

FREE**ORANGE***SERVING THE TRIANGLE*

COMMUNITY SPORTS NEWS

BASKETBALL ★ CYCLING ★ RUNNING ★ OUTDOORS**July 2026
Volume 43
#690**

The 20 miles of trails at Carolina North will be protected during construction, UNC assures neighbors. PHOTO: WRAL

Carolina North Trails Will Be Protected

A UNC official assured the initial stakeholder advisory committee meeting for Carolina North development that the trail network will remain intact, even the section of the Pumpkin Loop trail that swings out into the development area. The speaker was Tiffany Lacey, executive director for real estate development.

According to a News & Observer report, the university would intervene with the trails only to improve their condition, build more trailheads, or provide more benches and bathrooms, Lacey said. However, during the construction process, residents can expect to have their hiking routines disrupted. Lacey said that during construction, the typical ways to access the trails will likely be cut off.

“One of the first things we’ll be looking at is where can we provide additional trail access off the existing street network and provide additional parking,” Lacey said. “When we get to that moment in time, that will be very much communicated with the community.” Construction is expected to start in summer 2027. For background info check carolinanorth.unc.edu website.

The adopted state budget allocated \$35M for planning and development at Carolina North.

Orange Medalists At Summer Games

Orange County athletes earned medals in swimming and track & field at the Special Olympics N.C. Summer Games in Raleigh where nearly 1,700 participated in eight sports. The local athletes competed in individual and team events at the state’s largest Special Olympic competition. The Chapel Hill delegation had about 50 athletes.

J Branch Rail Trail Meetings

The J Branch Rail Trail (from University Station, Hillsborough, to the UNC power plant at Cameron Avenue) feasibility study will be the focus of three community meetings where citizens can stop by and voice their opinions on what should be done when the coal train shuts down:

Sunday, July 19, 2-4 p.m., New Hope Elementary.

Wednesday, July 22, 6:30-8:30 p.m., Hargraves Community Center.

Saturday, Aug. 1, 10-12 noon, Morris Grove Elementary.

SWIMMING

Here are Orange medalists: Tintin Fu, bronze 4x25 free relay, bronze 50 back, silver 50 free. Distances are yards; Larrissa Kiefer, bronze 4x25 free relay, gold 200 IM, gold 500 free, gold 50 free; Lerla Noel, bronze 100 back, silver 50 free; Dakota Shaw, bronze 200 free, gold 100 fly, silver 4x50 medley relay; Rubens Shandi, bronze 100 free, 200 free; gold 100 fly, silver 4x50 medley relay; Al Wright, bronze 4x25 free

GAMES, Continued on page 3

Soccer Leagues Choices Aplenty

Durham Parks & Rec offers women 30+ 9v9 soccer league starting Aug. 24 at Herndon and Merrick Moore Parks. Cost is \$39/player for Durham residents, others \$54.

OCASL@tasl has multiple divisions of adult soccer Sep-mid Nov, 10 games, Chapel Hill-Durham: several rec divisions, co-rec rec 11v11 Saturday, \$115/player; Over 40 (o40m, o30w) 8v8 Tuesday, \$105/player; Over 30 8v8 Wednesday, \$105; Over 50 pickup, \$105. Players also pay an annual state soccer fee

Way Too Early Rankings

Duke Top Pick In ACC Hoops, North Carolina Fifth

Chip Bremer

Now that the NBA Draft has passed and transfer portal activity has died down, it’s probably a good time to look at the ACC to see how all the offseason comings and goings have affected the conference’s hierarchy.

With its wealth of NIL funding, Duke has managed to compile another top-notch roster, but Louisville, Virginia, Miami and North Carolina are right there with their talent acquisitions, while others are rebuilding and hoping for more.

