IRONMAN: Lounsbury discovers benefits of indoor cycling after accident

Lounsbury spent five days in the hospital and left in dual arm slings and wearing a neck brace.

He was back on his bike within a few weeks, and running on a treadmill before long. It was hardest to get back into swimming, but he made it back into the pool, too.

He gives a lot of the credit for his recovery to physical therapist Lawrence Cheal and his wife, Julie Batchelor, for helping him rehabilitate from all the various breaks and his thumb injury.

Just competing in a triathlon would have been a stretch of the imagination when Lounsbury was young.

"I was a short, fat kid growing up in Coquille," he said. "I weighed more than I do now and I was 5 inches shorter."

Lounsbury started running for fitness when he was 14 and lost a lot of weight while having a growth spurt. But he never tried running as a competitive sport, even though North Bend's cross country coach tried to recruit him when he was in high school there.

He was nearly 15 years into his police career in Coos Bay before he got the taste of competition — in water skiing.

A friend convinced him to go to a tournament and, as he puts it, "I was hooked on competition."

The following year, he signed up for the water skiing competition at the Western States Police and Fire Games. When he saw he could compete in a second event for just $10 more, he decided to try triathlon.

Nick Furman, a local cyclist and runner, helped him with his bicycling and swimming in a crash course on the sport.

When Lounsbury arrived at the games, the water skiing event was canceled because of a lack of participants. But Lounsbury placed 12th in the triathlon, which was at the Olympic distance, with a slight modification on the run. The swim was 1,500 meters and the bike was 40 kilometers. The run was about 7 miles instead of the normal 10-kilometer (6.2-mile) distance.

Lounbury was hooked on triathlons and he's been doing them ever since.

"My wife tells me every day that I'm crazy," he said.

He was drawn to the sport because of the competition and because he knew running eventually would take a toll on his body but triathlon requires work in all three disciplines.

"I like the cross training," he said. "It keeps it exciting."

It wasn't long before Lounsbury started experimenting in longer triathlons. He completed his first half in 2010 and his first full Ironman in 2013, at Couer D'Alene, Idaho.

For Lounsbury, swimming has been the toughest discipline to master.

"Swimming is so highly technical," he said.

Ironically, the accident likely made him a better swimmer when he returned to the pool because he had to re-learn everything and got rid of bad habits he had picked up.

He credits Ralph Mohr and Jayna Tomac, regulars at Mingus Park Pool, for making him a better swimmer.

Biking, on the other hand, has been the easiest and developed into his favorite.

"I just like the feeling of freedom on the bicycle," he said. "It makes me feel like a kid again."

Lounsbury is grateful for the flexible schedule he has for his police job.

In the height of Ironman preparation, Lounsbury trains 12 to 17 hours a week, split between the three disciplines with roughly 50 percent biking. Some days he doubles up, with swimming in the morning and biking in the afternoon. He also does some weight training in the gym.

He has one long workout a week for each discipline — a 5- to 6-hour bike ride, a 2-hour run and a 4,000-yard swim.

He also tries to have two hard training weeks and then one easier week, which he says is important both physically and mentally.

"I've learned a lot about training methodology," he said.

Since his accident, he's done more of his bicycle training indoors, and been surprised by how efficient it is. Indoor cycling requires constant pedaling while there is some coasting outdoors.

"Going into Arizona, I didn't know how I would do," Lounsbury said. "I had my best bike split."

He averaged 21.5 mph for the 120-mile ride.

Lounsbury's times were 1 hour, 5 minutes and 9 seconds for the 4,000-meter swim; 5 hours, 16 minutes and 22 seconds for the bike; and 3 hours, 49 minutes and 38 seconds for the marathon.

He finished 25th out of 188 men in the 45-49 age group and 188th out of 2,445 participants overall.

Lounsbury's ultimate goal is to qualify for the Ironman World Championship at Kona in Hawaii, an event that is shown on network television every year (it's where he first saw triathlon).

Getting into Kona is tough, though. Each sanctioned Ironman event is allocated a number of spots for each age group in Kona.

