

FREE**ORANGE****SERVING THE TRIANGLE**

COMMUNITY SPORTS NEWS

BASKETBALL ★ CYCLING ★ RUNNING ★ OUTDOORS**February 2024
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Meet CH Designer Behind UNC's Argyle

Matt Goad

Alexander Julian, Chapel Hill-based designer who originally put the argyle on Tar Heel uniforms more than 30 years ago, says he'd be willing to tackle the uniforms again, but added his new idea would have to include the argyle in some fashion.

Julian, a UNC alumnus and Chapel Hill native, changed Carolina athletics forever when he added the argyle design to the men's basketball uniforms before the 1991-92 season.

Tar Heel Coach Dean Smith called Julian personally to ask the award-winning men's apparel designer—and still a local store owner—to tackle a redesign of his team's uniforms in the early '90s.

Julian had impressed Smith with his original concept of the purple and teal Charlotte Hornets uniforms in 1988 and the designer was in London when he got Smith's call in spring 1990.

"Dean Smith was a god to me," Julian said in a recent phone interview. "It was like having God on the phone asking for new halos for the archangels." Julian added that he quickly started to feel the pressure of get-

ting the new threads right, "If I screwed it up I couldn't go home again."

Davis Moore, a salesperson at Julian's men's store on Franklin Street, where there is a display recognizing the redesign, said customers of a certain age have long known about Julian's connection to the uniforms, but many younger ones do not.

"If they're over 45 they instantly recognize it," Moore said. "Current students, they just sometimes don't know where it came from."

Julian said he didn't hesitate to say yes to Smith, and he didn't hesitate to say the same when asked how he would respond if Hubert Davis were to call him and ask him to take on the look again—as long as he could continue the argyle tradition somehow.

But he said he didn't have any idea how he would change them without sitting down with his team again.

In the original redesign process, Julian and his team came up with 30 different options, and Smith wanted to give an equal say

ARGYLE, Continued on page 6*The original design had the argyle stripe only part way down the sides of the shorts.*

PHOTO BY MATT GOAD

Standardized Check-In Times Slated For State Parks

Starting June 15, most campsites in Tar Heel state parks will have a check-in time of 3 p.m. and a check-out time of 12 p.m.

The new rules will apply to tent, trailer and RV campsites, group, equestrian, paddle-in, walk-in, backpacking campsites and cabins. The only exceptions are overnight facilities at The Summit Environmental Education and Conference Center at Haw River SP and the vacation cabins at Hanging Rock and Morrow Mountain SP.

Early Voting Continues For March 5 Primary

Early voting for the March 5 North Carolina Primary continues at six sites in Orange County. Five are returnees from previous elections and Efland-Cheeks Community Center, Efland, is the newest one.

Others are Orange Works, Hillsborough Commons; Carrboro Town Hall; Chapel Hill Public Library; Chapel of the Cross; Seymour Senior Center. Early voting ends March 2. Photo ID required.

Early voting hours at all sites are 8-3 Feb. 17, 8-7:30 Feb. 19-23, 12-4 Feb. 25, 8-7:30 Feb. 26-March 1, 8-3 March 2.

It's a long ballot and includes races for local, state, judicial, federal offices. Same day voter registration and voting is possible during early voting. Proof of residency required.

Questions? Contact the county board of elections (919-245-2350).

Staff at Jordan Lake is hoping the new check-in/out times will allow for an easier camper transition on/off the campsites. Jordan has five camping areas and a half dozen forms of camping with more than 1,000 sites.

Flooding from January storms didn't cause any damage at Jordan, park officials said, but left lots of debris to be removed from campsites, beach areas and roadways. The highest lake level (226.34, more than ten feet above normal pool) was Jan. 14. The level dropped to 216.90 Jan. 26 before three days of rainfall raised it to 219.48 in late January before it began to drop again.

Clean Jordan Lake Inc. needs volunteers for their annual spring cleanup Saturday, March 23, from 9 to 12 at WRC gameland off Seaford Road, Pittsboro (for GPS, use 2999 Seaford Rd. It's not the boat ramp/beach area at Jordan). Volunteers must be 16+ years of age. Boaters are needed to ferry volunteers and trash. To help, sign up at meetup.com/help-cleanjordanlake/events/

A bathroom improvement project scheduled for Parkers Creek Campground is in the design stage. Money was allocated last year but no date for construction has been set.

The park office at Jordan is selling annual passes (\$90) and taking applications for seasonal positions starting this spring and summer. Folks interested in applying can come by the park office 8-4:30 weekdays only or call 919-362-0586. Jobs are general utility worker, park attendant and ticket booth operator, visitor center office attendant. *J.B.*

Plenty Of Options For Spring Races

Related Stories Page 4

Area runners have plenty of choices for local spring races. More than three dozen are scheduled from now until early June. Some Saturdays provide multiple options including road and trail events.

The number of races here is probably getting back to pre-Covid numbers, with the ex-

ception of PTA-sponsored school races that still lag. The CSN preliminary spring race list has 37 running events, compared to 28 for the same period last year. March and April dates account for most of the races as organizers try to hold them before schools get out for the summer.

Triathlon and multi-sports also are returning in number as are some trail races that are doubling up with fall and spring races at the same location.

The number of new races remains low. It's often hard to line up enough volunteers to stage new races, an organizer told CSN, because the spring season is packed with weekend events by every organization.

Town Scrambles On Tennis Project

Chapel Hill plans to rebid the Cedar Falls tennis court rebuild and rec officials are hopeful they've got enough money. The town previously bid the project only to see bids come in substantially higher than the funds available so it was shelved. Since Covid construction

TENNIS, Continued on page 6

Triangle Festivals

February

17, Churton Street History Stroll, Visitor Center, Hillsborough, 10 a.m.

March

9, Born at Duke Homestead, Washington Duke, Duke Homestead, Durham, 11:15 a.m., Also April 13.

9, Reptile & Amphibian Days, NC Museum of History, Raleigh, 10-5.

9, 11th Anniversary Party, Raleigh Brewing Co. (original location W Raleigh), 1-8 p.m.

10, Carrboro Kite Fly, Anderson Park, 1-3 p.m. It's canceled if there's rain.

FESTIVALS, Continued on page 2

NCAA Hoops, Remote Camping Due March 20

The next issue (March 20) of CSN will highlight NCAA Hoops by Chip Bremer and remote coastal camping.

Writer Robbie Breitweiser takes a winter trip to Lake Mattamuskeet and points east in search of wildlife, quietude and the soul of America. He found at least two of the three and set the groundwork for a remote camping adventure when the weather warms up.

Local Public Golf Update follows in April.

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UNC Hockey Club Splits With N.C. State

The UNC Hockey club topped N.C. State 3-2 in sudden death and fell 6-2 at PNC Arena to wrap up the regular season. UNC finished 17-6-1, second in ACC M2 premier, with 52 points. State was fourth (50 points), Rider (66) took first, Penn State third.

UNC was ranked sixth, State seventh in SE region rankings by ACHA before the weekend games.

A 2-2 game between State and Carolina (goals by Patrick O'Shaughnessy) was suspended with 2:03 left Feb. 2 in Morrisville when a State player was injured. He later regained all movement.

UNC's Florian Zajic scored the game-winner when the game was completed three days later prior to the Carolina Classic in Raleigh. The win assured Carolina of second place. State led 4-0 before Daniel Kauber and Leighton Walsh scored for the Heels in a 6-2 loss, ending their ten-game win streak.

Earlier, UNC downed UNC-Wilmington 3-0, 5-2, Stevenson 9-3 on Senior Night in Hillsborough.

The playoff season is underway with the ACCHL championships first in Winston-Salem, followed by ACHA D2 regionals Feb. 23-25 in Athens, OH, Feb. 23-25, and nationals in St. Louis, March 11-15.

Orange County Senior Games Registration

Orange County Senior Games, sports and arts competition for men/women 50+, signup is under way.