To hold everyone’s attention for the next several months (until the college hoops season gets started in November), here’s a “way-

too-early” preview of the ACC for the coming season:

1. Duke. No other college program has the Blue Devils’ balance of returning talent, perfect-fit portal additions, and blue-chip freshmen recruits. Despite the loss of All-American Cam Boozer, Duke is set for another title run with high-scoring Wisconsin transfer John Blackwell and international sensation Joaquim Boumtje-Boumtje joining the returning core of Caleb Foster, Dame Sarr, Cayden Boozer and Patrick Ngongba. When you add in the high school All-Americans joining the roster (led by top frosh Cameron Williams), it’s really an embarrassment of riches.

2. Virginia. If these rankings were judged solely on the basis of roster retention, the Cavaliers would top the list, as they are bringing back All-ACC forward Thijs de Ridder, along with center Johann Grunloh and guards Sam Lewis and Chance Mallory from a successful 2025-26 campaign. The front-court depth might be tested, but Coach Ryan

ACC HOOPS, Continued on page 5

Inside: Drought Hits Golf Spring VB Winners Four On Fourth

Volleyball, Ultimate, Kickball, Softball Fall League Signups

Fall leagues across southern Orange County are holding registration for co-rec and women’s volleyball in Chapel Hill—\$125/team, as well as men’s rec softball—(\$200 deposit required). Signup is by teams. Leagues start in early September and play twice a week.

Carrboro has co-rec ultimate frisbee (\$42/player) and co-rec softball (\$200 deposit required) at Anderson Park. Leagues begin late August with twice-weekly game nights. Signup deadline is 7/31.

Durham offers Bull City co-rec kickball at Herndon Park (16 teams and it’s already half full). Register as a team or free agent (\$28/player Durham residents, others \$43).

Games begin Sep. 3. Teams need at least 8 players. Signup closes July 26 for new Cary coed kickball league (Mon/Wed at Bond Park) starting mid August. Cost is \$35 for Cary residents for ten games, others \$60 at team-sidelines.com.

Durham also has men’s and co-rec softball leagues with team signup and free agent players.

Chapel Hill holds registration in August for fall bocce league at the Community Center (\$125/team).

Summer Wrapup Coming Aug. 19

The next issue of CSN (Aug. 19) will feature Orange Senior Games medal winners in contested events including basketball shooting, fall hunting mini preview, a look at state park attendance, plus road race calendar and results.

We’re looking for an outdoor writer to help with fishing, hunting, camping. If interested, contact joelcsn1@gmail.com.

Sign up for the monthly newsletter alert on the website.

Fall Running follows in September.

NC Road Races

July 18

Beat the Heat 5K, Winston-Salem Fairgrounds, 6:30 p.m., elite race RRCA national championship, 7:30, runsignup.com.

29th Run/Walk for the Greenway 5K, Salisbury, 8 a.m. runsignup.com.

Muddy Dash 5K obstacle run, Porter Farms, Concord, active.com.

July 19

Your First Mud Run, 2m with obstacles for parents/kids Garner, wave starts 10/10:30/11 a.m., runsignup.com.

July 25

3rd Socksquatch 8K, Gibsonville, 8 a.m., runsignup.com.

Biltmore Forest 5K/10K, Asheville, 7:30 a.m., runsignup.com.

12th Meet Me at the Fountain 5K, Forest City, 8 a.m., runsignup.com.

Melted Snowman 5K trail, McAlpine Park, Charlotte, 8 a.m., runsignup.com by 7/11.

Peach Week Fun Run 5K, Pinehurst, 8:30 a.m., raceentry.com.

July 29

Firefly 5K, Wilmington, 7 p.m., runsignup.com.

August 1

41st NC Watermelon Festival 5K, Murfreesboro, 7:30 a.m.

5th Wild Bill 5K 7 Oaks Swim Club, Raleigh, 7 a.m., runsignup.com. Live & Virtual.

August 7

Old Baldy Run for the Light 5K/10K, Bald Head Island, 6 p.m., runsignup.com.

