

EAST OREGONIAN SPORTS

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1B

Triathlon

Ironman officer returns to form



In a Dec. 21, 2016 photo, Robert Lounsbury, an Ironman triathlete, poses for a photo in Coos Bay. Lounsbury continues to train for competitions after recovering from a bike accident left him with a concussion and several broken bones.

Oregon policeman recovers to compete after gruesome training crash



In a Dec. 21, 2016 photo, Robert Lounsbury, an Ironman triathlete, continues to train in Coos Bay for competitions after recovering from a bike accident left him with a concussion and several broken bones.

By JOHN GUNTHER
The World

COOS BAY — As Robert Lounsbury recovered in a hospital bed with multiple breaks and bruises after crashing his bike into a parked city truck in October of 2015, one thing was clear to the Coos Bay Police sergeant and triathlete: He would compete again.

“There was never a doubt I would be back triathloning,” he said. “I always knew I would be back.”

Lounsbury fulfilled that goal on Nov. 20, when he raced to a new personal best at an Ironman-length event in Arizona.

Lounsbury completed the 2.4-mile swim, 112-mile bike ride and marathon run in 10 hours, 16

minutes and 55 seconds.

It completed an amazing year of recovery from a horrific accident, reported The World.

Lounsbury’s crash came when he was training for the same triathlon on Oct. 6 in 2015.

He doesn’t remember all the details because he suffered a concussion, but what he thinks happened is he swerved to avoid being hit by a car just after the bike lane on Bayshore Drive ends and instead hit the truck, while he was pedaling nearly 25 mph.

The sum of injuries included a broken collarbone, a broken neck, 15 various breaks in his ribs and a broken thumb that required surgery. He also lost a tooth and had his teeth knocked out of place, requiring braces.

See IRONMAN/2B

HERMISTON

Bulldogs tested at The Clash

Minnesota tournament gives Hermiston wrestling all it can handle

East Oregonian

The Hermiston wrestling team traveled to Minnesota looking to get battle tested against some elite programs, and wasn’t let down by the brackets at The Clash XV.

The Bulldogs won just a single dual, going 1-5 against midwestern opponents over the two days, but all but one dual was competitive.

Hermiston’s first match-up in Bracket D also proved to be its toughest as it lost to St. Michael-Albertville (MN) 65-9 on Friday.



Wrestling

A loss to Platts-mouth (NE) by a much more respectable 44-26 margin followed, but the Bulldogs rebounded to finish the day with a 34-31 win over Pewaukee (WI) for seventh.

Saturday’s round robin consisted of four-team groups based on their previous day’s finish.

Hermiston would go 0-3 with losses to Glenbard North (IL), 48-30, Foley (MN), 43-28, and Kenyon-Wanamingo (MN) 42-31.

Senior Valen Wyse led the Bulldogs with five wins at 170 pounds, all by pin in either the first or second round. His only loss was to St. Michael-Albertville senior Jake Allar, the 2016 Minnesota state champion and 2016 Junior National freestyle champion, by an 18-1 technical fall.

Senior Beau Blake won four times and also picked up a forfeit at 285. He earned three wins on points and then capped his trip with a 25-second pin over Kenyon Wanamingo’s Austin Evert that was the quickest win of the tournament for a Bulldog.

Sophomore Ruben Madrigal (106 pounds) also won four times, and three-match winners were junior Kenny Bevan (195), senior Julio Leiva (182), and senior Jesus Rodriguez (126).

Hermiston’s win over Pewaukee began with a second-round pin by Wyse, but Pewaukee won the next four in a row to go up 21-6.

Madrigal stopped the bleeding with a 13-2 major decision, then Gage Shipley (113) and Rodriguez won with pins while Pewaukee took the 120-pound bout with a pin to make the score 27-22.

A double forfeit at 132 meant neither team scored, and Pewaukee went up 31-22 with a 10-1 major decision at 138 pounds.

Senior Wade Kirkpatrick started the comeback with a 7-1 win at 145 pounds, then senior Oscar Lopez hung on for a 10-7 win to make it 31-28.

Needing at least a major decision for the win, junior Zach Kirkpatrick sealed it with a pin at the buzzer in the second period over sophomore Jacob Baker.