In Arizona, there were four spots available and the fourth-place finisher in Lounsbury's age group was 45 minutes faster than him.

The closest he came was in an event at Whistler, where he was seventh in his age group and missed qualifying by just two spots.

"It's crazy competition," Lousbury said.

He is hoping maybe when he turns 50 in two years to have a better chance.

In the meantime, he will enjoy the thrill of the competition and training.

"It's a good break from my job," he said. "It's that euphoric feeling that you get, and you get it in all these disciplines."

SEAHAWKS: Detroit in even worse shape than Seattle entering first round match-up

after squandering its chance at a bye with a home loss to Arizona in Week 16 . Facing the lowly 49ers was supposed to be Seattle's opportunity to get itself pointed in the right direction headed into the playoffs. And while the win can't be discredited, the fashion in which it happened failed to provide much confidence.

Seattle fell behind 14-3, needed a huge turnover to get back into the game in the first half and nearly watched the 49ers rally in the fourth quarter before running out the clock with Russell Wilson, Doug Baldwin and a chunk of Seattle's starters sitting on the bench as Carroll tried to protect key players.

"When coach made the decision, I was for it and I saw that some other guys weren't playing, too," Wilson said after the win. "He just made those decisions. We knew that we were going to have a home game and so that was kind of our focus trying to get some rest, trying to get ready, allowing nothing crazy to happen."

While Wilson had another solid day, throwing for 258 yards and a touchdown, the biggest concern was Seattle's inability to run the ball against the worst defense in the NFL. San Francisco was giving up more than 170 yards per game on the ground, yet the Seahawks managed only 87 yards on 25 carries. Take away runs of 26 and 17 yards by rookie Alex Collins in the second half and the Seahawks averaged just 1.9 yards per carry.

In the final three games of the regular season, Seattle averaged 79 yards per game rushing and just 2.9 yards per carry.

"We're not pleased with it. It's not anywhere near where we want it to be," Carroll said.

For all the issues that have surfaced late in the season for Seattle, the Seahawks may have drawn the best possible matchup to open the postseason. Detroit lost its final three games of the regular season, was worse than Seattle at running the ball and doesn't have a defense most would consider on the same level as the Seahawks.

Then again, Seattle was supposed to blow out the 49ers to head into the playoffs on the rise.

"It's kind of like a new season now," Seattle tight end Luke Willson said. "Obviously everyone wants a bye, but that doesn't really matter to us now. We don't have it, and we can't look too far forward."

Seattle Seahawks defensive tackle Jarran Reed, center, is shoved by defensive end Frank Clark (55) during the second half of an NFL football game against the San Francisco 49ers in Santa Clara, Calif., Jan. 1, 2017.
AP Photo/Tony Avelar

SCOREBOARD

Local Slate

BOYS' PREP BASKETBALL

Today
Pendleton at Sunnyside (WA), 7 p.m.
AC Davis at Hermiston, 7 p.m.
Irrigon at Weston-McEwen, 7:30 p.m.
Umatilla at Kennewick (WA), 7:30 p.m.
Tri-Cities Prep (WA) at Riverside, 7:30 p.m.

Wednesday
Mountain View at Hermiston, 5:30 p.m.

Thursday
Mac-Hi at Riverside, 7 p.m.
Echo at Nixyaawii, 7:30 p.m.

Friday
Pilot Rock at Imbler, 3 p.m.
Irrigon at Grant Union, 6:30 p.m.
Dallas at Hermiston, 7 p.m.
Helix at Cove, 7 p.m.
Union at Heppner, 7:30 p.m.
Weston-McEwen at Enterprise, 7:30 p.m.
Mitchell/Spray at Arlington, 7:30 p.m.
Ione at Condon/Wheeler, 7:30 p.m.
Joseph at Echo, 7:30 p.m.
Nixyaawii at Powder Valley, 7:30 p.m.