13th Sir Walter Miler, top m/w milers, Meredith College, Raleigh., 6 p.m.

August 8

Raleigh RunDown Downhill Mile, 1m, Centennial Parkway, women 6:30 p.m., men 7 p.m., runsignup.com.

50th Great Valdensian Footrace 5K/10K, Valdese. 8 a.m., runsignup.com.

10th Hobby Trails To Your 5K/10K, Winston-Salem, 7:55 a.m., runsignup.com.

Ohana Mud Run, 1m with obstacles, Morganton, 9 a.m., raceentry.com.

5th Spin & Dye 8K, Erwin, 7 a.m., runsignup.com.

Twilight Trail 5K, Hendersonville 5:30pm, racerooster.com

August 15

Cannonballers Shooting Star 5K, Kannapolis, 8 a.m., runsignup.com.

Flunk Cancer 5K, Sunset Park School, Wilmington, 8 a.m., runsignup.com. Live & Virtual.

Highlands Twilight 5K, KH Founders Park, Highlands, 6 p.m., runsignup.com.

Slam the Dam 10K, Lake Lure, runsignup.com, 8:30 a.m.

Southern Sundown 4 Miler, Lenoir, 7 p.m., runsignup.com.

August 16

Race to the Rock 5K, Chimney Rock, 7:30 a.m., runsignup.com.

August 22

3rd Run for Refugees 5K, Miracle Park, 473 Morehead Ave., Durham, 9 a.m., runsignup.com.

18th CORA Run for Their Lives 5K/10K, Sanford, 7:30am runsignup.com. Live & Virtual.

Night Nation Run, 5K novelty run with music, Koka Booth Amph, Cary, 8 p.m., runsignup.com.

The Rescue Run 5K, Asheville, 9 a.m., runsignup.com. Live & Virtual.

Lions Roar 5K, Statesville, 9 a.m., runsignup.com.

Mountain Valley Mile, 1m, multiple divisions, Waynesville, 6:50 p.m., runsignup.com.

August 23

Muddy Princess 5K mud run, women-only, NC Motorsports Park, Henderson, 8 a.m.-12 noon, active.com.

The Dream Mile, 10K/5K/1m, Cedar Fork Park, Morrisville, 7:30 a.m., runsignup.com.

August 29

Boone & Sean Good Samaritan Memorial 5K, Bray Park, Siler City, 9 a.m., runsignup.com.

2nd Triple Nickel Remembrance Run, 5.6m, Fort Bragg, 8 a.m., runsignup.com by 8/28. Live & Virtual.

Zebulon B&G Club 5K, Zebulon, 8a.m., runsignup.com.

a.m., whitewater.org/race.

August 2

Humans of Steel Harris Lake Sprint Tri, New Hill, 7:30 a.m., runsignup.com.

August 8

High Point Sprint Tri, Oak Hollow Marina, 7:45 a.m., runsignup.com.

August 9

Inaugural Kanuga Sprint Tri, Hendersonville, 7:30 a.m., racerooster.com.

August 16

UNC Health Sprint Tri, 200y pool swim, 12.5m bike, 2m run, NW Cary, 7 a.m., runsignup.com

August 22

Foothills Tri Fest, Isothermal Community College, Spindale, 9 a.m., runsignup.com.

NC Distance Races

July 18

Common Rush trail 5/10m, Harris Lake CP, New Hill, 8 a.m., runsignup.com.

Fleet Feet Pickle, 16m fun run/relay, Greensboro, 7 a.m., runsignup.com.

July 25

Christmas in July HM/10K/5K, Jamison Park, Winston-Salem, 7 a.m., runsignup.com. Live & Virtual.

August 8

Pedal to the Medal Endurance Event, 8 HR Trail Run, Belmont. 7a.m., racerooster.com.

August 15

Black Copperhead Sting,

Rocky Branch Ultra 50K/25K/5K trail, Belmont, 8 a.m., ultrasignup.com.

