

MLB Draft

Phillies draft California prep outfielder Moniak at No. 1

La Costa Canyon baseball player Mickey Moniak puts on a Philadelphia Phillies cap just after it was announced that the Phillies had chosen Moniak with the top pick in the Major League Baseball draft, at Moniak's aunt's house in Carlsbad, Calif., on Thursday, June 9, 2016.

Hayne Palmour IV/San Diego Union-Tribune via AP



By DENNIS WASZAK JR.
Associated Press

SECAUCUS, N.J. — After all the uncertainty surrounding the No. 1 pick, the Philadelphia Phillies think they've got themselves a sure thing.

Mickey Moniak, a high school outfielder from California, was selected first overall by the Phillies in the Major League Baseball draft Thursday night.

Moniak, from La Costa Canyon High School in south Carlsbad, became the first prep outfielder chosen No. 1 since Tampa Bay drafted Delmon Young in 2003. The selection,

announced by Commissioner Rob Manfred at MLB Network studios, marked the first time the Phillies led off the draft since they took Miami slugger Pat Burrell in 1998.

"I definitely wouldn't say there's pressure," the 6-foot-2, 190-pound Moniak said in an interview on MLB Network. "I'm excited to hopefully prove the Phillies right."

With no consensus No. 1 talent this year, there was plenty of suspense about who the Phillies would grab right up until they officially went on the clock. At least five players were considered to be in the mix for the top spot.

Tennessee third baseman Nick Senzel went second to Cincinnati.

A player who was mentioned as a possibility for the No. 1 pick went No. 11 to Seattle: Mercer outfielder Kyle Lewis.

Lewis is a two-time Southern Conference player of the year and one of the country's top college hitters. He was among the nation's leaders in several offensive categories while hitting .395 with 20 homers and 72 RBIs.

"We thought he was going to be picked before us," Mariners scouting director Tom McNamara said. "We're very excited that he made it to us."

RODEO: TRACK: Remaining men's finals will be held today

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nitely be a challenge to juggle academics with being an athlete."

The men's and women's teams also received financial donations to put towards scholarships for team members — \$3,500 from the Pendleton Round-Up Association and \$20,000 from the National Intercollegiate Rodeo Finals Association.

Twelve members of those men's and women's teams — including Williams — will compete at the College National Finals Rodeo in Casper, Wyo., from June 12-18, with the women's team looking to defend its 2015 national title.

Those competitors are: Williams (breakaway roping and barrel racing), JT Garland (steer wrestling), Chase Hansen (team roping with Chise Robbins), Kenny Haworth (bareback riding), Jared Parke (tie down roping, steer wrestling, team roping), Tyler Potter (bareback riding), Jordan Tye (tie down roping, team roping), Lauren Leyva (goat tying), Jessica Lewis (barrel racing), Quincy Pendergrass (goat tying) and Emily Sorey (barrel racing).

The women's team currently ranks second in the national rankings while the men's team sits at No. 1 with a 2,000 point cushion of No. 2 Feather River College. Williams and Parke are also ranked No. 1 in both the men's and women's all-around standings.

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laps remaining to win.

Those victories helped Arkansas to 26 first-day points. Texas A&M was second at 16 and Georgia third at 13.

Texas A&M's Maggie Malone set an NCAA record in the javelin with a fifth-round toss of 204-9, besting the mark of 202-10 by Indiana's Irina Kharun in 2004.

Mississippi's Raven Saun-

ders added an NCAA outdoor shot put record to go with the collegiate indoor mark she set in February. The sophomore threw 63-5 on her fifth attempt, breaking the previous record of 62-3/4 set by Arizona's Meg Ritchie in 1983.

It was a second straight title for Saunders.

Georgia's Chanice Porter won the long jump on her final jump with a mark of 21-10 3/4. Alabama's Quanesha Burks,

the defending outdoor and indoor champion, was second at 21-4 1/4.

DeAnna Price's only real competition in the hammer was herself. The Southern Illinois senior won her second straight title in the hammer throw at 234-8.