Early bird registration costs \$15, saves \$5.00 by March 8. Final deadline is March 22 and costs \$20. Bowling and golf have extra costs. Register online at ncseniorgames.org/orange.

Silver Arts includes heritage, performing, visual arts and will be on display starting April 11 at the Seymour Senior Center. Sports events run April 13-May 8 and will be held throughout Orange County. Sports range from archery to swimming, track & field. Competition is by age group. Medalists are eligible for the State Finals in Raleigh next fall.

Questions? Contact coordinator Dana Hughes (dhughes@carrboronc.gov).

Wake Leads Drive For Girls Flag FB

Wake County schools' pilot program for girls 7V7 high school flag football drew strong support with 20 (19 public, one private) of Wake's 25 high schools participating. They formed teams, held practices and two days of games before a round robin tournament weekend. Schools started with three games each Saturday. Wake had a \$50,000 grant from the Carolina Panthers to cover startup and uniform costs.

Flag football will be an Olympic demonstration sport in 2028 in LA and is gaining in popularity across the U.S.

Chapel Hill recreation officials are thinking of getting involved, but aren't able to take it on now. They want to run a program at a

different time of year.

Wake's goal is to add flag football as a high school varsity sport to get more girls involved in sports. Similar grants helped Mecklenburg and two other counties add girls flag football, a fall sport.

Nationally, more than half the states are offering girls flag—eight states offer it as a sanctioned sport, two more likely will add it in the spring, and 22 others, like N.C., have pilot programs, according to the National Federation of State High School Associations.

Spring Soccer, Hoops In Hillsborough

Orange County Sportsplex, Hillsborough, is taking teams for adult spring 6v6 co-rec soccer and men's basketball leagues. Cost is \$500/team for regular season and playoffs.

Basketball games are Wednesday night starting March 6, soccer Sunday afternoons beginning March 10. Contact Scott Green (sgreen@oc-sportsplex.com).

Play Some Baseball

Want to play baseball this spring?

Sign up for Central N.C. Men's Senior Baseball. They have four age divisions: 18+, 35+, 50+, 60+ Classic. Players share the cost—field rentals, umpires, balls, uniforms, insurance, and it's normally \$240 to \$350/player. Teams play 17+ games from April through September. Games are weekends only and will involve driving to ball fields in nearby counties. Check cncmsbl.com/join-us/

Carolina Music Festivals

Feb. 15-17, 47th Carolina Jazz Festival at UNC.

Feb. 16-18, Bluegrass First Class, Crowne Plaza Resort, Asheville.

March 23, Blues, Brew & 'Que Festival, Duplin Co. Events Center, Kenansville, fees, 11-8.

UNC Unified Hoops

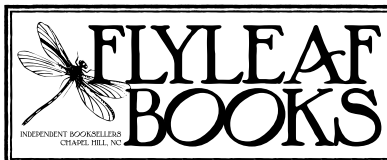
The UNC unified basketball team, a mix of Orange County Special Olympians and UNC students, swamped Duke 49-18 in Carmichael Arena, Chapel Hill. It was UNC's eighth straight win in the series that is played the first weekend of UNC/Duke rivalry games.

Women Ruggers Spring Season

Durham-based Eno River women's rugby club practices Tuesday/Thursday 7-9 at Herndon turf field in Durham. New players are welcome. No experience necessary. Player fees cover team costs.

Eno, playing in Women D-2 of Carolinas Geographic Rugby Union, has a Feb. 17 home opener against Selects 2.0, March 2 match at Carolina Villains, March 23, Cape Fear (home), March 30, at Atlanta Harlequins, part of a doubleheader in Columbia, SC. Check the club's Twitter account for schedule updates. Season opener was Feb. 10 at Charlotte.

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Off the Dribble

Key Concerns For ACC Hoops Leaders

Chip Bremer

We're coming down to the wire, and the postseason outlook for the ACC is finally coming into focus. Even with the Tar Heels maintaining a stranglehold on the conference's top seed, there's still a handful of teams jockeying for position right behind them—and all of them are laser-focused on earning that NCAA tournament bid, and are desperate for wins.

Before they can get there, though, each team has at least one thing that could make or break their postseason chances. Here's a look at the ACC contenders from the top down and what they need to address down the stretch:

UNC: Complacency

This team is so dominant and well-bal-

Key Early 2024 Sports Dates

March

2, Charlotte FC, MLS soccer, (coached by Dean Smith), home opener, BOA Stadium, Charlotte.

9, NCFC, USL soccer, home opener, WMSP, Cary.

10, ACC Wrestling Championship, Carmichael Arena, UNC.

16, N.C. Courage, NWSL soccer, home opener, WMSP, Cary.

21/23, NCAA Tournament men first/second round, Spectrum Center, Charlotte.

28, Orange County Speedway season opener, Rougemont.

April

2, Durham Bulls, AAA baseball, home opener, DBAP, Durham.

13-14, Savannah Bananas/Party Animals, baseball, DBAP.

17-21 ACC M/W Tennis Championship at Cary Tennis Park.

20, Blue/White Spring Football, Kenan Stadium, UNC.

26-27, Lake Wheeler Invitational, rowing, (UNC, Duke), 18 teams, Raleigh.

May

8-11, ACC Softball Championship at Duke.

17-18, ACC Rowing Championship at Lake Wheeler, Raleigh.

24/26, NCAA Women's Lacrosse Championship, semis and final, WMSP, Cary.

30-June 2, Korn Ferry Tour, golf, UNC Health Championship, Raleigh Country Club.

June

5-10, The Soccer Tournament, 7v7, 48 men's teams, 8 women, WMSP, Cary.

13-16, U.S. Open, golf, Pinehurst.

anced that the only thing standing in their way is themselves. As the loss against Clemson demonstrated, they can't afford to sit back and cruise through the remainder of the conference schedule and wait for their rematch with the Blue Devils. Leaders like Armando Bacot and R.J. Davis need to maintain the intensity but also ensure younger players like Elliot Cadeau, Seth Trimble and Jalen Washington get more minutes and gain confidence so they can be ready to step up when needed.

Duke: Consistency

Outside of All-ACC forward Kyle Filipowski, no Blue Devil has demonstrated a consistent offensive game—at least enough to be considered a reliable option next to Filipowski. Jared McCain, Jeremy Roach, Mark Mitchell and Tyrese Proctor have all had their moments, but each has faded down the stretch at some point leaving Filipowski to carry the team until he gets in foul trouble. If Jon Scheyer is going to get this team deep into the NCAA Tournament, he'll need his young backcourt to start playing with more maturity.

Virginia: Scoring

Everybody knows how good this team is at defense—holding Miami to 38 points!—and Tony Bennett is a master at preventing opponents from scoring. The Cavaliers' main problem is, as always, on the offensive end of the court where they rank 333rd nationally. Lead guard Reece Beekman can only do so much, and on nights where solid pack-line defense just isn't enough, shooters like Isaac McKneely, Ryan Dunn and Andrew Rhode need to step up and put some points on the board.

Clemson: Closing Out

Outside of the aforementioned win over UNC, the Tigers have struggled to close out tight games. If P.J. Hall can avoid foul trouble (and hit his free throws), Clemson can lean on him to pull them through the rough patches. However, if Hall and Ian Schieffelin get locked up, and Joe Girard's shots aren't falling, the play of guys like Chase Hunter and Chauncey Wiggins becomes ultra-important—and they're not always the best at making their free throws on a consistent basis.

Wake Forest: Chemistry

The high-scoring Deacons have been something to watch this season, but where they have tripped up is on the defensive side where switching off ball screens and picking up assignments has more to do with a lack of familiarity with each other. The downside of bringing in a host of fresh faces is that sometimes it takes longer to gel, and with the back-

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Uwharrie Mountain Run

The 33rd Uwharrie Mountain Run—trail races of 8, 20, 40 miles in Ophir—had 33 fewer finishers (401 vs 434) than last year. The races were sold out but not on the first day as in the past.