August 22

Summer's Done HM/9.8m/6.6m/10K trail, Bond Park, Cary, 7 a.m., runsignup.com.

Copperhead 20K, Hampstead, 5 a.m., runsignup.com.

Dark Horse Trail Run M/HM/10K, Mill Springs, 8 a.m., runsignup.com.

August 29

Asheville Craft Beer HM/10K/5K, Pack Square, Asheville, 7 a.m., runsignup.com by 8/28.

NC Bike Rides

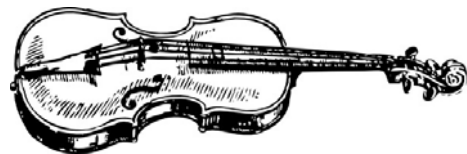
July 31-Aug. 2, Black Farm Tour, 40-100m, Rocky Mount, 7:30 a.m., blackfarmtour.us.

July 31-Aug. 2 CNC Mountain Ride, Brevard, ncsports.org.

Aug. 2, Boone Gran Fando, 25-80m, Boone, bikereg.com.

Aug. 8, Robin's Ride for Hope, 20-100K, Mt. Holly, bikereg.com.

Aug. 9, NCBC Summer Rally, 32/62m, Shearon Harris Energy Center, New Hill, 8 a.m., racereach.com.



N.C. Music Festivals

July

17, Doc & Rosa Lee Watson, MusicFest, 7 p.m., Boone.

17-18, Party on the Mountain, Beech Mountain.

18, Benefit Concert for Haw River Assembly, Bynum Front Porch, Pittsboro. Details TBA.

23-25, Ashe Co. Bluegrass & Old Time Fiddlers Convention, Jefferson.

24-25, 9th DownEast Music Festival, 15 local/regional bands, Southern Soul Music, Rocky Mount Sports Complex.

24-25-, Hillbilly Jam, Maggie Valley.

30-Aug. 1, Mountain Dance and Fall Festival, Asheville. High School.

31-Aug. 1, Fly Around Music & Arts Festival, Lansing.

August

6-9, AVL Sounds Fest, 15 Asheville venues.

12-15, 51st N.C. State Bluegrass Festival, Cherokee.

15, Jazz Duo Piano Concert, Seymour Center, Chapel Hill, 11 a.m. Free.

15, Next Door Music Festival, half dozen bands, Oxford Armory.

20-22, 12th The Big What, Shakori Hills, Pittsboro.

21-22, 27th N.C. Beach Blast Festival, Kings Mountain. Free.

22-23, Carolina Bloom Music Festival, 10 indie bands, Charlotte Iron District.

29, Inaugural Mash Fest, Eden.

29, Raleigh Wood Festival, multi genre, Poole Rd., Raleigh, 1-11 p.m.

September

3-5 Camp Springs Labor Day Bluegrass Festival, Elon.

3-6, Earl Scruggs Music Festival, Mill Spring.

3-6, Wild Goose Festival, Harmony.

4-6, Boomtown Arts & Heritage FestAVL, Asheville. Free, RSVP at website.

5, Stonington Farms Music Fest, Kinston.

5, Charlotte Soul Fest, First Ward Park, Charlotte.

5-6, 31st ProgDay, Storybrook Farm, Chapel Hill.

5-6, John Coltrane International Jazz and Blues Festival, High Point.

6, New River Blues Festival, Grassy Creek.

Strayhorn, Arrogance To N.C. Hall Of Fame

Hillsborough jazz legend Billy Strayhorn and 1970s indie rock band Arrogance of Chapel Hill will be inducted into the N.C. Music Hall of Fame in Mooreville Oct. 15, along with record company executive Barry Poss of Durham, George Clinton of Kannapolis, McSha-Rock of Wilmington, Gregory “Sugar Bear” Elliott of Red Springs.