Saturday
Redmond at Pendleton, 4:30 p.m.
Ontario at Mac-Hi, 4:30 p.m.
Stanfield at Imbler, 5:30 p.m.
Pilot Rock at Enterprise, 5:30 p.m.
Elgin at Heppner, 5:30 p.m.
Arlington at South Wasco, 5:30 p.m.
Condon/Wheeler at Horizon Christian (Hood River), 5:30 p.m.
Sherman at Ione, 5:30 p.m.
Helix at Powder Valley, 5:30 p.m.

GIRLS' PREP BASKETBALL

Today
Umatilla at Stanfield, 5:45 p.m.
Tri-Cities Prep (WA) at Riverside, 6 p.m.
Irrigon at Weston-McEwen, 6 p.m.
Sunnyside (WA) at Pendleton, 7 p.m.
Hermiston at La Grande, 7 p.m.

Thursday
Mac-Hi at Riverside, 6 p.m.
Echo at Nixyaawii, 6 p.m.

Friday
Irrigon at Grant Union, 5 p.m.
Pilot Rock at Imbler, 6 p.m.
Union at Heppner, 6 p.m.
Weston-McEwen at Enterprise, 6 p.m.
Helix at Cove, 6 p.m.
Mitchell/Spray at Arlington, 6 p.m.
Ione at Condon/Wheeler, 6 p.m.
Joseph at Echo, 6 p.m.
Nixyaawii at Powder Valley, 6 p.m.

Saturday
Hermiston at Mountain View, TBD
Redmond at Pendleton, 2:45 p.m.
Ontario at Mac-Hi, 3 p.m.
Stanfield at Imbler, 4 p.m.
Pilot Rock at Enterprise, 4 p.m.
Elgin at Heppner, 4 p.m.
Arlington at South Wasco, 4 p.m.
Condon/Wheeler at Horizon Christian (Hood River), 4 p.m.
Sherman at Ione, 4 p.m.
Helix at Powder Valley, 4 p.m.

PREP WRESTLING

Friday-Saturday
Mac-Hi, Irrigon, Heppner, Echo at JoHi Invite (Joseph), 9 a.m.

Saturday
Riverside at Grandview (WA) Winter Classic, 9 a.m.
Pendleton at Brunner Invitational (Dallas), 9 a.m.

PREP SWIMMING

Saturday
Pendleton, Hermiston at The Dalles Meet (at Hood River Aquatic Center), 10 a.m.

MEN'S COLLEGE BASKETBALL

Wednesday
Treasure Valley at Blue Mountain, 8 p.m.

Friday
Warner Pacific at Eastern Oregon, 7:30 p.m.

Saturday
Blue Mountain at Big Bend, 4 p.m.
Multnomah at Eastern Oregon, 7:30 p.m.

WOMEN'S COLLEGE BASKETBALL

Wednesday
Treasure Valley at Blue Mountain, 6 p.m.

Friday
Warner Pacific at Eastern Oregon, 5:30 p.m.

Saturday
Blue Mountain at Big Bend, 2 p.m.
Multnomah at Eastern Oregon, 5:30 p.m.

COLLEGE WRESTLING

Friday
Eastern Oregon vs. Embry-Riddle (at Menlo Duals), 6 p.m.

Saturday
Eastern Oregon at Menlo Duals, TBD

Football

NFL
AMERICAN CONFERENCE
East

	W	L	T	Pct	PF	PA
y-New England	14	2	0	.875	441	250
x-Miami	10	6	0	.625	363	380
N.Y. Jets	5	11	0	.313	275	409

South

	W	L	T	Pct	PF	PA
y-Houston	9	7	0	.563	279	328
Tennessee	9	7	0	.563	381	378
Indianapolis	8	8	0	.500	411	392
Jacksonville	3	13	0	.188	318	400

North

	W	L	T	Pct	PF	PA
y-Pittsburgh	11	5	0	.688	399	327
Baltimore	8	8	0	.500	343	321
Cincinnati	6	9	1	.406	325	315
Cleveland	1	15	0	.063	264	452

