

## Olympics

## Gold medals for Rio Olympics are barely gold at all

By TIM REYNOLDS  
Associated Press

Gold medals are the ultimate prize in Olympic sport. They're also a misnomer.

There's no such thing as a "gold" medal, not at these upcoming Rio Olympics — and really, not ever. Second-place finishers get silver medals and oddly enough, so do the winners, albeit theirs are plated in a tiny amount of gold.

That factoid caught even some of those who were put in charge of making the 5,000 or so medals needed for these Rio Games by surprise.

"Our operators and some of our developers had the same question," said Victor Hugo Berbert, who managed the medal-making process and was part of a team of about 100 people at the Brazilian Mint who were part of the project. "We can produce medals out of pure gold. But we know how expensive they are. So gold medals ... are not exactly pure gold."

They're barely gold at all.

The medals given to champions at these Olympics will weigh just over a pound, so to make them entirely from gold would have cost about \$23,500 in material, each. By taking the silver medals and then plating them in a tiny amount of Brazilian gold, the actual value of the metal inside those metals is about \$600.

Not that the athletes will mind.

"The gold medal," hockey legend Wayne Gretzky famously said at the Salt Lake Olympics in 2002 when he was executive director of the gold-winning Canadian team, "is everything."

Though there are a number of exceptions, it's not uncommon for the medal-making process to fall to the host country's national mint. That was the case this year, with Berbert saying it took about two years for the entire process to play itself out — starting with discussions on design with the host organizing committee, sketches, ideas, budgeting and ultimately approval from



AP Photo/David J. Phillip  
A Rio 2016 Olympic gold medal is displayed at the Olympic Park Wednesday in Rio de Janeiro.

the International Olympic Committee.

The medals for the Olympics are done. Work is ongoing on the medals for the Paralympics, which follow in Brazil later this summer.

"We needed to develop the whole concept of the medal. We worked a lot with the committee about the art, about the design, about the materials," Berbert said. "We tried to catch what they

wanted to show in a Olympic medal and we took our experience, our know-how in producing medals and turn that into what they want. The art came from the committee, but our team needed to sculpt them."

The gold is certified to have a certain amount of purity and is considered very high quality. The silver and "bronze" medals (and by the way, they're not really bronze) are largely made from recycled materials, which is a source of pride for the team that Berbert represents. Sustainability, he said, was an important goal for the team.

The silver for both the first- and second-place medals was culled in part from mirrors and plates. The bronze medals are made in part from the same copper that goes into Brazilian coin, so the mint had plenty of that to use in the Olympic project. About 40 percent of what was needed was already on hand when the process started.

Even some of the plastic used in the ribbons that will

be attached to the medals is recycled.

"It's something we dreamed of," Berbert said. "When they called us, we adored the project. We really wanted to do this thing."

The other obvious advantage of using the mint to make the medals is security. And every precaution is being taken to ensure that nothing goes wrong now.

The mint will store the medals and basically deliver them to the organizing committee on a day-to-day basis — the medals that will be awarded on a given day will be kept safe as can be until needed.

"We have special dates with the committee where they want them delivered," Berbert said. "There are logistics on how to transfer them to them ... until then, we keep the medals in a safe room. But all the Olympic medals are packaged now, identified by the event and competition, all organized and ready to be delivered."

Ready to be won, too.

## MARINERS: Hernandez allows five runs in first start since May 27

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disabled list earlier in the day, allowed five runs on 10 hits in 6 2/3 innings. He struck out two and walked two in his first start since May 27.

"It feels good to be out there, try and do my job to help my team to win," said Hernandez, who threw 94 pitches. "I had a good sinker, got a lot of groundballs. They were swinging, they were swinging at every pitch and that's why my pitch count was pretty low."

Todd Frazier hit a three-run homer in the first off Hernandez. Frazier's 28th home run tied him for the major league lead with Baltimore's Mark Trumbo.

"It was a changeup. I left it up," Hernandez said.

"Frazier's got pretty good pop and put a good swing on it."

Hernandez struck out Eaton to begin the game, but Melky Cabrera followed with a double into the left-field corner. Justin Morneau drew a two-out walk and Frazier connected for his third homer in three games.

The White Sox added a run in the second on consecutive two-out singles by Tyler Saladino, Eaton and Cabrera to make it 4-0. Martin homered in the bottom half.

Chicago pushed the lead to 5-2 in the fifth on a leadoff triple by Cabrera and Morneau's single.

Seattle cut the led to 5-4 in the seventh on the home run by Zunino, also called up earlier in the day from



AP Photo/Ted S. Warren  
Seattle Mariners starting pitcher Felix Hernandez throws against the Chicago White Sox in the first inning of Wednesday's game in Seattle.