Arrogance, a band founded in a UNC dorm, was the start-

ing point for well-regarded record producer and musician Don Dixon.

Local Tax Rates

Here are the recently approved tax rates in Orange County for 2026.

Chapel Hill, 50 cents per \$100 valuation, unchanged from last year.

Carrboro, 56.53 cents, unchanged.

Hillsborough, 51.3 cents, unchanged.

Orange County, 68.05 cents, up 4.22 cents from last year.

28,221 Jello Shots

Oklahoma may have won the College World Series, but they finished a distant second to West Virginia in the Rocco's Jello Shot Challenge.

Yahoo Sports said Mountaineers fans purchased 28,221 Jello shots in the annual contest hosted by Rocco's Pizza and Cantina, across the street from the stadium in Omaha.

“Charitable endeavor: Rocco's has hosted the challenge since 2019, when the winning tally was a mere 864 (well done, Arkansas). And each year, \$1.50 of every \$5 shot is donated to a local food bank (one in Omaha and one associated with each of the eight schools in the CWS). That means this year they collectively raised \$122,273 for charity. The number of shots purchased by UNC fans was not mentioned.

Vaccinations Still Important

In preparation for school and college enrollments later this summer, Orange County Health Dept. (OCHD) reminds families that vaccinations are an important part of overall health and back-to-school success. “Health care providers and families have the same goal: A healthy future for all children,” said Erica Pettigrew, MD, JD, MPH, OCHD Medical Director. “Vaccines are an essential piece of child, teen and family well-being. You can use any health care visit, including for sports or camp physicals, school health assessments, checkups and sick visits to ensure your child is up to date with their vaccines.” Vaccine information will be available at the inaugural OCPH Family Resource Fair Saturday, July 18, 10-2 at the Whitted Center, W. Tryon St., Hillsborough. Questions? Contact the Health Dept. 919-245-2400, orange-countync.hov/health.

Community News

Fiesta Latina Saturday, Aug. 1, at Durham Central Park downtown celebrates Latino culture, food, entertainment from 12 noon to 4. Free.

PGA golf returns to N.C. Aug. 6-9 for the Wyndham Championship at Sedgefield CC, Greensboro. Tickets available at ticketmaster.com.

Chapel Hill's Soap Box Derby is Sep. 19 at Homestead Park. Entry fee is \$20. Build your own car Aug. 29, 12 noon at the Community Center. Register in advance on rec dept. website.

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August 2026—Summer Sports

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Disc Golf Tourney July 25 At Cedarrock

Celebrate summer with a touch of holiday spirit at the Christmas Cheer in July Disc Golf Tournament Saturday, July 25, at Cedarrock Park, Burlington.

The 22 hole singles event, played exclusively from the white pads, involves players of all skill levels and features a mix of holes from both the Cedarrock and Wellspring courses.

Proceeds benefit Christmas Cheer of Alamance County and prizes will be awarded. Registration (\$20) ends July 24 at alamance.recdesk.com.

Six Coaching Positions Open

Woods Charter School in Briar Chapel has six open coaching positions. They are varsity volleyball assistant coach, middle school volleyball head coach, middle school boys and girls basketball head coaches, JV boys basketball head coach, varsity women’s basketball head coach.

Email athletic director, Jordan Gatcomb (jgatcomb@woodscharter.org) for information.

Homestead Road Changes Planned

Carrboro Town Council voted to reduce the speed limit from 45 to 35 miles per hour for a short section of Homestead Road near Stratford Drive within Carrboro town limits.

This was the first step in the process to establish a 35 mile per hour speed limit for the entire Homestead Road corridor, a state-maintained road. Road resurfacing under way this summer includes changes to reduce vehicle speeds and improve infrastructure for cyclists.

Paislinators Win Co-Rec Volleyball

Second-ranked Paislinators 3.0 came out of the loser’s bracket to win the Orange County winter/spring co-rec volleyball championship in Hillsborough. They beat third seed Nash Street Tavern 25-15, regular season winner I’d Hit That 25-22 and 25-13 in the last three matches of the DE event.

