

EAST OREGONIAN SPORTS

THURSDAY, AUGUST 11, 2016

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HERMISTON

Landingham wins the night

Former Pendleton resident continues strong season with top bareback time

By ERIC SINGER
East Oregonian

For 10 years, bareback rider R.C. Landingham called Eastern Oregon — Pendleton, specifically — home.

So every year the 25-year-old cowboy, who now resides in Hat Creek, California, makes sure he can make it back to his hometown rodeos. And he was, indeed, in Hermiston on Wednesday night to help open the 28th Farm-City Pro Rodeo at the Umatilla County Fairgrounds and gave many of his family and old friends a good show as he rode Kesler Rodeo's Double Dippin for 81.5 points. His score was the best of the night and earned Landingham the \$100 dollar dash bonus.

"I'm glad to finally perform well for you," Landingham said to the crowd following his victory lap around the arena.

The performance was a continuation of what has become a breakout season for Landingham, who is in his seventh year on the Professional Rodeo Cowboys Association tour. As of Wednesday, Landingham sits in fifth place in the bareback Weather Guard PRCA World Standings with \$79,178.43 in winnings and is poised for his first-ever trip to the National Finals Rodeo in Las Vegas, Nevada in December. He credits his success to a better understanding of how to take care of himself and his health.

"I tried to workout more, eat more healthy, and learned to turn away a lot of horses," Landingham said. "Guys give me heck about turning away so many, but I've learned if you don't feel you can place, there's no point in (hurting) yourself ... it's worked and I've probably placed at 75% of the rodeos I've been to."

Another Oregon cowboy that was happy to be back on Wednesday was Terrebonne native Russell Cardoza. The all-around cowboy, who recently vaulted into the No. 1 spot in the all-around World Standings with more than \$82,000 in winnings, gushed about Farm-City following his turn in steer wrestling.

"It (darn shure feels good to be back ... this is my 10th year here



R.C. Landingham of Hat Creek, Calif. rides Double Dippin for 81.5 points in bareback riding Wednesday at the Farm-City Pro Rodeo in Hermiston.

Staff photo by E.J. Harris

and I'll probably always come back as long as I'm rodeoing," he said.

Cardoza's performances in the arena, though, didn't end up where he had probably hoped, as he sat near the middle of the pack in tie down roping, steer wrestling, and team roping. He dazzled the crowd with a 5.2 second time in steer wrestling on Wednesday night, but South Dakota cowboy Taz Olsen bested that with a 4.5 second time to win the night.

And in team roping, Cardoza and header Dustin Bird of Cut Bank, Montana had the best time in slack with a 5.0 and a solid 6.2 in the main event for a total time of 11.2 seconds. Full team roping standings were not available by press time.

In saddle bronc, Tyrell Smith of Great Falls, Montana and Sterling Crawley of Stephenville, Texas tied with scores of 83 points to split the nightly prize. Crawley tamed Calgary Stampede's Weary Joke

for his score while Smith mastered Kesler's Navajo Sun, which earned Smith an extra \$500 bonus for riding in the randomly selected Coca-Cola showdown horse.

Action picks back up on Thursday night with Mutton Bustin at 7:25 p.m. and main event rodeo at 7:45 p.m.

Contact Eric Singer at esinger@eastoregonian.com or (541) 966-0839. Follow him on Twitter @ByEricSinger.

Olympics

Idaho cyclist strikes gold

Armstrong wins third straight time trials

Associated Press

RIO DE JANEIRO — Kristin Armstrong had just put together another golden effort in an Olympic time trial, this time slicing through driving wind and rain, when her 5-year-old son approached her at the finish.

"Mama," Lucas asked, "why are you crying? You won?"

Once again. The American cyclist who lives in Boise, Idaho, made it three consecutive gold medals on Wednesday, the ageless wonder conquering a brutal course at the Rio Games. Her time of 44 minutes, 26.42 seconds topped reigning bronze medalist Olga Zabelinskaya of Russia by the slimmest of

See OLYMPICS/2B



AP Photo/Patrick Semansky
Cyclist Kristin Armstrong of the United States celebrates after crossing the finish line to win the women's individual time trial event at the 2016 Summer Olympics in Pontal beach, Rio de Janeiro, Brazil, Wednesday, Aug. 10, 2016.