West

	W	L	T	Pct	PF	PA
y-Kansas City	12	4	0	.750	389	311
x-Oakland	12	4	0	.750	416	385
Denver	9	7	0	.563	333	297
San Diego	5	11	0	.313	410	423

NATIONAL CONFERENCE
East

	W	L	T	Pct	PF	PA
y-Dallas	13	3	0	.813	421	306
x-N.Y. Giants	11	5	0	.688	310	284
Washington	8	7	1	.531	396	383
Philadelphia	7	9	0	.438	367	331

South

	W	L	T	Pct	PF	PA
y-Atlanta	11	5	0	.688	540	406
Tampa Bay	9	7	0	.563	354	369
New Orleans	7	9	0	.438	469	454
Carolina	6	10	0	.375	369	402

North

	W	L	T	Pct	PF	PA
y-Green Bay	10	6	0	.625	432	388
x-Detroit	9	7	0	.563	346	358
Minnesota	8	8	0	.500	327	307
Chicago	3	13	0	.188	279	399

West

	W	L	T	Pct	PF	PA
y-Seattle	10	5	1	.656	354	292
Arizona	7	8	1	.469	418	362
Los Angeles	4	12	0	.250	224	394
San Francisco	2	14	0	.125	309	480

x-clinched playoff spot
y-clinched division

Sunday, Jan. 1
Minnesota 38, Chicago 10
Cincinnati 27, Baltimore 10
New England 35, Miami 14
N.Y. Jets 30, Buffalo 10
Philadelphia 27, Dallas 13
Indianapolis 24, Jacksonville 20
Tampa Bay 17, Carolina 16
Tennessee 24, Houston 17
Pittsburgh 27, Cleveland 24, OT
N.Y. Giants 19, Washington 10
Seattle 25, San Francisco 23
Denver 24, Oakland 6
Kansas City 37, San Diego 27
Arizona 44, Los Angeles 6
Atlanta 38, New Orleans 32
Green Bay 31, Detroit 24

Wild-card Playoffs

Saturday
Oakland at Houston, 1:35 p.m. (ESPN)
Detroit at Seattle, 5:15 p.m. (NBC)

Sunday
Miami at Pittsburgh, 10:05 a.m. (CBS)
N.Y. Giants at Green Bay, 1:40 p.m. (FOX)

Divisional Playoffs

Saturday, Jan. 14
Seattle, Green Bay or N.Y. Giants at Atlanta, 1:35 p.m. (FOX)
Houston, Oakland or Miami at New England, 5:15 p.m. (CBS)

Sunday, Jan. 15
Pittsburgh, Houston or Oakland at Kansas City, 10:05 a.m. (NBC)
Green Bay, N.Y. Giants or Detroit at Dallas, 1:40 p.m. (FOX)

NCAA

Bowl Glance

Saturday, Dec. 31

Citrus Bowl
Orlando, Fla.
LSU 29, Louisville 9

TaxSlayer Bowl
Jacksonville, Fla.
Georgia Tech 33, Kentucky 18

CFP Semifinals

Peach Bowl
Atlanta
Alabama 24, Washington 7

Fiesta Bowl
Glendale, Ariz.
Clemson 31, Ohio State 0

Monday

Outback Bowl
Tampa, Fla.
Florida 30, Iowa 3

Cotton Bowl
Arlington, Texas
Wisconsin 24, Western Michigan 16

Rose Bowl
Pasadena, Calif.
Southern Cal 52, Penn State 49

Sugar Bowl
New Orleans
Oklahoma 35, Auburn 19

Monday, Jan. 9
College Football Championship
Tampa, Fla.
Alabama (14-0) vs. Clemson (13-1), 5:30 p.m. (ESPN)

Basketball

NBA
EASTERN CONFERENCE
Atlantic Division

	W	L	Pct	GB
y-Toronto	23	10	.697	—
Boston	20	14	.588	3½
New York	16	18	.471	7½
Philadelphia	8	24	.250	14½
Brooklyn	8	25	.242	15