The final regular season standings were tight at the top—I’d Hit That 16-2, Paislinators 3.0 14-4, Nash Street 13-5.

USA Rugby Hosts Spain In Cary

The second of two North Carolina matches involving USA Eagles men rugby will be held Saturday, July 18, in Cary against Spain as part of Nations Cup, a five team ongoing tournament. Kickoff is 7:30 p.m. at WakeMed Soccer Park. Tickets are \$25 endline, \$45 sideline, \$60 midfield. The first N.C. game was July 11 against Zimbabwe in Charlotte.

OCASL Spring League Winners

Here are the spring leaders at ocasl@tasl:

Over 30—division winner Mountain Goat FC 8-1-1 (25 points); most goals scored (73) by Mountain Goat FC and fewest goals allowed (21) by The Federal.

Anderson Over 40—division winner Federal 4.0 8-1-1 (25 points); most goals scored (56) by Stroke City; fewest goals allowed (14) Federal.

Over 50 (8v8)—division winner Athletico Decresito 6-2-1 (20); most goals scored (65) by Athletico; fewest goals allowed (41) The Drewblers.

Studdard Rec 2A—champion Head Game Strong 5-0-1 (15); most goals scored (19) by Head Game Strong; fewest goals allowed (8)

by Chapel Hill FC.

Studdard Rec 2B—champion Unicorns FC 4-0-2 (12); most goals scored (23) by Unicorns FC; fewest goals allowed (8) by Unicorns FC.

O’Hara division—winner Aztecs FC 8-0-2 (24); most goals scored (39) by Noir FC; fewest goals allowed (19) by Aztecs.\

Raleigh Tops Bull City 7s In Durham

Raleigh Rugby Club Pit Vipers and Pit Crew sides were first and second at Bull City 7s in Durham (14 teams). Fayetteville Area Rugby topped ToRo Loco for third. The men’s event was put on by Tobacco Road Rugby of Durham at Holt Fields in N. Durham.

A Summer 7s Triangle Invitational Tournament (men/women) will be held July 18 at WakeMed SP, Cary, organized by the CGRU in conjunction with the World Rugby Nations Cup that night in Cary.

Pickleball Results

Here are division winners at Piney Wood Spring Smash, Pickleball, Durham, (245 players):

Sun MDoubles—Jordan Smith/Terence Harcum.

MDoubles 10-49 3.0-3.49—Kemonte Jones/Jordan Stauffer.

Fri MDoubles 50+—Jockey Zhu/Patrick Chen.

Sun MDoubles 50+—Charles McClure/Andrew Stevenson.

MDoubles 10-49 3.5-3.99—Hunter Welsh/Patrick Zoller.

Sun MDoubles all ages 4.0-4.9—Mike Perry/Andrew Muleta.

WDoubles— Cheryl Summers/Julie Knaack.

WDoubles all ages 3.0-3.49—Karissa Beutell/Bethany Hitchcock.

WDoubles all ages 3.5+—Viviana Negron/Jess May.

Sat Mix Doubles—Steve Mattingly/Jenny Mattingly.

MixDoubles all ages 3.0-3.49—Nathaniel Nguyen/Kim Pham.

MixDoubles 50+ 3.0-3.9 Josh Teran/Heidi Cannon.

MixDoubles 10-49—Marie Saylor/Aaon Saylor.

MixDoubles 50+ 3.5-3.99—Wade Hudson/Nesha Levatino.

MixDoubles 4.0-4.99—Mike PerryII/Maria Lubrano.

Volley Llamas, Team Aiden Score In VB

Volley Llamas defeated Spikeopaths 25-14, 25-19 to win the Chapel Hill spring women’s volleyball tournament, and Team Aiden completed an undefeated season in co-rec volleyball. TA defeated Volleybulls 25-18, 24-26, 15-11 in the tourney finals.