Triple-A Tacoma. It was the third homer for Zunino, who hit two during an earlier two-game call-up.

Lind, whose pinch-hit, three-run homer in the ninth

inning gave Seattle a 4-3 victory on Monday, tied it with his 15th homer.

"The home run was our friend early, and then it became our enemy," White

Sox manager Robin Ventura said. "You give up enough of those, it's tough to withstand it."

Servais was pleased with what he saw from Hernandez.

"I think for the first time out, he was probably better than I thought he would be, other than the home run that he gave up to Frazier," Servais said. "I thought his stuff was good, I thought he was pretty crisp, but after the first inning at that point if you had told me he was going to get as deep as he did into the game, I probably wouldn't have believed it."

**STRIKE OUT MACHINE**

Mariners rookie reliever Edwin Diaz fanned all three batters he faced in the eighth, giving him six consecutive

outs by strikeout. The 22-year-old hard-throwing righty has struck out 42 in 20 2/3 innings, while allowing five runs.

**UP NEXT**

**Mariners:** Seattle opens an 11-day, eight-game road trip on Friday at Toronto. LHP James Paxton (2-4, 4.56 ERA) starts the opener, followed by Hisashi Iwakuma (10-6).

**TRAINER'S ROOM**

**Mariners:** SS Ketel Marte was out for the third straight game with an illness. He was not expected to travel with the team to Toronto on Wednesday night, pending a few more tests, but Servais said he hoped Marte would join the team in time for the series against the Blue Jays that begins Friday.

## TRADE: Vogelbach hitting .318 with 16 HR at Triple-A

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way I can and help them win a World Series," Montgomery said.

"It kind of hit me by surprise," he said. "When I heard the news, I wasn't shocked, but I definitely didn't see it coming."

Montgomery said the Cubs told him he would begin in the bullpen.

"Mike had a good deal of value in the market today," Dipoto said. "I told him he built up so much equity from opening day to today in the industry, that his value I thought was at a high."

"He pitched incredibly well for us, he did a great job in the 'pen, he's done a great job since we asked him to fill in in the rotation and he fills a real niche for the Cubs. I think that combination of events allowed us to get a pretty good deal for him," he said.

Maddon described Montgomery as "big left-hander with a very good arm."

"He's certainly not a household name, but we think he's got a chance to take off," Cubs president of baseball operations Theo Epstein said.

Epstein and GM Jed Hoyer was looking for a boost in the bullpen with Travis Wood and Clayton Richard the only healthy left-handers. The NL Central leading-Cubs are likely to seek more reinforcements as they aim for the club's first World Series title since 1908.

Vogelbach, 23, was hitting .318 with 16 homers and 64 RBIs in 89 games for Triple-A Iowa. The Cubs selected Vogelbach in the second round of the 2011 amateur draft.

Pries, 26, had a 4.93 ERA in Double-A Jackson and Triple-A Tacoma this season. The 22-year-old Blackburn had a 3.17 ERA in 18 starts with Double-A Tennessee.

## BOWMAN: Planning to compete at Ironman again in 2017

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part of 2014, with a goal set for competing in the Ironman 70.3 race in Coeur d'Alene, Idaho in June of 2015. However, just three months into his training, Bowman suffered a stress fracture in his lower leg which sidelined him for the rest of the year and erased his hope of competing in that race.

"I was able to maintain swimming and pedaling, which was good for me," Bowman said. "I was able to start running again at the end of the year and I was still kind of in shape from working with the other two."

So once he was able to start running again and restart his training schedule, he set his sights on the same Ironman 70.3 race in June of 2016 in Coeur d'Alene, but had to get some smaller competitions under his belt first. He started with a sprint triathlon, a shorter race totaling in 15.5 miles, and later worked his way up to a 32.1 mile Olympic triathlon in Walla Walla, Washington over Memorial Day weekend that year.

He would compete in one more sprint race in Goldendale, Washington in the fall before hitting the training regimen hard and begin to focus on being prepared enough for the

Ironman race.

"It was my goal all along, to go to Coeur d'Alene, and I just kept working out and wondering if I could do it," Bowman said. "Finally I just fully committed to it."

By early spring time, he was deep into his training which consisted of six day per-week workouts. On Monday, Wednesday, and Friday's Bowman would swim and then follow it up with a run, which grew by one mile each week. Then on Tuesday's and Thursday's Bowman would head to spin class where he would ride the stationary bike for 75 minutes, before ending each week with anywhere from a 40 to 80 mile bike ride either on his own or with the Pendleton On Wheels club.