The largest group of local award winners was in the 8 Miler (169 finishers, compared to 192 in 2023): Ruby Lapham, Hillsborough, first 19&U, 1:23:35; Jessie Walter, Chapel Hill, second 20-29, 1:59:15; Liz Gualtieri-Reed, first 50-59, 1:34:13; Amy Hird, second, 1:47:29; Baxter Caress, first 19&U, 1:21:35; Bryer Kalavsky, Carrboro, second, 1:30:35; G. Kalavsky, Carrboro, third, 1:30:35; Neal Carem, first 50-59, 1:21:35; David Morgan, first 60-69, 1:28:41; Owen Astrachan, second, 1:40:18; Eric Teagarden, second 70-79, 1:47:58.

Bob Geil of Durham (1:08:43) was the winner. He was third last year. Women's WT was 1:15:12.

20 Miler WTs were 2:41:11 and 3:04:36 (158 finishers, down from 161). Dahlia Sillman was first 19&U, 5:27:41; Stephanie DeVries, third 40-49, 4:29:01; Anne Manderville-Long, first 60-69, 4:58:23; Jeff Patterson, first 60-69, 4:05:03; Robert Long, first 70-79, 5:27:00.

Holly Howell, Hillsborough, was first 40-49, 10:29:36, and Daniel Lilley, Hillsborough, third 50-59, 9:36:25, in the 40 Miler (74 finishers, down from 81 last year), with WTs 5:56:57 and 8:02:16.

Krispy Kreme Challenge

Joseph Silvers (36:21) of Carrboro was third male in the Non Challenger division at the 20th Krispy Kreme Challenge in Raleigh. Ryan Moore of Chapel Hill was 22nd in 39:25. WT was 30:19 with 2251 finishers, down about 25 from last year. Non Challenger is the no doughnut division.

Alexander Lobanov of Carrboro was the top Orange County finisher in the Challenger division (26th, 37:45). WT was 29:10 (1564 finishers, up from 1063 in 2023). Zakari Crites Videman of Chapel Hill was 28th in 38:22. In this division, runners consume 12 doughnuts after completing 2.5 miles and before doing another 2.5 miles.

The Challenger team division WT was 34:32 for Gate City Striders (3 runners) which included the first overall finisher. There were 71 teams.

In the Non Challenger team division, WT was 43:51 (2 runners) for Full Force. There were 119 teams.

The student-run races have raised more than \$2M for N.C. Children's Hospital in Chapel Hill.

Van Meter Second In Ten Miler

Lucas Van Meter (1:06:22), 15, of Hillsborough was second male at Occoneechee Mountain Challenge trail ten miler in Hillsborough.

Winners were John Gormley (1:06:33) of Wake Forest (for the second straight year) and Carmen Bork, second last year, (1:13:07) of Graham. Wilfred Schneider (1:06:42), age 16, of Durham was third. Larissa Wood (1:17:55) of Carrboro was second woman and Delores Ford (1:19:41) third.

There were 181 finishers, four more than last year.

Viking Dash 5K

Hillsborough runners piled up age group awards at Viking Dash 5K at Hagan Stone Park in Pleasant Garden. WTs were 19:49 and 22:20 (91 finishers).

C. Merritt was second 11-15, 24:31; Nyree Woody, second 11-15, 48:22; G. Woody, third, 48:24; India Woody, first 16-19, 48:19; Kate Merritt, first 40-49, 27:20; Cindy Webster, Chapel Hill, first 50-59, 26:57.

Occoneechee Speedway Relay

BullBiscuit (1:21:43) of Durham took first in the 4 Person Relay Coed, the largest division of the day at Occoneechee Speedway Relay in Hillsborough, with 33 teams. Lap Cats (1:33:00) was second and Cruel Speedway (1:35:10) third. Race was 20 laps, about 13.5 miles, on a frigid day for 59 teams, six more than last year.

We Are Doing Great (1:29:49) was first in 4 Person Relay Female (8) teams, with Bull City Burn Babes (1:50:21) second and Latinos Run Raleigh (1:52:14).

In the 4 Person Relay Male (8 teams), Bakoo and the Boys (1:18:58) posted the day's fastest time. Queso (1:26:06) took second and TP Rollers (1:26:24) third.

Squint Dabber Vancey Pants (1:33:00) of Durham won the 2 Person Relay Coed (6 teams). The Kids Are Probably Fine (1:37:46) finished second and Team Jackson (1:54:36) third.

Speedway Safety (1:31:31) was first in 2 Person Relay Male (4 teams), Ooni Magic (1:36:03) second and Cobblestone Clippers (1:52:28) third.



Running Notes

Ann Kumfer (35:55) of Chapel Hill was first 30-34 and Wesley Kumfer (36:06) first 35-39 at 41st Winter Flight 8K in Salisbury (156 finishers). It was the state RRCA championship. WTs were 23:58 and 29:58.

Taran Kennedy (1:40:51) of Chapel Hill was third 30-34 at Sledgehammer HM at North Topsail Beach (78 finishers). WT was 1:25:53.

Hansen Su (1:09:30) of Chapel Hill was first 50-59 at Ghost Road Trail 8 Miler (72 finishers) in Wake Forest. WT was 1:01:27.

Jessica Alley (1:08:32) of Chapel Hill was second female at Charlotte Ten Miler (536 finishers). WT was 1:06:16.

Race News

The N.C. Brewery Running Series is putting on races in the Raleigh area (Feb. 17, March 23, May 18 Wake Forest). The races are 5K fun runs at different breweries. Fees are charged and pre-registration required. Races are not timed and do not have results. Runners get craft beer and swag after races. Shirts are extra.

Lake Lure Triathlon in Canton finished among runners up for Best Triathlon in a reader poll for Blue Ridge Outdoors magazine. Winner was The James River Triathlon of Richmond, Va., an off-road event with kayak, trail run, MTB segments, with Ironman 70.3 Virginia's Blue Ridge, Roanoke, the other runner up. Best Running Event was the Blue Ridge Marathon, Roanoke, VA.

Durham Parks & Rec is celebrating its 100th anniversary by asking citizens to walk 100 miles on the indoor track at Walltown Center near Northgate before the end of the year to support health and recreation. All ages are welcome. Invited.

The 16th Asheville Hot Chocolate races Jan. 20 were canceled by dangerous conditions (frigid weather).

Kesseli Second At WTF HM

Richard Kesseli (1:42:48) of Hillsborough was second male and Lisa Hecker (2:04:00) of Mebane third female at Whiskey Tango Foxtrot Trail HM in Gibsonville (159 finishers). WTs were 1:38:00 and 2:02:13.

Austin Hirschfield of Hillsborough was third 30-34, 2:02:24.

O'Keeffe Scores In Marathon Trials

Fiona O'Keeffe, 25, won the women's marathon in the U.S. Olympic Marathon Team Trials in Orlando. Her time was 2:22:10, a trials record, in her first marathon. She trains with Puma Elite Running Team of Cary and qualified for the trials with a 1:09:34 time last fall at the Raleigh HM, on the last day for qualifying. She also earned \$80,000 for first place in Orlando where 150 runners competed.

The top three women all finished under the previous Olympic Trials record (2:25:38) set by former UNC runner Shalane Flanagan in 2012. The three will head to Paris to run the Olympic Marathon Aug. 11.

Kelley Third In Cary 10K

Mike Kelley (40:35) of Chapel Hill was third male at Mardi Gras Run for Your Lives 10K in Cary (186 finishers), with a large number of Millstriders running. WTs were 39:03 and 37:57.

David Near, Mebane, was third 25-34, 47:33; Andrew Werden, Chapel Hill, third 55-64, 50:20; Kathy Matera, first grand master, 50:24; Keith Houck, first senior masters, 50:22; Tracey Kasten, first 45-54, 50:55; Teresa Chilton, Efland, second, 51:08; John Northern, third 65+, 58:55.