NFL

Seahawks activate rehabbing Graham

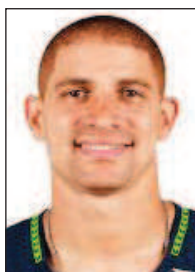
Versatile tight end recovering from torn tendon in knee

By TIM BOOTH
Associated Press

RENTON, Wash. — Jimmy Graham jogged out wearing his white Seattle practice uniform as usual on Wednesday.

Except this time, Graham was wearing his helmet, too.

"When you are away from it for as long as I've been, it's very sweet when you get the opportunity to do it again,"



Graham

was inching closer to a return, and one day after running back Thomas Rawls got back on the field, Graham joined in.

Graham went through a light practice, doing some positional drills but not taking part in any full team

work. It was his first time on the field with his teammates since Week 12 of last season when he tore the patellar tendon in his right knee in a game against Pittsburgh.

Graham had surgery almost immediately after the injury and his right knee was completely immobilized for 11 to 12 weeks. The recovery from a patellar tendon tear can sometimes take up to a year but Graham was back on the field in less than nine months.

"There were some dark days. It's been eight months and it's been a constant eight months," Graham said. "I've never been through something where every day you had to do some-

See GRAHAM/2B

MLB

Cruz homers, M's top Tigers

Hernandez duels Verlander for seven

Associated Press



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SEATTLE — Nelson Cruz hit his 28th homer in the eighth inning after Felix Hernandez and Justin Verlander dueled through the first seven, and the Seattle Mariners beat the Detroit Tigers 3-1 on Wednesday night to complete a three-game sweep.

Cruz hit a 1-1 pitch from Justin Wilson (2-4) over the batter's eye 421 feet away to help the Mariners get their

season-high sixth straight victory.

Hernandez and Verlander each pitched seven innings of one-run ball in a battle of former Cy Young Award winners. Hernandez struck out eight and allowed three hits and four walks, while Verlander allowed seven hits and two walks and struck out six.

See MARINERS/2B

Sports shorts

Anthony becomes Team USA's all-time Olympic points leader

RIO DE JANEIRO (AP) — Carmelo Anthony is the most prolific scorer in U.S. men's Olympic basketball history.

The first American male basketball player to appear in four Olympics, Anthony passed LeBron James on the career scoring list during Wednesday's game against Australia. Anthony moved past James with another 3 from the left wing with 1:08 left in the first quarter.

James scored 273 points during appearances in Athens, Beijing and London. David Robinson (270) is third on the scoring list followed by Michael Jordan (256) and Charles Barkley (231).

Anthony has played in 26 Olympic games, another U.S. record.



Anthony

"At the end of the day, the time has been served. I've served that time ... I've worked hard, all the way from the bottom when I had nothing. I worked hard to work back to where I am now."

— Justin Gatlin

United States Olympic team sprinter reacting to the argument that athletes that have been doping in the past should not be allowed to compete at Olympics after serving their punishments. Gatlin recently served a four-year ban for testosterone use.

EOU women picked 3rd in CCC

LA GRANDE — Following a record-breaking season that featured the program's first trip to the Opening Round of the NAIA National Championships, the EOU women's soccer team earned a third-place ranking in the 2016 Cascade Collegiate Conference (CCC) Preseason Coaches' Poll.

The Mountaineers amassed one first-place vote and 115 points overall. EOU went 17-3-1 last season, including a 9-2 mark in league action.

Carroll brought home nine first-place votes and 139 points to claim the top spot, while College of Idaho just edged EOU for second place with 117 points.

The Mountaineers return three all-conference honorees in sophomore forward Zoe Anderson, junior midfielder Makensie Forsyth, and senior goalkeeper Jessica Parker.

EOU opens the season Aug. 27 at George Fox.



THIS DATE IN SPORTS

1995 — Michael Johnson wins the 200 meters in 19.79 seconds in the World Track & Field Championships to become the first runner to capture the 200 and 400 meters in a major championship.

2008 — In Beijing, Michael Phelps gets his second gold medal — thanks to a late comeback in the 400-meter freestyle relay by Jason Lezak, who lunges to the wall just ahead of the French anchor. The U.S. team's time of 3:08.24 shatters its world record of 3:12.23 set the night before in preliminaries.

Contact us at 541-966-0838 or sports@eastoregonian.com