

SPORTS

THE BULLETIN • Friday, July 2, 2021

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TRACK & FIELD

Warholm breaks 400 hurdle record

OSLO, Norway — Two-time world champion Karsten Warholm broke a 29-year-old world record in the 400-meter hurdles Thursday in the Diamond League meet.

The 25-year-old Norwegian finished in 46.70 seconds to break the mark of 46.78 set by American Kevin Young in the 1992 Barcelona Olympics final.

"This was just the perfect moment," Warholm said in an interview posted by World Athletics. "Everybody's talking about this world record that's been standing for many, many years — it's older than me, actually."

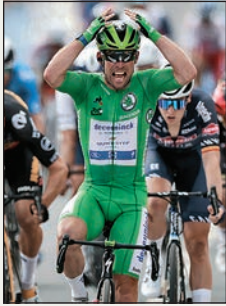
Warholm said he was excited to have broken the record in front of home fans, including family members, at Bislett Stadium.

"I knew I had it in me, but of course it's very special to be able to do it," he said.

Warholm's previous best was 46.87 in Stockholm last August.

— Associated Press

INSIDE



Stephane Mahe/Pool via AP

Mark Cavendish celebrates as he wins the sixth stage of the Tour de France on Thursday.

Tour de France

— On a historic day for sprinter Cavendish, Tour organizers also chose not to file charges against the woman whose sign caused a crash during Stage 1 on Saturday. Details in Sports Briefing, B4.

WOMEN'S COLLEGE HOOPS

Ex-Beav Goodman lands post at Duke

Aleah Goodman is remaining in college basketball, as Duke named the former Oregon State star as its director of recruiting and player personnel Thursday.

Goodman finished her senior season at OSU in March, completing a career in which she was one of the school's top scorers and 3-point shooters. Goodman was selected No. 30 in the 2021 WNBA draft by Connecticut, but didn't make the roster.

Goodman joins coach Kara Lawson's staff at Duke. Among Goodman's duties is assisting with camps and clinics, prepping scouting materials, assisting with recruiting and providing support on game days.

Goodman has a relationship with Lawson through USA Basketball.

Goodman was a Pac-12 first-team selection as a senior guard this past season, and earned the Tom Hansen Pac-12 Conference medal as OSU's outstanding female student-athlete.

Goodman is OSU's No. 16 all-time scorer with 1,162 points and third in career 3-pointers.

— The Oregonian

INSIDE

• Another ex-Beaver, Mikayla Pivec, discusses the value of NIL for female student-athletes. Details, B5

Mind games

Pre-game meditation has helped the Elks become one of the hottest teams in the West Coast League

BY BRIAN RATHBONE • The Bulletin

About three hours before the first pitch against the Corvallis Knights on Wednesday afternoon, the Bend Elks looked as though they were collectively taking a nap on the turf of the fieldhouse at Vince Genna Stadium.

But the two dozen or so players were not napping, they were meditating, which has become common practice prior to their games over the past couple of weeks.

"I would do it a little bit here and there, but never as much as this," said Elks pitcher R.J. Gordon, who spends his springs playing for the Oregon Ducks. "It helps you out mentally. Everyone is good out here physically, we are all college athletes. But it's the mental side that separates good teams from bad."

WEST COAST LEAGUE BASEBALL



Ryan Brennecke/The Bulletin

Tyler Graham, an assistant coach with the Bend Elks, leads a meditation session for his players before starting pre-game practice at Vince Genna Stadium on Wednesday.

"In a world where a lot of things are going on, you want to get to this stillness, this calmness. You don't let outside things distract you from what you are thinking and feeling. We want to be in control of our mind and not let our mind control us."

— Kyle Nobach, Bend Elks head coach

With the players lying down or sitting in the dim and quiet room, assistant coach Tyler Graham maneuvered around, guiding them through a 15-minute meditation session. He told

the group to "bring attention to something that isn't a thought" and "allow your mind to get quieter, calmer."

"In a world where a lot of things are going on, you want to get to this still-

ness, this calmness," said Elks head coach Kyle Nobach.

"You don't let outside things distract you from what you are thinking and feeling. We want to be in control of our mind and not let our mind control us."

On the baseball field there can be plenty of chances for the mind to wander — replaying a fielding error or an earlier at bat that ended in a strikeout, or reacting to heckling fans in the stands.