Any of Price's three fair throws would have won the competition. Kansas State's Sara Savatovic was second at 215-3.

Price bested her own

meet record, set in 2015, by 2 inches.

Texas A&M's Lindon Victor won the decathlon with 8,379 points. Wisconsin's Zach Ziemek was runner-up in the two-day, 10-event competition at 8,700. Georgia's Maicel Uibo, the 2014 and 2015 national champion, was third with 8,294.

Ziemek led after Wednesday's first five events at 4,338. He and Victor

swapped the lead in three straight events Thursday, with Victor going ahead for good in the javelin and only the 1,500 remaining.

Victor finished just behind Ziemek in the 1,500 to hold on for the title.

The heptathlon will be contested Friday and Saturday. The remaining men's finals will be held Friday and women's finals on Saturday.

MARINERS: Cano homers in first inning for Seattle

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Lind walked to force Cleveland to bring Allen in early, but he forced Ketel Marte to ground out to end the inning.

Norichika Aoki and Seth Smith singled off Allen with two outs but Allen got Cano to strike out to seal the victory.

Cano homered to center field off Tomlin in the first inning to give the Mariners a 1-0 lead. After a single by Nelson Cruz, Seager came inches from a home run as his fly ball landed on the yellow line of the wall in left field and caromed back into play. Davis and Francisco Lindor combined to throw out Cruz at the plate to end the inning and limit the damage.

The walks caught up to starter Nathan Karns in the fifth inning. After striking out Gimenez to open the inning, walks to Carlos Santana and Kipnis ended Karns' night. With the bases loaded, Jose Ramirez singled to right field to score Santana but Lindor was thrown out at the



AP Photo/Ted S. Warren

Seattle Mariners' Robinson Cano hits a solo home run during the eighth inning of a baseball game against the Cleveland Indians, Thursday, June 9, 2016, in Seattle. The shot was Cano's second home run in the game.

plate by Cruz to end the inning and keep the game tied 1-1.

Karns lasted 4 1/3 innings, allowing one run and two hits with

five walks and five strikeouts.

Cleveland grabbed the lead off reliever Edwin Diaz in the seventh inning. Gimenez walked and Lindor

doubled to put runners on second and third. Mike Napoli's broken bat infield single plated Gimenez to give the Indians the 2-1 lead.

The advantage was short-lived as Lind crushed the first pitch from Tomlin over the wall in right-center field to even the game at 2-2.

Tomlin allowed two runs and nine hits with four strikeouts over 6 1/3 innings.

TRAINER'S ROOM

Mariners: CF Leonys Martin was scratched from a rehab outing with Triple-A Tacoma due to a wet field. Martin has been on the DL since May 27 with a hamstring strain. Manager Scott Servais said he wouldn't be hesitant to activate Martin on Friday without a rehab outing.

UP NEXT

Mariners: RHP Hisashi Iwakuma (4-5, 4.13 ERA) will make his second consecutive start against the Texas Rangers. Iwakuma took the loss despite a strong outing last Sunday against Texas. He allowed one earned run and four hits with a walk and seven strikeouts.

OUTDOORS: Even the most crowded trails offer moments of solitude

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have been better. Warm nights and cloudless days kept the lakes at country club conditions (minus the chlorine and give or take a few crayfish), and shady trails meant hiking didn't need to be confined to the morning and evening to avoid the daytime highs.