5K Results

Sara Larson of Chapel Hill was second woman in the 5K (213 finishers). WTs were 19:57 and 22:06. Donna Lebo was first female masters

CH/Durham Spring Races

Here's a preliminary list of upcoming Chapel Hill/Durham area road races:

February

17, Cupid's Undie Run, 1m novelty, Durham.
24, Shamrock 'N' Run 5K, Chapel Hill.
24, Jordan Lake 10/20m trail, New Hill.
25, Head for the Cure 5K, Chapel Hill.

March

2, St. Paul Village 5K, Carrboro
2, TarDevil 2024, 30m off-road, Chapel Hill to Durham.
3, Oral Cancer 5K, Chapel Hill.
9, PSF 5K for Education, Chapel Hill.
9, Blue Blood Rivalry 5K, Durham.
9, MST 100 Ultramarathon, Durham.
10, Tower Climb Hill 10/4m, Pittsboro.
16, Exceptional Strides for Exceptional Students 5K, Pittsboro.
16, Chatham YMCA Leprechaun Dash 5K/10K, Pittsboro.
17, Pie Day Pi (3.4m), Durham.
23, Running with the Angels 5K, Chapel Hill.
23, Franklin 5K, Chapel Hill.
23, Carolina Brotherhood 5K, Haw River.

April

6, Kevin Dendy Memorial 5K, Hillsborough.
6, Smile More Complain Less 5K, New Hill.
7, Bull City Beer Mile, 1m novelty, Durham.
13, Haw River Island Ramble 6K, Graham.
14, Run for Malawi 5K, Chapel Hill.
20, Tar Heel Ten Miler/4m, Chapel Hill.
26, Mebane Dogwood Festival 5K.
26, Socks and Undie 5K Rundie, Durham.
27, Angels Among Us 5K, Durham.
27, Tobacco Road Relay, 75m, Chapel Hill to Durham to Raleigh.
28, Philosopher's Way 10m/7K trail, Chapel Hill.

May

4, Komen/Triangle Race for the Cure 5K, RTP.
4, Zen Squirrel Trail, 10/5/2m, Chapel Hill.
4, Jogging for Josh 5K, Elon.
4, Learning Outside 5K trail, Mebane.
11, GCA Mom's Day 5K, Haw River.
18, Cedarock Trail HM/10K/5K, Burlington.
18, Bee Amazing (Girls on the Run) 5K, RTP.

June

1, Running of the Bulls 8K, Durham.
7-8, Rise N Shine Running Festival, 20K relay/5K, Pittsboro.

Editor's Note: If your race isn't listed, send us the info today (joelcsn1@gmail.com).

Triangle Triathlons, Multi Sport Events

April 27, Beaverdam, Olympic & Sprint tri distances, Falls Lake, Wake Forest.

May 8, Brick Endurance Summer Tri Sprint Series, Sprint & Super Sprint, Rolling View, Falls Lake, Durham. Also June 19.

May 19, Jordan Lake Open Water Challenge, Pittsboro.

May 19, Just Tryan It, youth tri, Chapel Hill.

June 1, Triangle Sprint & Mini Sprint Tri, New Hill., part of NC Tri Series.

Ramblin' Rose Tris

Four Ramblin' Rose women-only sprint triathlons are planned for the 18th season:

June 2, South Charlotte, Aug. 11, Winston-Salem, Sep. 15, Huntersville, Sep. 29, Chapel Hill.

Trailathon

Alamance Parks has a Trailathon (paddle 2 miles, bike 7 miles, 5K trail run) March 23 at 9 a.m. in Glencoe.

Questions? Call Nolan Carter 336-229-2380.

Triangle Distance Races

Here are spring Triangle distance races longer than ten miles:

March

2, Umstead Trail M, Raleigh.
17, Tobacco Road M/HM, Cary.
24, Cary Greenways HM.

April

6, Umstead 100m Endurance Run, Raleigh.
12, MST 12m/50K Challenge, Raleigh.
20, Wake Forest Historic 13.1.

May

18, Cedarock Trail HM, Burlington.
19, NCRC Classic HM, Cary.

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12 Unique Road Races

Here are a dozen popular and unique races, selected by livestrong.com, to do in your lifetime, including two winter races held in the Triangle.

Cupid's Undie Run, 35+ cities including Raleigh, Durham, fundraiser for Children's Tumor Foundation.

Great American Bacon Race 5K, Jan. in Orlando and Miami with free bacon at finish line.

Krispy Kreme Challenge, Feb., run, eat,



Cupid's Undie Run gets off to a fast start in Washington D.C.'s Penn Quarter.

PHOTO BY JEFF MALET

U.S. Soccer Games

USWNT

Feb. 20, winner Guyana/Dominican Republic, Carson, CA, 10:15 p.m. TV TBA.
23, Argentina, Carson, CA, 10:15 p.m.
26, Mexico, Carson, CA, 10:15 p.m.

USMNT

March 21, Jamaica, Arlington, TX, 7 p.m. TV TBA.

Planning Ahead For '26 World Cup

If you're interested in seeing Team USA men's soccer group stage games in the 2026 World Cup in person, start planning.

They'll play June 12 in SoFi Stadium, Inglewood, CA, 19, Lumen Field, Seattle, WA, 25, SoFi Stadium, Inglewood. Opponents will be announced in December 2025 when FIFA holds the WC draw.

FIFA did outline the basics of where, when games will be played. Dates are June 11-July 19 in the U.S., Mexico, Canada, 48 teams, with the finals at MetLife in New Jersey. Tickets will go on sale sometime in 2025. FIFA started an interest list for tickets. Save your money. They're going to be expensive.

run, 5m, Raleigh. Proceeds to N.C. Children's Hospital.

Bay to Breakers, San Francisco, one of the country's oldest, May, 12K.

Carlsbad 5000, April, one of the country's fastest paces, southern California.

Hood to Coast Relay, August, 199m, Oregon.

A Christmas Story 5K/10K, December, Cleveland, OH.

Anchorage RunFest, August, multiple distances.

Garmin Marathon in the Land of Oz, April, Olathe, KS.

LaSportina, Vail Hill/climb, July, 7.7m, Colorado.

Jurassic Trail Runs, June, Texas.

AJC Peachtree Road Race, July, Atlanta, largest 10K with over 60,000 runners.

Run for Roses 5K

Chapel Hill award winners at 43rd Run for the Roses 5K in Raleigh were Jennifer Chu, second 35-39, 24:01, and David Brown, third 60-64, 33:58. WTs were 18:02 and 19:36 (248 finishers, down 6 from last year).

Film Festivals

Feb. 16-22, Oscar Nominated Shorts (animated, live action, documentary), Carolina Theater, Durham.

Feb. 23-25, 25th Nevermore Film Festival, Carolina Theater, Durham. It's hybrid this year.

Feb. 28-29, Mountainfilm on Tour docu (Tue) and Fly Fishing Film (Wed), Rialto Raleigh, 7 p.m., eventbrite.com.

March 1-2, Wake Forest Film Festival, Renaissance Center for the Arts. Check the website for schedule.

March 1-3, Cosmic Rays Film Festival saluting short films made by N.C. filmmakers, Chelsea Theater, Chapel Hill, cosmicrays-filmfest.org.

March 7-9, Hayti Heritage Film Festival, Durham, Black Southern Films all genres. Check the website for schedule.

Dual Team Wrestling

Unbeaten Trinity defeated Seaforth 36-31 to win the 2A high school dual team wrestling state championship in Greensboro. Seaforth finished 36-2 after beating Bartlett Yancey, Ayden-Griffin, Southwest Onslow and Washington to get to the finals.

Cedar Ridge of Hillsborough lost to Jacksonville in the third round of 3A playoffs after beating Carrboro and Person. Laney beat East Chapel Hill in the first round of the 4A playoffs.

N.C. High School Swim Championships

1A/2A—Seaforth men (148) were third, with Eno Academy (32) 19, Woods Charter (30) 21 and Chatham Central (28) 24. Seaforth women (123) were sixth, Northwood (62) 13 and Woods Charter (37) 22.