See Elks / B4



Tony Avelar/AP file

Danielle Kang tees off on the first hole at Lake Merced Golf Club during the final round of the LPGA Mediheal Championship on June 13 in Daly City, California.

OLYMPICS | GOLF

Olympic golf a bigger stage, priority for women

BY DOUG FERGUSON

AP Golf Writer

Dustin Johnson was never going to the Olympics. Justin Thomas was never going to miss them. And then there was Patrick Cantlay, who didn't have a choice.

No one really asked Cantlay for his outlook on the Olympics even as he returned to the top 10 in the world by winning the Memorial for his second victory of the PGA Tour season.

That put him very much

in the mix for a spot on the American team going to Japan.

The final week of qualifying was the U.S. Open. The final day provided an answer from an astute member of his team: "The decision has been made for him."

Four other Americans were ahead of him, in the Olympic ranking and at Torrey Pines during the final round. That meant there was no room for Cantlay, the No. 7 player in the world.

So when the final Olym-

pic ranking was released and 15 players decided not to go — from Johnson at No. 2 to Camilo Villegas of Colombia at No. 225 — it was easy to conclude the men care far more about green than gold, silver or bronze.

But it's progress.

For Rio de Janeiro, the top four players in the world stayed home. For Tokyo, there wasn't even room for Nos. 7, 8 and 9 — Cantlay, Brooks Koepka and Patrick Reed.

See Golf / B5

MOTOR SPORTS

Girl power: Female engineers pushing IndyCar teams to wins

BY JENNA FRYER

AP Auto Racing Writer

Danielle Shepherd grew up in Ohio an auto racing fan, cheering wildly for Jimmy Vasser in the 180-degree Key-hole turn at Mid-Ohio Sports Car Course.

It didn't hit her until she was in college and had ditched her plans to study Spanish and international relations that she realized she might someday work with her favorite driver.

Angela Ashmore tagged along with her father on weekends to Berlin Raceway in Michigan, got hooked on cars and NASCAR and Dale Earnhardt, and set a path to work in racing. She first thought she could be a driver, then her dad honed in on her math and science skills and suggested an engineering career.

Both women now play key roles for the IndyCar program at Chip Ganassi Racing. Same for Kate Gundlach at Arrow McLaren SP and Nicole Rotondo from Honda Performance Development. The four female engineers are all part of a streak in which women were part of winning IndyCar victories the past three races.

Ashmore made her first trip to victory lane alongside Rotondo at Detroit when Marcus Ericsson won his first career IndyCar race.

The next day, Pato O'Ward won for



Walter G. Arce/Chip Ganassi Racing via AP, file

Danielle Shepherd, at right with the clear sheet in her hand, works in the pit for driver Alex Palou during the IndyCar Grand Prix of Alabama at Barber Motorsports Park in April in Birmingham, Alabama. Shepherd went over the wall when tasked with removing the tear off from the aeroscreen on Palou's car.

AMSP and Gundlach got to celebrate. Then it was Shepherd in victory lane at Road America with Alex Palou, a two-time winner this season and the IndyCar points leader.

The series races Sunday at Mid-Ohio — Shepherd's home track — and it is possible another woman will be celebrating a victory again.

The technical nature of open-wheel racing gives IndyCar ample opportunities for women to advance in roles traditionally filled by men. Shepherd took it a step further this season as the first woman to go over the wall when she was tasked with removing the tear off sheets from the aeroscreen on Palou's car during pit stops.

All believe they have earned their spots and are far more than symbols of diversity on their respective teams.

"I think we're here because the team has hired good people for the roles because we're proving that we can be on cars and win," Shepherd said. "I hope what it says about Ganassi is he's not necessarily trying to be inclusive, but he's not trying to be exclusive, either. He's trying to put the right people in the right roles and have the best team possible because he likes winners whether they're male or female."

Shepherd started at KV Racing not long after earning an engineering degree from The College of Wooster and found herself in a team debrief with none other than Vasser, co-owner of the now defunct race team.

"The first time you are like, 'I'm in the room with Jimmy Vasser, this is really cool!' Then you are like 'Shake it off, do your job, it's fine,'" said Shepherd, who at Ganassi was part of Scott Dixon's 2018 championship team and is currently a simulation engineer on Palou's car.

Shepherd and Ashmore both aspire to be lead engineers for an IndyCar team. Ashmore's journey took her from Purdue with a mechanical engineering degree to a two-year stop at Chrysler and then her break in NASCAR at a position at Roush Fenway Racing.

See Motor sports / B4