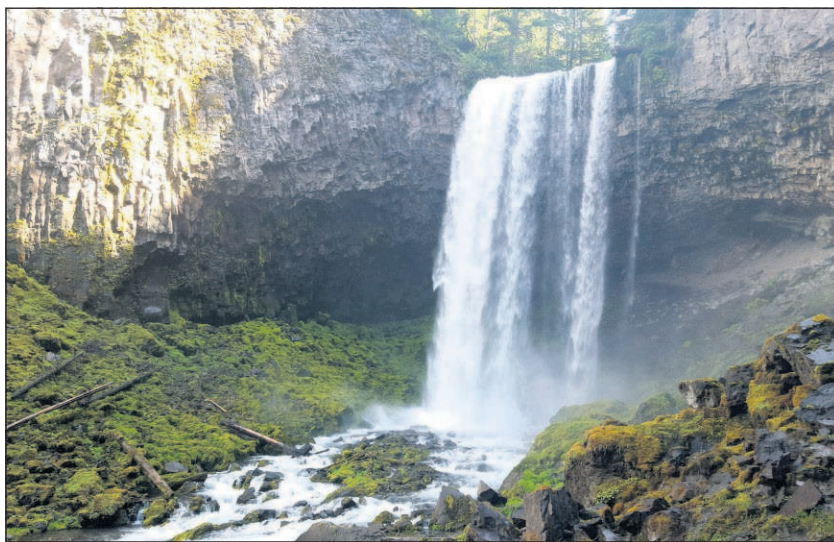
The first part of my adventure was a two-night backpack into Burnt Lake, a very popular moderate hike through airy forest on well-graded trails. Charred, hollow skeletons from a 19th-century fire dot the trail as you follow a rounded ridge between two creeks.

At just over seven miles and 1,500 feet of elevation gain (with a circumference of the lake) the hike is easily doable in a day, but I was banking on spending the night and adding a jaunt over East Zigzag Mountain to visit Cast Lake and was pleased to pass a handful of hikers headed the other way, their fly fishing rods strapped to the outside of fully-stuffed packs.

I had my pick of the seven marked camping sites, which caused me to circle the tarn more than once before landing on a spot with privacy and a view (although sans-Hood on the less-popular east side of the lake).

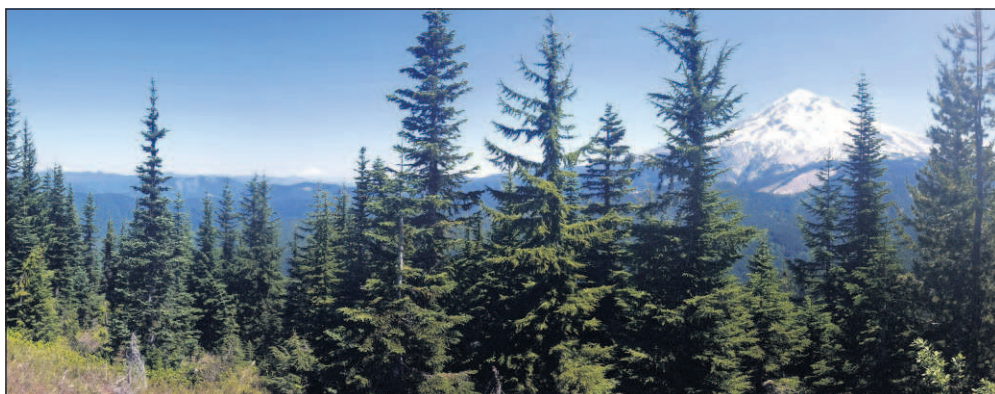
By evening the day hikers and their inflatable rafts had cleared out, and myself and only two other parties remained.

Early to bed and early to rise, I was headed for the 4,971-foot summit of East Zigzag just as the sun was making Mt. Hood light up like the world's largest Christmas tree. The first mile and 500 feet of elevation gain come easy before the Burnt Lake trail intersects with the Zigzag Mountain Trail and immediately



Tamanawas Falls is an easily accessible 100-foot cascade on Cold Spring Creek located on the east side of the Mt. Hood Wilderness.

Staff photo by Matt Entrup



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The view north from the summit of East Zigzag Mountain in the Mt. Hood Wilderness. Viewed from right to left are: Mt. Hood, Mt. Adams, Mt. Rainier, Mount St. Helens (partially obscured).

rockets straight uphill another 400 feet over the final half mile to the summit.