Top three local finishers:

M200 Medley Relay, Seaforth, second (Vaughn, Hepburn, Lajoie, Roberts).

W200 Free, Emrich, Northwood, first; Collins, Woods Charter, second.

M200 Free, Roberts, Seaforth, second, Frank, Eno River Academy, third.

W200 IM, Burleigh, Seaforth, third.

W100 Fly, Burleigh, Seaforth, first.

W500 Free, Collins, Woods Charter, first.

M500 Free, Roberts, Seaforth, first, Frank, Eno River Academy, third.

W100 Back, Emrich, Northwood, first.

M100 Breast, Hepburn, Seaforth, second.

M400 Relay, Seaforth, second (Lajoie, Roberts, Vaughn, Hepburn).

4A—East Chapel Hill women (139) were sixth, East Chapel Hill men (96) ninth and Chapel Hill (49) 16.

W200 Free, Wolk, East CH, second.

W50 Free, Wolk, East CH, third.

M100 Free, Li, Eash CH, third.

W100 Free, Wolk, East CH, third.

3A—Carrboro men (237) won their fourth straight title while Carrboro women, who had won five straight championships (174) were third. Orange's Katie Belle Sikes set a new state record (48.76) in 100 free, won the 50 free and two relays was named the meet's Outstanding Swimmer for the second straight year. Orange men (113) were 8, Cedar Ridge (34) 18, and Orange women (187) second, Carrboro (174) third, Cedar Ridge (48) 13.

W200 Medley Relay, Orange, first (Sikes, R. White, Jones, P. White).

W200 Free, Shuping, Carrboro, third.

M200 Free, Commins, Carrboro, first, Roman, Orange, third.

M200 IM, Strada, Carrboro, first.

W50 Free, Sikes, Orange, first.

W100 Fly, Labert, Carrboro, first, R. White, Orange, third.

M100 Fly, Commins, Carrboro, first,

W100 Free, Sikes, Orange, first.

W500 Free, Shuping, Carrboro, third.

M500 Free, Roman, Orange, first, Andre, Orange, second, Strada, Carrboro, third.

W200 Free Relay, Orange, first (R.White, P. White, Rasinske, Sikes), Carrboro, second (Lambert, Wesley, Reed, Shuping).

M200 Free Relay, Carrboro, third

(Commins, Brynda, Maiorana, Normand).

W100 Back, Stinnett, Cedar Ridge, third.

M400 Free Relay, Carrboro, first (Strada, Normand, DeWalt, Commins).

ACC HOOPS, Continued from page 3

court of Boopie Miller, Hunter Sallis and Cameron Hildreth still figuring things out—it'll be a little tougher trying to reincorporate shooter Damari Monsanto into the mix.

Miami: Effort

Even when this team was considered at the start of the season the dark horse to steal the conference title, it was widely known that the make-or-break proposition of the Hurricanes was going to come down to their defensive intensity. However, now that they have shown a lack of offensive intensity—as witnessed in their 38-point effort against Virginia—it may behoove Jim Larranaga to light a fire under the backsides of Nigel Pack, Norchad Omier and Matthew Cleveland before their postseason hopes go up in smoke.

NC State: Half Court Offense

If basketball games were decided solely on fastbreak opportunities, the Wolfpack would be leading the conference in offensive efficiency. But when turnovers don't happen and opponents slow the game down, the Pack struggles when forced to operate in a half-court set. Even big man D.J. Burns, who used to be a reliable weapon in the low post, is having difficulty hitting shots when he's not double-teamed, and outside of D.J. Horne, NC State has no actual threat to shoot over a decent half court zone. If Kevin Keatts doesn't find a solution here, the Pack could be relegated to the NIT in March.

March Bike Races

March 23-24, Croatan Buck Fifty, 20/50/100/200m, gravel, Cape Carteret, bikereg.com. Races start at Carteret Co. Speedway.

March 23-24, Triangle Cycling Classic, sponsored by UNC, Duke, NC State Cycling, road race Saturday, criterium Sunday. Details TBA.

TORC Building New MTB Trails

Triangle Off Road Cyclists (TORC) has started building trail at a new park that will be on the Durham/Person county line in the Rougemont area. And they'll need help at upcoming trail work days. Tools are provided.

The 280-acre park (Country Farm Park) will have ten miles of trails with an advanced loop. It's only a 30-minute drive to downtown Durham. Some trails were flagged for clearing at the first workday in early February.

Park on the side of the road. The field parking is not recommended without 4WD. There's no official address for the park, but here's the location. Check the TORC Meetup calendar for workday information.

Coming Up in CSN:



March 20 (digital only)

NCAA Hoops

March 20 (digital only)

Remote Coastal Camping



April 17 (digital only)

Local Public Golf Update

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Deadline 7 days in advance

12th Annual
ST. PAUL VILLAGE 5K

FIRST SATURDAY IN MARCH
McDougle School Track 9AM

St. Paul Village Community Walk & 5K Run
Saturday, March 1, 9am
McDougle Middle School Track
900 Old Fayetteville Road
Chapel Hill
\$25 individual; \$45 family before 2/1/2024

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to everyone on the team, down to the guy who washed the uniforms, Julian said. But he got Michael Jordan, who was then wowing the world in the NBA, to weigh in, and everyone else followed MJ's lead.

Jordan worked out in the prototype, which Julian had made in his size.

The update was tougher than the task of starting from scratch, like he did with the Hornets uniforms, Julian said, because he had less room to work with, but in addition to adding the argyle to the sides, he went with a bit brighter shade of light blue. The old hue showed up as gray on TV, Julian explained.

Julian said he selected the argyle for the same reason he selected the pinstripes and bright colors for the Hornets—because it fit with his clothing line. But also, he explained, “you can look in any men’s fashion magazine and you’ll see argyle. You did 20 years ago, and you will 20 years from now. It’s timeless.”

His original design had the argyle stripe



A 00 uniform worn by the late Eric Montross in the 1990s used to hang in Julian's front window on Franklin Street, but they took it down to avoid sun damage.

PHOTO BY MATT GOAD

all the way down both sides of the jerseys, but only on part of the sides of the shorts. The shorts now also have argyle part way down the sides to the NC at the bottom.

The 76-year-old continues to design men's apparel, as well as furniture, and recently moved back to Chapel Hill. In 2015, his youngest son Huston helped him relaunch the Alexander Julian clothing brand.

The elder Julian was born and raised in Chapel Hill, and his father, Maurice, owned a men's clothing store on Franklin Street when there were seven men's apparel shops downtown in the 1950s and '60s, Alexander Julian said. His father figured out that to stand out you had to offer something that no one else had. So he began coming up with his own designs.

Julian opened his own store on Franklin when he was only 19, called Alexander's Ambition, and followed his father's example by designing some of the clothes he carried, and eventually launched his popular Colours line, which was carried by department stores all over.

In addition to his redesign of the UNC uniforms and his original design for the Hornets uniforms, he also did a redesign not only of the minor league baseball team uniforms for the Charlotte Knights, but also of their former stadium, winning the American Institute of Architects award for his colorful design with 14 colors of seats. The Heels won the National Championship in 1993, two years after the program launched the new uniforms, proving the argyle to be good luck, and the pattern began to spread throughout UNC athletics.

All Carolina uniforms now have some amount of argyle, according to the men's basketball communications director, Steve Kirschner. “It began with men's basketball,” he said, “but the argyle has become an iconic style for Carolina athletics. You see the pattern, you see the Carolina blue, and no matter where you are in the world you know you are watching the Tar Heels.”

A 2020 edition of sports news website “The Score” ranked the '90s version of the uniforms fourth on a list of the 100 best sports uniforms, just behind the New York Yankees at third and ahead of the Los Angeles Lakers at fifth. And Julian's Heels uniforms ranked higher on the list than any other collegiate uniform. Notre Dame's current football uniforms, at sixth, was the only other college-level uniform in the top ten. (Duke is not on the list.)

