fabric of what we've been about," Seattle coach Pete Carroll said. "It's an adjustment period as he jumps in with us right now and we'll figure out how that works. ... I don't have any thought about what to share with you right now because we have to see what he does and how he feels and all that stuff, but it's great to have him back."

Thomas' return to the Seahawks facility was a welcome moment for the team and ended a long offseason of drama centered on whether he would play out the final season of his contract, receive the contract extension he hoped for, or possibly be traded. Thomas' reaction to the lack of a resolution was clear in his post: "The disrespect has been noted and will not be forgotten."

He's not happy, but he wasn't about to sacrifice a \$500,000 game check or leave his teammates without one of their most important defensive leaders. Thomas wrote he's never let his "teammates, city or fans down as long as I have lived and don't plan to start this weekend."

But he was quick to add he's got plenty of good years remaining after his current contract expires.

"Father Time may have an undefeated record but best believe I plan on

Shaquem Griffin set to start 1st NFL game for Seahawks

Associated Press

RENTON, Wash. — Seahawks rookie Shaquem Griffin will start at weakside linebacker when Seattle opens the regular season at Denver on Sunday.

Starter K.J. Wright is still recovering from minor knee surgery and coach Pete Carroll said Wednesday that the earliest he would return is Week 2 against Chicago.

Griffin, who had his left hand

amputated as a child, became one of the big stories of the NFL offseason with his performance at the scouting combine. The former UCF star was drafted in the fifth round by the Seahawks.

Griffin got plenty of playing time in the preseason and played well with the exception of the second game against the Chargers.

Griffin will also play alongside his brother Shaquill, the starting left cornerback for the Seahawks.

UP NEXT: SEAHAWKS

- Seattle Seahawks (0-0)
- Denver Broncos (0-0)
- Sunday, 1.25 p.m. TV: FOX

taking him into triple overtime when it comes to my career," Thomas wrote.

Thomas did not speak with reporters Wednesday. Carroll would not commit to whether Thomas would play against Denver on Sunday in the opener. Seattle received a roster exemption from the league to allow Thomas to practice.

Not surprisingly, Thomas seemed to be universally embraced upon his return, both as the longest-tenured Seahawks player and for the on-field boost he can give to Seattle's overhauled defense. Doug Baldwin said he ran up and gave Thomas a hug when he saw him in a team meeting. Defensive coordinator Ken Norton Jr. joked he became a better coach.

Linebacker Bobby Wagner understood the dynamics of Thomas' situation.

SPORTS IN BRIEF

Back-to-back homers by Cruz, Span lead M's past O's 5-2

SEATTLE — Dee Gordon says it's too early for the Seattle Mariners to be worried about the wild-card math. He thinks they should just concentrate on winning games.

Nelson Cruz and Denard Span hit back-to-back home runs, and Seattle overcame sloppy infield defense to beat the Baltimore Orioles 5-2 on Wednesday night.

Despite winning a home series for the first time since July 22, the Mariners failed to gain ground on Oakland in the race for the second AL wild card. They still trail by 5½ games with 22 remaining.

Nike unveils Kaepernick ad to air during NFL season opener

Nike has unveiled its first "Just Do It" ad narrated by Colin Kaepernick, a spot scheduled to air during the NFL season opener tonight as well as during the U.S. Open tennis tournament and other major sporting events.

The two-minute spot released Wednesday highlights superstar athletes LeBron James, Serena Williams and others, and touches on the controversy of NFL players protesting racial inequality, police brutality and other issues by demonstrating during the national anthem.

Kaepernick narrates the full spot but first physically appears midway through. As a camera pans to reveal Kaepernick's face, a reflection of a United States flag is visible on the facade of a building behind him.

Kaepernick says: "Believe in something, even if it means sacrificing everything."

At the start of the ad, Kaepernick says: "If people say your dreams are crazy, if they laugh at what you think you can do, good. Stay that way, because what non-believers fail to understand is that calling a dream crazy is not an insult, it's a compliment."

The former 49ers quarterback is revealed as the narrator toward the end of the spot.

President Donald Trump, a frequent critic of protesting NFL players, tweeted Wednesday that Nike is getting "killed" over the endorsement deal.

"Nike is getting absolutely killed with anger and boycotts," Trump tweeted. "I wonder if they had any idea that it would be this way? As far as the NFL is concerned, I just find it hard to watch, and always will, until they stand for the FLAG!"

— Associated Press

Astoria hosts alumni meet

The Astoria High School cross country team will host its annual "Run with the Fishermen" alumni classic, Saturday, Sept. 15 at Coffenbury Lake.

The race begins at 5:30 p.m., from the lake's parking lot in Fort Stevens State Park.

A potluck in picnic shelter A will be held after the race.

Astoria alumni and supporters are invited to watch or join in the run, which will include the school's cross country team.

The scenic course is slightly less than three miles and follows the trail around the lake. For more information, contact Astoria coach Andrew Fick at 503-325-3911, or email at afick@astoria.k12.or.us.

SCOREBOARD
PREP SPORTS SCHEDULE
TODAY
Volleyball — Astoria at Rainier, 6 p.m.; Seaside at North Marion, 7 p.m.; Knappa at Ilwaco, 6:30 p.m.; St. Paul at Jewell, 6 p.m.
Girls soccer — Astoria at St. Helens, 7 p.m.
Boys soccer — St. Helens at Astoria, 7 p.m., CMH Field
FRIDAY
Football — Stayton at Astoria, 7 p.m.; Seaside at Marist, 7 p.m.; Knappa at Toledo, 7 p.m.; Creswell at Warrenton, 7 p.m.; Powers at Jewell, 5 p.m.; White Salmon at Ilwaco, 7 p.m.
Volleyball — Jewell at Damascus Christian, 6 p.m.
SATURDAY
Volleyball — Astoria, Seaside at Cascade tournament, TBA; Knappa at Neah-Kah-Nie tournament, TBA
Girls soccer — Marshfield vs. Astoria (at Newport), 11 a.m.; Estacada at Seaside, 3 p.m.
Boys soccer — Marshfield vs. Astoria (at Newport), 1 p.m.