A U.S. Coast and Geodetic Survey reference mark welcomes visitors to the tree-lined summit with views of Mt. Hood, Mt. Adams, Mt. Rainier and Mount St. Helens to the east and north. Larkspur, phlox, paintbrush, lupine, beargrass, avalanche lily, columbine, trillium and rhododendron blooms splash the hillsides with color.

Continuing on the trail down the west side of the mountain another mile brings you to the intersection with the Cast Creek Trail, which leads to the Cast Lake Trail and its namesake

after another half mile of moderate hiking. By mid-morning I was settled onto a log by the soggy shoreline of Cast Lake, where I enjoyed an early lunch and a short chat with a fisherman who was heading out after losing all of his lures to the lagoon's log monsters.

From here hikers have the option of returning to Burnt Lake 3.6 miles by closing a loop of the Zigzag Mountain Trail, continuing on another 3.9 miles to West Zigzag Mountain via Horse-shoe Ridge, or heading back over East Zigzag the way they came. I chose the most direct and scenic of the routes and arrived back at

camp by midday coated in trail scum and eager for an invigorating dip.

A sign posted at the trailhead had informed me that the next part of my itinerary may need some rethinking, as a planned hike to Ramona Falls sounded like more trouble than it was worth due to a flash flood that washed out the foot-bridge crossing the Sandy River. My 15-year-old trail mutt was tackling everything I could throw at her so far, but a tricky crossing of a glacier-fed river seemed like a great way to bring an early end to my trip.

I decided to stick with the lakes, they'd been treating me so well, and picked

another short and very popular hike up to Mirror Lake for my next stop on the Mt. Hood tour.

This was one I had consciously avoided in the past due to the packed parking lot at the trailhead located west of Government Camp on the Mt. Hood Scenic Byway. I'm glad I gave it a chance, because although the lot was crowded when I arrived mid-morning, most of the hikers I encountered were on the trail and I was able to enjoy several minutes of lakeside solitude before the next group emerged from the brush.

The trail is just 3.2-miles round trip to the lake with only 700 feet of elevation gain, and as at Burnt Lake I passed several types of hikers that I normally wouldn't see on the trail. Young children, the elderly, and the unfit were all tackling these trails — some with ease — and where their presence may have struck me as a blight on a more cynical day, I couldn't help but feel enriched to share a beautiful day with such a mixed bag of strangers. After spending so much time on sparsely populated trails in eastern Oregon, I had forgotten how fun it can be to meet new people on the trail.

On the way to Mirror Lake I came across a very suburban family from California that was road-tripping through Oregon and Washington visiting relatives and had chosen to add another 3.2 miles and 800 feet of elevation to their hike for a summit of Tom Dick and Harry Mountain. This would be their one and only hike in Oregon, and their awe was infectious.

After leaving the nature-starved Californians and Mirror Lake for the

day, I wanted to check out another tourist hot-spot I'd been putting off and made the drive up to Timberline Lodge. There I dodged skiers in polo shirts and did my best to follow the snow-covered Pacific Crest Trail, but eventually gave up and just went looking for empty runs steep enough to glissade.

I let the hike back down to parking lot warm my chilly backside before continuing the day with an ill-fated attempt to locate Boulder Lake, which is located off an seemingly unmarked forest road and will remain as a carrot on a string for another adventure.

Not ready to pack it in just yet, I decided a waterfall was in order since I had missed out on Ramona Falls, and continued to head east around the mountain to Tamanawas Falls.

The trail to the falls is four miles out and back, with about 500 feet of elevation gain. Like the other heavily-traveled paths in the area, the trail is mostly well-graded smooth dirt and pine needles with just a few tricky rocky portions at the base of the 100-foot cascade.

There is no camping allowed at the trailhead or anywhere on the trail, but a couple of nearby campgrounds provided plenty of spots to pitch my tent.

Clouds obscured the stars for the first time that night, and as I pointed my headlights toward Hood River under overcast skies in the morning, I knew I had truly lucked into another unforgettable stay in Oregon's wilderness that would continue to make Mt. Hood my go-to destination for early summer.

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