Duke Football

Duke football has six home games and two open dates. Here's the schedule (home games all caps):

- Aug. 30 (Fri), ELON.
- Sep. 7, at Northwestern, 14, UCONN, 21, at Middle Tennessee State, 28, NORTH CAROLINA.
- Oct. 5, at Georgia Tech, 12, open, 18 (Fri), FLORIDA STATE, 26, SMU.
- Nov. 2, at Miami, 9, at N.C. State, 16, open, 23, VA. TECH, 30, at Wake Forest.



Julian's salesperson Davis Moore holds the placard recognizing Chapel Hill-based designer and store owner Alexander Julian's redesign of the UNC men's basketball uniforms. Signed by legendary Coach Dean Smith, the autograph reads, “Alex—See what you started! Thanks.”

PHOTO BY MATT GOAD

Basketball Notes

Neither the Smith Center nor Reynolds Coliseum, traditional sites for high school hoops finals, will have N.C. basketball championships this year, instead the regional finals and state championship games for all divisions boys and girls will be played at Lawrence Joel Coliseum, Winston-Salem, March 11-16.

The lobby of UNC's Carmichael Arena was renamed in honor of Dr. Beth Miller, a former coach and sports administrator who spent 40 years in Carolina athletics.

Va. Tech head coach Mike Young is the only ACC voter in USAToday Sports Coaches (Basketball) Poll.

The 2024 ACC men's tournament will be held in Washington, DC, but the 2025, 26, 28 events will be in Charlotte at the soon-to-be-renovated Spectrum Center and 2027 in Greensboro. The ACC Women's Tournament will be in Greensboro in 2024-25 and Charlotte 2026.

NCAA Hoops

March 20

Call 919-968-8741 or email joelcsn1@gmail.com to advertise. Deadline 7 days in advance



Couples, Take It Outside

Sunshine Sol

Nature is one of the best places to spend time with your partner. Not only does it offer beautiful landscapes and stunning views, it's also refreshing, invigorating and, dare I say, romantic. There are endless activities to try and wilderness to explore when you plan a date in the great outdoors. Here are some fun outdoor date ideas for you and your boo to try out.

Go camping

Camping is one of the best ways to slow down, relax, and spend quality time with your partner. It can be a great bonding experience to work together to cook a campfire meal and spend the nights nice and cozy in the tent. State parks are great places to camp, but if you're looking for something a little more luxurious, glamping is also an option.

Kayak on a lake

Romance doesn't have to be landbound! Take your loved one out on the water to change up the landscape a bit. State parks offer boat rentals so you can get out onto the water with ease. Whether you choose to kayak separately or take on the challenge of sharing a canoe, this date will be one for the books.



Visit an overlook

For beautiful views with little effort, take a relaxing drive along the back of a mountain and stop at the overlooks to see what they have to offer. The fresh mountain air is invigorating and the views are breathtaking. Be sure to take lots of pictures and compare notes to decide which overlook you both liked best - maybe you can come back for another date.

Picnic at an overlook

If your partner is a foodie and likes to dine with a stunning backdrop, a picnic at an overlook is a great date. Especially if you both already drove the highway and have a favorite overlook. Pack a picnic basket with all their favorite food and drinks, grab some blankets, and head up the mountain. Schedule the picnic at sunset for some extra romance.

Hike to a waterfall

Hiking is a great way to spend time with your partner, especially if you're both outdoorsy and match each other's pace. What makes hiking even better is the promise of an



enticing dip in refreshing water at the destination. Nothing beats standing under a waterfall together and lazing around in the pools without a care in the world. It's nature's spa day.

Go fishing

What better bonding experience than catching some trophy-sized fish together? Fishing is a relaxing pastime made even better when shared with your significant other. It's easy to spend the whole day together and rack up lots of quality time.

Nature is the grand unifier and brings so many people together. Whether you and your partner are dating, just talking, a new couple, or been together for years, the great outdoors is a great destination for your next date. It allows you to slow down, live in the moment, and enjoy the quality time with your loved one in nature.

TENNIS, Continued from page 1

tion costs, fueled by labor and material price hikes, have risen dramatically.

The town, for example, is spending more than \$500,000 to resurface three tennis courts and make minor repairs at Hargraves Park. The project is under way and due to be completed by April 5.

Chapel Hill wants to build six new courts at Cedar Falls, a project that's been pending and unfunded for years, add bench seating, shaded bleachers, LED lights, accessible path, improved entrance and a water bottle filling station.

Marcia Purvis, project manager and chief planner, told CSN, “Parks and Recreation Department staff continue to prepare for the upcoming fiscal year and potential projects. The Cedar Falls Park Tennis Courts reconstruction project remains high on the department's priority list. Pending the approval of the manager's recommended budget in June, staff have recommended utilizing available funding to go out for construction bids for this project.”

The available funding may include all the previously allocated monies and a big portion of the town's new Penny for Parks which will provide nearly \$1M (\$971,000 this year) for recreation projects less the \$300,000 estimated set aside new parks and recreation master plan. Bids are due in March for the MP.

Local public tennis players, already battling pickleballers for court time at Ephesus, are anxious for some good news. J.B.

SIGN UP FOR CSN MONTHLY NEWSLETTER for highlights from each new issue (see onlie issue front page)

Attendance Up At State Parks, Jordan Tops 2.5M

The North Carolina state parks system had more than 20.1 million visitors in 2023 and acquired over 2,890 acres of new land, according to the N.C. Division of Parks and Recreation. Visitation at state parks increased by 4%—more than 755,000—from 2022, but not all local parks saw increases.

For the second year in a row, Jordan Lake SRA was the most visited park, with more than 2.56 million visitors—about half a million more than last year. The park also broke the record for visitation to a single park unit, beating the record from last year, when it became the first park to reach 2 million visitors.

Shederick Mole, Jordan SRA superintendent, commended “parks staff on their dedication, hard work and professionalism when dealing with the day-to-day operations of this complex and heavily used park. Two million visitors are a lot of folks.”

Five parks reached the 1-million-mark: Falls Lake, Fort Fisher and Kerr Lake state recreation areas, and Fort Macon and Pilot Mountain state parks. Twenty-seven of 42 units saw an increase in annual visitors from 2022. Rendezvous Mountain, a satellite area of Stone Mountain SP, more than doubled its visitation from the previous year. The largest visitation growth for a state park was 95%—at both Mayo River and Morrow Mountain.

Locally, despite 2023 being the year of the trail, attendance at Eno River SP declined by 31,000. Umstead SP by 71,000 and Occoneechee Mountain SNA by 10,000.

Deer Numbers Overwhelming In Orange, Durham

Most everyone thinks there are too many deer in Orange and Durham.

Blake Tedder, assistant director of engagement at Duke Forest, provided some perspective. There are approximately 1 million deer in NC according to the NC Wildlife Resources Commission. Orange County has a deer density of over 50/sqmi (among the highest in the state). Durham County has 41-50/sqmi (second highest). The ecological carrying capacity is somewhere between 8-26/sqmi. That's the level at which deer do not negatively influence native plants and animals, normally in the range of 3 to 10 deer per square kilometer.

Tedder said the annual fall hunt in three sections of Duke Forest is part of the year-round management program. “It is safe to say that while our hunt is locally effective at putting downward pressure on the population year-over-year, and while our winter count data and anecdotal evidence from neighbors suggest effectiveness, the population is still far too large, ecologically speaking. The hunt, which took 65 deer in 2023, will remain a critical management tool moving forward.”

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LOCAL PUBLIC GOLF UPDATE with Green Fees

April 17

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Hunting/Fishing Report NC Permit Hunting Advantages

Chris Maroldy

What's the next best thing to hunting private land?

Being able to hunt tons and tons of public, right? Wide open spaces and the pioneering spirit; carving out your own niche and all that!

Right??

Nope!

Some friends and I from around the country were jaw-jacking a while back about some folks who want to relocate to different states for good, better or best hunting opportunities. North Carolina frequently gets touted in the outdoor press for her huge ... *tracts of public land*, especially those open to hunting.