Southeast Division

	W	L	Pct	GB
Charlotte	19	16	.543	—
Atlanta	18	16	.529	½
Washington	16	17	.485	2
Orlando	16	20	.444	3½
Miami	10	25	.286	9

Central Division

	W	L	Pct	GB
Cleveland	26	7	.788	—
Milwaukee	17	16	.515	9
Indiana	17	18	.486	10
Chicago	17	18	.486	10
Detroit	16	20	.444	11½

WESTERN CONFERENCE
Southwest Division

	W	L	Pct	GB
San Antonio	27	7	.794	—
Houston	27	9	.750	1
Memphis	22	14	.611	6
New Orleans	14	22	.389	14
Dallas	10	24	.294	17

Northwest Division

	W	L	Pct	GB
Utah	22	13	.629	—
Oklahoma City	21	14	.600	1
Portland	15	21	.417	7½
Denver	14	20	.412	7½
Minnesota	11	23	.324	10½

Pacific Division

	W	L	Pct	GB
Golden State	30	5	.857	—
L.A. Clippers	22	14	.611	8½
Sacramento	14	19	.424	15
L.A. Lakers	12	25	.324	19
Phoenix	10	24	.294	19½

Sunday's Games
Atlanta 114, San Antonio 112, OT
Detroit 107, Miami 98
Indiana 117, Orlando 104
Portland 95, Minnesota 89
Toronto 123, L.A. Lakers 114

Monday's Games
Cleveland 90, New Orleans 82
Milwaukee 98, Oklahoma City 94
Orlando 115, New York 103
Utah 101, Brooklyn 89
Chicago 118, Charlotte 111
Houston 101, Washington 91
Seattle 25, San Francisco 23
Denver 127, Denver 119
Phoenix at L.A. Clippers, late finish

Today's Games
Minnesota at Philadelphia, 4 p.m.
Indiana at Detroit, 4:30 p.m.
Utah at Boston, 4:30 p.m.
Toronto at San Antonio, 5:30 p.m.
Washington at Dallas, 5:30 p.m.
Miami at Phoenix, 6 p.m.
Sacramento at Denver, 6 p.m.
Memphis at L.A. Lakers, 7:30 p.m.

Wednesday's Games
Atlanta at Orlando, 4 p.m.
Oklahoma City at Charlotte, 4 p.m.
Milwaukee at New York, 4:30 p.m.
Chicago at Cleveland, 5 p.m.
Memphis at L.A. Clippers, 7:30 p.m.
Miami at Sacramento, 7:30 p.m.
Portland at Golden State, 7:30 p.m.

Thursday's Games
Brooklyn at Indiana, 4 p.m.
Charlotte at Detroit, 4:30 p.m.
Utah at Toronto, 4:30 p.m.
Atlanta at New Orleans, 5 p.m.
Oklahoma City at Houston, 5 p.m.
Phoenix at Dallas, 5:30 p.m.
San Antonio at Denver, 6 p.m.
L.A. Lakers at Portland, 7:30 p.m.

NCAA
Men's Top 25
AP Top 25
The top 25 teams in The Associated Press' college basketball poll, with first-place votes in parentheses, records through Jan. 1, total points based on 25 points for a first-place vote through one point for a 25th-place vote and last week's ranking:

	Record	Pts	Prv
1. Villanova (59)	14-0	1619	1
2. Baylor (6)	14-0	1532	4
3. Kansas	12-1	1406	2
4. UCLA	14-0	1395	11
5. Gonzaga	14-0	1357	7
6. Kentucky	12-1	1179	11
7. West Virginia	12-1	1090	5
8. Duke	12-2	1062	3
9. Louisville	12-2	1063	6
10. Creighton	15-1	1015	10
11. Virginia	11-2	954	12
12. Florida St.	14-1	902	20
13. Wisconsin	12-2	865	14
14. North Carolina	13-3	731	8
15. Oregon	13-2	771	21
16. Xavier	12-2	634	17
17. Arizona	13-2	613	18
18. Butler	13-2	477	13
19. Saint Mary's (Cal)	12-1	416	19
20. Purdue	12-3	405	15
21. Virginia Tech	12-1	293	—
22. Cincinnati	12-2	258	23
23. Notre Dame	12-2	250	24
24. Florida	10-3	193	25
25. Indiana	10-4	74	16
25. Southern Cal	14-1	74	22

Others receiving votes: Minnesota 56, Clemson 23, Miami 16, Maryland 6, Kansas St 5, Iowa St. 3, Seton Hall 3, Northwestern 2, VCU 2, UNC Wilmington 1.