Hermiston will remain in dual mode until heading to the Reser’s Tournament of Champions at the end of the month. The Bulldogs’ next match is Wednesday, Jan. 11, when they host The Dalles at 7 p.m. Then they’ll head to the Oregon Classic Jan. 13-14.

NFL

Seahawks enter the playoffs with a whimper, not a roar

Regular-season finale raises questions about team’s ability to win in postseason

By TIM BOOTH
Associated Press

RENTON, Wash. — For the fifth straight season, the Seattle Seahawks have won 10 games and are headed to the playoffs, the longest such streaks in franchise history.

So why does this division title and playoff appearance feel so underwhelming? It’s because unlike the previous four playoff appearances when the Seahawks were rolling headed into the playoffs, this time Seattle is limping into the NFC wild-card game against Detroit on

Saturday night.

The latest example came in Sunday’s regular-season finale against San Francisco when Seattle slogged its way to a 25-23 victory that again raised more questions than provided answers about what to expect when the playoffs arrive.

But even with the lackluster performance the latter half of the season, Seattle coach Pete Carroll believes the Seahawks have the pieces for a playoff run.

“I think we’ve got great leadership. We’ve got a lot of young guys and we’re bringing them with us,” Carroll said during his radio show on KIRO-AM on Monday morning. “It’s a great challenge, a great exercise in putting it together.”

Seattle is playing on wild-card weekend for the second straight year

See SEAHAWKS/2B



Seattle Seahawks defensive end Michael Bennett (72) celebrates with defensive end Frank Clark after sacking San Francisco 49ers quarterback Colin Kaepernick during the second half of an NFL football game in Santa Clara, Calif., Sunday, Jan. 1, 2017.

Sports shorts

McGriff wins 3rd weekly award

LA GRANDE — Eastern Oregon men’s basketball forward Bryan McGriff was named the Red Lion CCC Player of the Week for the third time this season on Monday.

The senior from Las Vegas averaged 24 points and just below 12 rebounds a game in road wins over No. 13 Northwest, 92-71, and Evergreen, 98-92.

He was 6-of-8 from the field and 11-of-13 at the line for 25 points against Evergreen, and added 13 rebounds, five assists and a block as the Mountaineers (14-2, 6-0 CCC) extended their winning streak to eight games and claimed sole possession of first place in the Cascade Conference.

For the season McGriff is averaging 21.8 points, 9.93 rebounds per game and has eight double-doubles.



McGriff

“It’s been tough, and for the first time I’ve had to tell myself, ‘Hey, you can’t do that anymore.’”

— Gary Kubiak

Denver Broncos coach announcing his retirement on Monday. Kubiak, 55, experienced health issues during the season, which he said made him realize he was no longer up to the rigors of coaching in the NFL.

McCullum has career performance

MINNEAPOLIS (AP) — When the Minnesota Timberwolves jumped out to a 12-point lead over Portland at halftime, the struggling Trail Blazers looked to be on their way to yet another loss.

Turns out C.J. McCollum had the young Wolves right where he wanted them.

McCullum scored a career-high 43 points to carry the Trail Blazers to a 95-89 victory Sunday night.

Mason Plumlee had 18 points and eight rebounds, and Evan Turner added 11 points for the Blazers. They were without star point guard Damian Lillard for the fourth straight game.

McCullum made 16 of 25 shots, including a 30-foot 3-pointer with just over 2:30 to play to put the game out of reach.

“We were being soft as a team and I think it showed in our performance,” McCollum said. “We knew that we needed to come out and compete.”



McCullum

THIS DATE IN SPORTS

1920 — Boston Red Sox owner Harry Frazee sells pitcher-outfielder Babe Ruth to the New York Yankees for \$125,000 plus a \$350,000 loan.

1931 — Nels Stewart of the Montreal Maroons scores two goals four seconds apart in the third period of a 5-3 victory over the Boston Bruins.

1973 — A 12-member group headed by George Steinbrenner buys the New York Yankees from the Columbia Broadcasting System for \$10 million.

1993 — The Buffalo Bills stage pro football’s biggest comeback to beat the Houston Oilers 41-38 in overtime in the first round of the NFL playoffs.

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