What I pointed out to the group was that of this ship-load of acres, most of it is straight up-and-down old-growth habitat in the west, or mushy, flat, wide-open pocosin in the east. Those are not your ideal terrain types if you're a hunter. A new arrival hopped up counting up the acreage is going to be sorely disappointed looking at the landscape.

Oftentimes, you can see the reason “government land” is government land.

So, the next best thing to hunting private is not having access to scores of thousands of public land, especially not along with all the other nimrods trying to find a place to hunt. No. The next best thing is winning a lottery permit to hunt special well-managed units which might be smaller than a mid-sized national forest but which will almost certainly minimize hunting pressure and maximize hunter access.

Haw River Cleanup Set For March 16

Volunteers are needed for the 34th Haw River Clean-up-a-thon Saturday, March 16, 8-5. Start your own team (15 or fewer members), join another or work solo to remove trash from the river, riverbanks and watershed from Greensboro to Jordan Lake. Supplies are furnished. Last year 39 teams, 336 volunteers removed 348 bags of trash and 18 tires. Deadline for teams to register is 3/1. Register at hawriver.org. Questions? Contact events@hawriver.org.

Orange Creek Week

Orange County Creek Week, celebrating streams, rivers, lakes, will be March 16-23 with cleanups and special activities planned.

To report wildlife violations,
800-662-7137.

UPCOMING CSN ISSUES:

March 20, NCAA Hoops, Remote Coastal Camping
April 17, Local Public Golf Update



To advertise contact joelcsn1@gmail.com
Ad deadline 7 days before publication

NO HATLEY POINTE

Hatley Pointe ski resort in Mars Hill, formerly Wolf Ridge, will not operate for the 23-24 season. They plan to open for the summer season (mountain biking, hiking) when renovations are completed.

INDOOR SHOWS

Feb. 23-25, Central Carolina Boat & Fishing Expo, Greensboro Coliseum.

Feb. 24-25, International Custom Rod Building Expo, Benton Center, Winston-Salem.

March 1-3, 43rd Dixie Deer Classic, State Fairgrounds, Raleigh.

March 23-24, Mid-Atlantic Hunting & Fishing Expo, Greenville Convention Center.

March 24-27, Raleigh Convention Center Boat Show.

Admission fees are charged at each event.

LAKES REOPEN

OWASA lakes in Chapel Hill (University Lake and Cane Creek) will open March 30 for the new season, offering boating, fishing, kayak rentals. UL is open Friday-Sunday, Cane Creek Friday-Saturday. Opening day is free except for motor rentals. They'll continue the reservation system this season for early arrivals before 10 a.m. Otherwise, walkups are welcome. Fees are charged. Lake hours are 6:30 to 6 and they're open holidays.

STATE DROUGHT-FREE

North Carolina is now drought-free, according to the latest update from the Drought Management Advisory Council, or DMAC. For the first time since Aug. 8, there are no counties listed in drought status, according to the DMAC. However, all or parts of five western counties (Cherokee, Clay, Dare, Graham, Macon) were still listed as “abnormally dry.”

“The western tip keeps improving, but in eastern North Carolina, we've seen the Albemarle Sound slowly getting worse,” said Klaus Albertin, chair of DMAC. “The whole coastal plan has missed out on many of these big rain events, so we are keeping a close eye on that area.”

BACKYARD BIRD COUNT

The Great Backyard Bird Count (GBBC) is Feb. 16-19. It's a free, fun and easy event that engages bird watchers of all ages in counting birds to create a real-time snapshot of bird populations. Participants are asked to count birds for as little as 15 minutes (or as long as they wish) on one or more days of the four-day event and report their sightings online at www.birdcount.org.

Anyone can take part in the Great Backyard Bird Count, from beginning bird watchers to experts, and you can participate from your backyard, or anywhere in the world! For more information contact Carrboro Stormwater Specialist Heather Holley at 919-918-7426 or hholley@carrboronc.gov.

Outdoor Notes

BOATING SAFETY

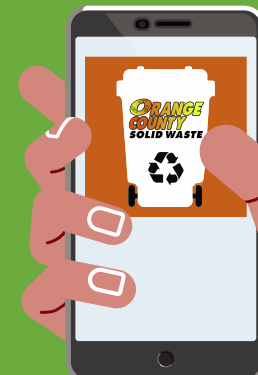
The USCG Auxiliary Flotilla 054-09-11 of Cary offers an eight-hour boating safety course (Boat America) from 9 to 5 Feb. 17, March 16, April 20, May 18 at Bass Pro Shop, Cary. Contact aux0911fc@gmail.com about the class (cost is \$20). Complete the course and get your NC Boat Ed card.

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Another View, Mine John Nieman

If one were inclined to be charitable, one could refer to me as merely a “late bloomer.” While I married and fathered my child at the absurdly young ages of 22 and 24 respectively, pretty much everything else in my life was behind a difficult schedule. Without doubt, I stopped and smelled the roses. A less charitable characterization might be a “slow learner.”

UNC Football

North Carolina football has seven home games and two open dates. Here’s the schedule with home games all caps:

Aug 29 (Thur), at Minnesota.

Sep 7, CHARLOTTE, 14, N.C. CENTRAL, 21, JAMES MADISON, 28, at Duke.

Oct. 5, PITT, 12, GEORGIA TECH, 19, open, 26, at Virginia.

Nov. 2, at Florida State, 9, open, 16, WAKE FOREST, 23, at Boston College, 30, N.C. STATE.

Spring Game

April 20, Blue/White Spring Game, Kenan Stadium, 3 p.m.

Polar Plunge Fundraisers

Chatham County Sheriff’s Office is sponsoring Feb. 24 Polar Plunge for Special Olympics at Seaforth Beach, Jordan Lake, Pittsboro. Cost is \$50/person for the 10 a.m. event. Goal is \$15,000. Register at give.specialolympicsnc.com/

The SONC office is organizing the March 9 OBX Polar Plunge at 11 a.m. at Jennette’s Pier at Nags Head. Cost is \$50/person. Use the same website to sign up.

Carrboro Kite Fly

The annual Carrboro Kite Fly will be held Sunday, March 10, from 1 to 3 at Anderson Park. Bring your own kite; others may be available. No rain date. Free.

Pro Rugby Lands In Charlotte

Charlotte landed a Major League Rugby expansion team (Anthem Rugby Carolina) that opens play March 3 at 7 p.m. against New England Free Jacks at American Legion Memorial Stadium. Season is 18 weeks from March through June. Games are 80 minutes (two 40-minute halves) with no forward passing and no blocking. Ticket prices TBD. Team is expected to be a developmental unit (farm team) for the USA Eagles national team.

Pro Volleyball League

Another sports league, the Pro Volleyball Federation, a seven-team league that wants to tap into the growth of women’s pro sports, launched in January. Teams are based in Atlanta, Omaha, Columbus, Grand Rapids, Orlando, San Diego, Las Vegas. CBS Sports Network (channel 315 on Spectrum cable) is the media partner.

Volleyball is the top female participatory sport among high school and college age groups, according to USA Volleyball. Teams play a 24-game regular season (best of five matches) with playoffs in May. League expands to Dallas, Kansas City, Indianapolis next year.

Community News

Lottery tickets are a big business. Total sales last year were \$4.3B for the N.C. Educational Lottery.

Wake County was the leader (\$350,217,724.50). The top ten counties accounted for 40 percent of all sales.

In Orange, sales were \$41.80M, \$23.58M for Chatham.

Winning tickets worth \$100,000 or more: Chatham 3, Orange 2, Durham 7, Wake 30, Alamance 9.

Charlotte’s Lovin’ Life Music Festival May 3-5 will have 3 stages, 40+ acts and a time payment plan for general admission tickets (\$269).

Winter Games pickleball in the Triangle was postponed until next year, apparently because they couldn’t find a site. State Games winter sports 2024 will include figure skating, esports, youth hockey, organized by N.C. Amateur Sports of Durham.