Monday's Games
No games scheduled

Today's Games
No. 3 Kansas vs. Kansas State, 6 p.m.
No. 6 Kentucky vs. Texas A&M, 6 p.m.
No. 7 West Virginia at Texas Tech, 6:15 p.m.
No. 13 Wisconsin at No. 25 Indiana, 4 p.m.
No. 17 Arizona at California, 6 p.m.
No. 24 Florida vs. Mississippi, 4 p.m.

Wednesday's Games
No. 1 Villanova at No. 18 Butler, 3:30 p.m.
No. 2 Baylor vs. Iowa State, 5 p.m.
No. 8 Duke vs. Georgia Tech, 4 p.m.
No. 9 Louisville at No. 23 Notre Dame, 6 p.m.
No. 10 Creighton at St. John's, 5:30 p.m.
No. 11 Virginia at Pittsburgh, 6 p.m.
No. 15 Oregon at Washington, 6 p.m.
No. 21 Virginia Tech at N.C. State, 6 p.m.

Thursday's Games
No. 4 UCLA vs. California, 6 p.m.
No. 5 Gonzaga at San Francisco, 6 p.m.
No. 17 Arizona vs. Utah, 7 p.m.
No. 19 Saint Mary's vs. BYU, 8 p.m.
No. 20 Purdue at Ohio State, 4 p.m.
No. 25 Southern Cal vs. Stanford, 8 p.m.

No. 7 Notre Dame 55, Georgia Tech 38
No. 13 Duke 58, No. 8 Louisville 55
No. 14 Miami 82, Pittsburgh 50
No. 18 Virginia Tech 76, North Carolina 68
No. 23 DePaul 61, Providence 56

Today's Game
No. 11 Ohio State at Northwestern, 6 p.m.

Wednesday's Games
No. 1 UConn vs. East Carolina at the XL Center, Hartford, Conn., 7 p.m.
No. 2 Baylor at No. 17 West Virginia, 7 p.m.
No. 3 Maryland at Nebraska, 8 p.m.
No. 15 Texas at Kansas, 8 p.m.
No. 20 Oklahoma vs. Kansas State, 8 p.m.
No. 22 South Florida at Tulane, 8 p.m.
No. 23 DePaul vs. Creighton, 8 p.m.

Thursday's Games
No. 4 Mississippi State at Arkansas, 8 p.m.
No. 5 South Carolina at Auburn, 7 p.m.
No. 6 Florida State at North Carolina, 7 p.m.
No. 7 Notre Dame vs. Wake Forest, 7 p.m.
No. 8 Louisville at Virginia, 7 p.m.
No. 13 Duke at Georgia Tech, 7 p.m.
No. 14 Miami at N.C. State, 7 p.m.
No. 24 Kentucky vs. Missouri, 7 p.m.

Pac-12 Standings

	Conf.		Ovr		Pct	GB
Oregon St.	2-0		13-1		.929	—
Stanford	2-0		12-2		.857	—
UCLA	2-0		11-2		.846	—
Washington	2-1		14-2		.875	½
Utah	1-1		12-1		.923	1
Arizona St.	1-1		10-3		.769	1
California	1-1		13-1		.929	1
USC	1-1		10-3		.769	1
Wash. St.	1-2		6-8		.429	1½
Colorado	0-2		10-3		.769	2
Oregon	0-2		10-4		.714	2
Arizona	0-2		9-4		.692	2