But once again, Bowman hit some roadblocks. About six weeks before the Ironman race was to take place, Bowman developed tendinitis in his ankle which sidelined his running for five weeks. And then, once the ankle began to heal and he was prepared to start his last-minute training, he also developed a respiratory issue that caused some issues in his training. However, with all that going on, Bowman remained committed to the race.

So when the big day



Contributed photo via Dave Bowman  
More than 3,000 competitors (in neon yellow and pink caps) line up as they wait for the starting gun at the Ironman 70.3 in Coeur d'Alene, Idaho on June 26, 2016.

finally came, Bowman was both excited yet unsure about what he was about to get himself into.

"I was nervous about the whole ordeal," Bowman said. "I remember it being really hard to sleep the night before, and then I had to be at the venue by 5 a.m. so I had to get up around 3:30 a.m. and get my nutrition going."

When he arrived to the starting line at Lake Coeur d'Alene, he couldn't believe his eyes. It was announced that more than 3,000 people had registered for the race, a lot more competition than Bowman had expected.

"I about fell over when I heard there were 3,000 entries and 2,000 volunteers," Bowman said. "And

3,000 people from all over the world here, too, which really made it a mess trying to get going in the swim."

When all was said and done, Bowman was one of 15 people in his 65-69 age group to finish the race out of the 26 competitors that started the day. He finished with an overall time of 8:16:52 which also placed him at 2,200th overall for the race. His individual splits for the race were 48:58 for 1.2 miles swimming, 4:08:41 for 56 miles in cycling, and 2:59:19 over 13.1 miles running.

"I just wanted to finish the race," Bowman said. "They give you a certain amount of time to finish and can pull you out at any time for a Did Not Finish, but I made it in time. I had

a little bit of cramp trouble on the bike, but I made it."

Two other Pendleton residents also competed in the event, with Troy Baker competing in the 45-49 age group and Erin Bartsch competing in the 35-39 age group. Baker finished 159th out of 236 in his group with a time of 6:29:13, split between a 38:50 in swimming, 3:16:32 in cycling and 2:22:47 for running.

Bartsch finished in 6:46:19 for a 100th place finish out of 183 total. She turned in a 57:52 for swimming, 3:24:31 for cycling, and 2:08:41 for running.

As for Bowman, he went into the race last month thinking he was going to be one-and-done, but that mindset changed after he finished the race.

"I just thought I'd do it once and quit, but here I am already training for the next one," Bowman said.

He has his sights once again set on the 2017 race in Coeur d'Alene, but won't start his rigorous training for a few months.

"I'm just casually doing some stuff now," he said, "and trying catch up on my fishing."

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## MAUI INVITE: Tournament games to be televised on ESPN2

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national scale and definitely within the Pac-12. We will help our players through it, fighting those expectations. Sometimes it is harder to maintain a certain level of success than achieve it so we definitely have some obstacles to overcome to get guys in the right frame of mind to compete. This tournament will do that because game in and game out there will be great competition. So having a tournament like this early in the year will help out and we go to

Baylor before Maui, so we will be well-prepared."

Oregon will play either Wisconsin or Tennessee in the second game while Oklahoma State, Connecticut, North Carolina and host Chaminade are on the bottom half of the bracket.

"You look at the field and the exciting thing about it is a lot of teams have a lot of experience," Altman said. "There are good programs and good coaches. North Carolina is coming off being in the national championship, and

Wisconsin was in the Sweet 16, and we had a nice year. It should be a competitive field, and we are excited to be part of it."

The three-day tournament concludes with the championship game on Nov. 23 at 6:30 p.m. on ESPN2.

Oregon returns starters Chris Boucher, Dillon Brooks, Casey Benson and Tyler Dorsey while adding senior point guard Dylan Ennis.

"Oregon is one of those programs that just reloads," Thompson said. "They

have weapons we have to limit that can hurt you in a lot of ways. We have to be ready for that."

Georgetown is coming off a 15-18 season, but returns four starters and added 6-foot-5 senior transfer Rodney Pryor, who averaged 18.3 points and 8.0 rebounds per game at Robert Morris last season. L.J. Peak, a 6-5 junior, was Georgetown's leading scorer last year with 12.3 points per game, and 6-9 junior Isaac Copeland averaged 11.1 points. Seven-foot senior Bradley Hayes

averaged 8.7 points and 6.7 rebounds.

"Georgetown prides itself on being a physical team and we are going to have to match that," Altman said. "A few years ago, we did a good job of keeping the floor spread and being able to score some points but had a hard time stopping them."

"We know we will have our hands full, but the thing I remember most from that game was the physical nature of it. They have a lot of experience back, and we are an experienced team."