I finally graduated college at the age of 29. I finished law school at 40. At 43, I started the career from which I recently retired. I was in no hurry to live this life.

And, like everything else, it took me a while to embrace the importance of healthy living. Merely participating in sports—in my generation—did not necessarily equate to a healthy lifestyle. Even in college athletics of the ‘70s and ‘80s, one would not see widespread aerobic and anaerobic regimens. The training tables, where we would be fed meals, would be looked upon today with horror. Although I never did, it was not uncommon for college athletes to smoke cigarettes, albeit without the consent of coaches.

Of course there were college athletes whom I encountered who did embrace a healthy lifestyle, but it was certainly not all.

And not like it is today.

And so my observations come not from my living a healthy life but upon reflection of all of the mistakes that I made in these 72 years. It is only now that I focus so keenly on a healthy lifestyle. I am the very definition of better late than never.

It’s not like I didn’t have examples right in front of me. Son Jeff and wife Martha are the epitome of healthy living, and have been so for decades.

For the past year, my regimen includes 30 to 50 minutes in an infrared sauna with Himalayan salt blocks and a 20 minute red light therapy session. Then, it’s into a cold plunge between 35 and 40° Fahrenheit for three to seven minutes, followed by a cold shower. Now that I am retired, I am beginning a scheduled exercise protocol. Whatever the science says—and I’m a huge fan of the Huberman podcast—I can tell you that it certainly makes me feel better.

Media Sportswatch Joel Bulkley

College basketball is still the shooting star everyone’s chasing in the Triangle. UNC is strong, Duke is next and N.C. State is struggling. Plenty of the smaller schools are having stellar seasons.

The ACC is wildly inconsistent. Hell, every league’s leaders are this season. Hence the espn.com headline Feb. 9 “Figuring out men’s college basketball is one big headache.” How many NCAA bids will the ACC get this year? Two? Three? Four? Five? Who knows. Bubble and seeding watch has started.

ESPN bracketologist Joe Lunardi says the ACC has a bigger problem than perception that the conference has fallen on hard times. It’s their NCAA record since 2019, said. The ACC is fourth in number of ACC tournament teams per year and their record is 25-17 (.595 winning percentage), with an average seeding of 7.71.

Wonder what the overrated and underachieving Big Ten’s recent tourney record was. I know they’ve won zip in recent years in terms of championships. This year Lunardi has the ACC with four teams in (Feb. 5), Big Ten 6, SEC and Big 12 9 each.

Dartmouth basketball players could vote March 5 on having a union, but the vote likely will be delayed if the university and NCAA appeal a Boston NLRB decision that players are employees of the university.

Pinehurst rejected closing streets for the Golf Channel for the U.S. Open broadcasts in June. The Village Council voted in January to deny the request. A survey of 39 downtown businesses said 56 percent said no to closing streets for a 35x35 Golf Channel broadcast set. GC will broadcast from Pinehurst No. 2 as they have in the past.

Awards season. Brendan Marks, who covers North Carolina and Duke basketball for The Athletic, was N.C. Sports-writer of the Year. Mike Solarte, sports director for Spectrum News, Charlotte, and Charlotte Hornet broadcaster Eric Collins of Bally Sports were N.C. co-sportscasters of the year. Solarte worked in radio/TV in the Triangle before moving to Charlotte. Nice to see some new award winners. David Teel of Richmond Times Dispatch was Va. Sportswriter of the Year for the 15th time.

Mike Reis was voted the 2024 Woody Durham Voice of College Sports Award winner. He retired in 2023 after 44 years as play-by-play broadcaster for his alma mater Southern Illinois University. Rich Chivotkin of Georgetown won it in 2023. The award is sponsored by Learfield and the UNC Athletics Dept. and presented by the National Sports Media Association of Winston-Salem.

Personnel. Andrew Marchand of the New York Post joined The Athletic covering sports business and media. The Athletic is owned by the New York Times and produces their daily

I’m just pointing all this out as an example of learned behavior. I certainly understand the ridiculousness of getting health advice from a guy who has a Fat Boy Index. But I can assure you that I am one of the happiest overweight septuagenarians you will ever know.

All of this is just my roundabout way of espousing the cold plunge. It may seem painful and maybe even idiotic, but it is in many ways the best part of my day.

And so I want to encourage any and everyone who might be reading this to think about participating in the Chatham County Polar Plunge on Feb. 24. It is for the benefit of North Carolina Special Olympics, a truly worthy and admirable endeavor. You don’t have to actually jump in Jordan Lake if you don’t feel comfortable, but please, please consider donating. I have attended several Special Olympics events and it is one thing where you can guarantee yourself that you will walk away touched and happy.

As I sit here on Super Bowl Sunday morning, I think back to the wonderful times I had with great friends in Chapel Hill celebrating the event. I know my grandson, Burke, a huge NFL fan, is excitedly preparing for the game. While I may not now care much for the sport, I certainly can understand, remembering my own former passion.

I’m writing this before the game and I am hopeful for a wonderful game and a satisfying result. For the record, grandson Burke predicts a 24-21 San Francisco victory with Brock Purdy being named the MVP. As I understand it, that result would just cover the 2 and 1/2 point spread.

Speaking of which, the proliferation of online sports betting is certainly a topic for a future discussion in this space. I’m quite sure that if sports betting were this accessible when I was in college, there would have been some serious problems.

But for now, I wish everyone a wonderful Super Bowl and a serious consideration of participating in the Polar Plunge.

All of this healthy lifestyle protocol is still running up against a troublesome and persistent sweet tooth. That is the next hill to conquer. Fat Boy index: 277.

sports section. Former Alabama football coach joined ESPN Game Day as an analyst. Will former Panther Greg Olsen, who did a great job this season for Fox Sports, lose his job on the network’s number one broadcast team to Tom Brady next season?

Three media giants, Disney, Fox, Warner Bros. Discovery, plan to launch a joint sports streaming platform in the fall. It will initially include 15 networks, like ESPN, ACC, TNT, etc. and all four major sports. It sounds like a skinny sports cable bundle or Hulu streaming service.

We don’t know the name, price or who’s going to run it, but it’s likely to cost at least \$50/month. Some sports fans see it as a way to save money. A one-stop app for sports. Others, like me, aren’t so sure because it doesn’t have enough of what I want. There’s no CBS or NBC, for example, meaning limited golf, motor sports, college football/basketball games, Olympics. How do I watch Carolina Hurricane games if Bally Sports goes away?

Meanwhile, ESPN plans to introduce its own streaming platform in 2025.

Watching Duke/Carolina with your dad is a treat.

A son honored his dad who passed away last spring prior to the first Duke/Carolina game this month at a Carrboro tavern. He put \$520 on the bar plus sizable tip and said he’d cover customer tabs until it ran out as a way of remembering his father. The birth of a new tradition?

North Carolina/Duke Hoops

The first Duke-North Carolina men’s college basketball game averaged a 1.6 rating and 3.2 million viewers on ESPN, marking the rivals’ most-watched regular season meeting since Coach K’s final home game at Cameron two years ago (3.98M), SportsMediaWatch reported. It had a larger audience than the LA Lakers at NY Knicks (2.7M) on ABC.

This Duke/UNC game was the most-watched rivalry game since the Zion Williamson season of 2019.

The game was the most-watched sports event of the day and the second-most watched college basketball game of the season. A Michigan State-Arizona Thanksgiving Day game on Fox, which benefited both from an NFL lead-in and a large out-of-home holiday audience, holds the top spot with 5.18M.

By the way, TV audiences for other two ESPN hoops games Feb. 3 were 2.5M for Ky/Tenn and 1.6M for Houston/Kansas.

Triangle Business Journal reported 150,995 homes in the Triangle watched the action. It gave no source for the info but said the audience peaked in the second half, hitting a 13.8 rating and share of 35.6, meaning more than a third of all homes were tuned to the game.

RECYCLE! RECYCLE!