Cascade Standings

	Conf.		Ovr		Pct	GB
Southern Ore.	6-0		13-1		.929	—
Eastern Ore.	6-0		13-2		.867	—
Oregon Tech	5-1		12-4		.750	1
MW Christian	4-2		12-4		.750	2
C. of Idaho	4-2		4-8		.333	2
Northwest	3-4		8-9		.471	3½
Multnomah	2-4		4-9		.308	4
Evergreen	2-5		3-11		.214	4½
Corban	1-5		3-9		.571	2
Warner Pacific	1-5		3-13		.188	5
Walla Walla	0-6		2-10		.167	6

NWAC East Standings

	Conf.		Ovr		Pct	GB
Spokane	0-0		9-2		.818	—
Walla Walla	0-0		9-3		.750	—
Yakima Valley	0-0		8-5		.615	—
Columbia Basin	0-0		6-3		.727	—
Treasure Vall.	0-0		6-3		.727	—
North Idaho	0-0		7-4		.636	—
Big Bend	0-0		5-8		.615	—
Wenatchee Val.	0-0		5-6		.455	—
Blue Mountain	0-0		1-13		.071	—

Hockey

NHL
EASTERN CONFERENCE
Atlantic Division

	GP	W	L	OT	Pts	GF	GA
Montreal	37	22	9	6	50	113	86
Ottawa	37	21	13	3	45	94	98
Boston	40	20	16	4	44	98	99
Tampa Bay	38	19	15	4	42	109	105
Toronto	36	17	12	7	41	106	103
Florida	38	16	15	8	40	92	104
Detroit	37	16	16	5	37	93	107
Buffalo	36	13	15	8	34	78	101

Metropolitan Division

	GP	W	L	OT	Pts	GF	GA
Columbus	38	26	5	4	56	123	73
Pittsburgh	38	25	8	5	55	133	107
N.Y. Rangers	39	26	12	1	53	135	97
Washington	36	22	9	5	49	99	78
Philadelphia	39	20	14	5	45	116	120
Carolina	36	16	13	7	39	94	98
New Jersey	38	15	16	7	37	89	114
N.Y. Islanders	36	15	15	6	36	104	113

WESTERN CONFERENCE
Central Division

	GP	W	L	OT	Pts	GF	GA
Chicago	40	23	12	5	51	109	98
Minnesota	36	23	9	4	50	119	84
St. Louis	38	20	13	5	45	104	103
Dallas	38	16	15	7	39	108	118
Nashville	36	16	15	5	37	98	102
Winnipeg	40	18	19	3	39	113	121
Colorado	37	12	23	2	26	76	125

Pacific Division

	GP	W	L	OT	Pts	GF	GA
San Jose	37	23	13	1	47	94	80
Anaheim	39	19	12	8	46	107	109
Edmonton	39	19	14	6	44	108	104
Calgary	39	20	17	2	42	105	111
Los Angeles	37	18	15	4	40	97	116
Vancouver	39	18	17	4	40	87	101
Arizona	37	11	21	5	27	82	122

NOTE: Two points for a win, one point for overtime loss.

Sunday's Games
Toronto 5, Detroit 4, OT
Washington 2, Ottawa 1
Anaheim 4, Philadelphia 3, SO

Monday's Games
St. Louis 4, Chicago 1
New Jersey 3, Boston 0
Vancouver 3, Colorado 2

Transactions

Monday

FOOTBALL
National Football League
BUFFALO BILLS — Signed LS Reid Ferguson, QB Charles Gaines, RB Cedric O'Neal, S Joe Powell, LB Max Valles and QB Josh Woodrum to reserve/future contracts.
CLEVELAND BROWNS — Signed WR Josh Boyce, LB James Burgess, DL Trevon Coley, DB Justin Currie, DB Trae Elston, DB Darius Hillary, J.P. Holtz and OL Zach Sterup to reserve/future contracts.
DENVER BRONCOS — Announced the resignation of coach Gary Kubiak.
HOUSTON TEXANS — Signed P Cory Carter.
INDIANAPOLIS COLTS — Signed LB Lavar Edwards, WR Marcus Leak, S Stefan McClure, CB Tevin Mitchel, QB Stephen Morris, G Adam Redmond, CB Larry Scott and WR Tevaun Smith to reserve/future contracts.
MINNESOTA VIKINGS — Signed DT Sterling Bailey, WR Moritz Bohringer, TE Kyle Carter, WR Cayleb Jones, OT Marquis Lucas, QB Ike Roberson, RB Bishop Sankey, OT Austin Shepherd and S Cedric Thompson to reserve/future contracts.
NEW YORK JETS — Signed DL Kenny Anunike, WR Darius Jennings, DL Claude Pelon, FB Chris Swain and TE Jason Vander Laan to reserve/future contracts.
OAKLAND RAIDERS — Signed LBs Andy Mulumba and Dwayne Norman to reserve/future contracts.
TAMPA BAY BUCCANEERS — Signed OL Josh Allen, S Isaiah Johnson, OL Mike Liedtke, CB Cody Riggs, RB Blake Sims and TE Tevin Westbrook to reserve/future contracts.
TENNESSEE TITANS — Signed OL Karim Barton, LB Kourtnei Brown, TE Jerome Cunningham, RB David Fluellen, WR Jonathan Krause, OT Tyler Marz and WR K.J. Maye to reserve/future contracts.
WASHINGTON REDSKINS — Signed DL A.J. Francis, WR Matt Hazel, LB Rufus Johnson, DL Joey Mbu, OL Ronald Patrick, DB Shak Randolph, TE Wes Saxton, WR Kendal Thompson and T Isaiah Williams to reserve/future contracts.

HOCKEY
National Hockey League
ARIZONA COYOTES — Claimed C Alexander Burmistrov off waivers from Winnipeg. Recalled D Kevin Connauton from Tucson (AHL).
MONTREAL CANADIENS — Signed G Al Montoya to a two-year contract extension.
NEW JERSEY DEVILS — Claimed F Reid Boucher off waivers from Nashville. Assigned D Yohann Auvitu to Albany (AHL).
NEW YORK RANGERS — Recalled F Nicklas Jensen from Hartford (AHL).

ECHL
READING ROYALS — Announced F Steven Swavely and D Maxim Lamarche were loaned to the team by Lehigh Valley (AHL).

COLLEGE
ALABAMA — Announced offensive coordinator Lane Kiffin will leave the team. Named Steve Sarkisian offensive coordinator.
DUKE — Announced men's basketball coach Mike Krzyzewski is taking a leave of absence to have lower back surgery. Named Jeff Capel interim coach.
OHIO STATE — Announced S Malik Hooker will enter the NFL draft.
PURDUE — Named Brian Brohm, Tony Levine, Nick Holt, Reggie Johnson, Anthony Poindexter and Dale Williams assistant football coaches and Greg Brohm to the football support staff.
SOUTH CAROLINA — Reinstated men's senior basketball G Sindarius Thornwell from suspension.
TCU — Announced sophomore QB Foster Sawyer is transferring.

Today's Games
New Jersey at Carolina, 4 p.m.
Buffalo at N.Y. Rangers, 4 p.m.
Toronto at Washington, 4 p.m.
Edmonton at Columbus, 4 p.m.
Winnipeg at Tampa Bay, 4:30 p.m.
Montreal at Nashville, 5 p.m.
Los Angeles at San Jose, 7 p.m.

Wednesday's Games
Winnipeg at Florida, 4 p.m.
Montreal at Dallas, 5 p.m.
N.Y. Rangers at Philadelphia, 5 p.m.
Colorado at Calgary, 7 p.m.
Arizona at Vancouver, 7 p.m.
Detroit at Anaheim, 7:30 p.m.

Thursday's Games
Columbus at Washington, 4 p.m.
Edmonton at Boston, 4 p.m.
Nashville at Tampa Bay, 4:30 p.m.
Carolina at St. Louis, 5 p.m.
Buffalo at Chicago, 5:30 p.m.
Detroit at Los Angeles, 7:30 p.m.
Minnesota at San Jose, 7:30 p.m.