Team Aiden was 7-0, Volleybulls 6-1 in regular season, while Spikeopaths were 5-2 and Volley Llamas 3-4.

Speakeasy Wins Carrboro Co-Rec Softball Title

Speakeasy Spirits piled up six runs in the fourth for 13-8 lead and overwhelmed Cheetahs 18-12 to win the spring Carrboro co-rec softball tournament championship. James Dewith’s double, Anthony Costilliana’s triple and singles keyed the big inning. Dewith had five hits with a HR and three runs scored for the game.

Jonathan Mazarek hit two homers. It was a “player friendly” scoresheet with no errors recorded. For Cheetahs, Dawson Naccarito had four hits with HR, m and Joshua Oakley two triples.

Speakeasy (9-3) won the regular season, with Street Walkin Cheetahs (8-4) second.

GAMES, Continued from page 1

relay, gold 100 fly, 200 free, 500 free; Brandon Barbaro, gold 100 back, 100 free, silver 100 breast, 4x50 medley relay; Derek Flake, gold 50 back; Justin Jarmusz, gold 100 back, 50 free, silver 50 fly; Curtis Nold, gold 1650 free, 500 free, silver 50 fly; Jonathan Pandus, gold 100 back, 100 IM, 500 free; Alexis Treplin, gold 100 back, 50 back, silver 200 free; Peri Thomson, gold 200 IM, silver 100 breast, 4x50 medley relay, 500 free.

Volunteer coaches were head coaches: Ana Carlson, Shelley Walter, Staci Sernulka, Rick Fee and assistant coach Alex Prakken.

GYMNASTICS

Miriam Saterbak, gold artistic gymnastic women’s all around, gold balance beam, floor exercise, uneven bars, vault.

(ATHLETICS) TRACK & FIELD

Anna Coleman, bronze 4x100 relay, gold 800, 1500 run; Mankell Corwin, bronze 800 run, silver 400 dash; Clare Feole, bronze 400 dash, 4x100 relay, gold 100, 200 dash; Zach Fields, bronze 100 dash, 400 dash, silver 4x100 relay; Nicklas Harris, bronze 200 dash; Max Kuller, bronze 4x100 relay; Scott Lambeth, bronze 4x100 relay; Alexandre Mortel-Matt, bronze 400 dash, silver 4x100 relay; James Obie, bronze 200 dash, 400 dash, silver 4x100 relay; Brian O’Donnell, bronze 100 dash; Jessica Thompson, bronze 4x100 relay, silver 100 dash; Daniel Weiss, bronze 100 dash, silver 100 walk, 200 dash; Benjamin Barham, gold 100 dash, 200, 400 dash; Nolan Carson, gold 4x100 relay, silver 100, 400 dash; Abbey Goodwin, gold 50 dash, silver 50 walk; Brandie Goodwin, gold 50, 200, 400 dash.

Also, Sebastian Harris, gold 100 dash, silver 400 dash, 4x100 relay; Kimberly Kelly, gold 4x100 relay; Julia Kenney, gold 200, 400 dash, silver 4x100 relay; Max Kuller, gold 400 dash; Stephanie Madden, gold 400 walk, 4x100 relay, silver 100, 200 dash; Brian O’Donnell, gold 200, 400 dash, 4x100 relay; Adam Ricci, gold 100, 400 dash, silver 4x100 relay; Ben Schoolar, gold 100, 200 dash, silver 400 dash; Victoria Shore, gold 30m motorized wheelchair slalom, gold tennis ball throw, silver 50m motorized wheelchair slalom; Brenda Spivey, gold 50 walk, silver 50, 100 dash; Hunter Stanford, gold 400 dash, silver 100 dash; Ewan Toscano, gold 400 dash; Max van Norme, gold 400 dash, silver 200 dash; Brandie Grady, silver 4x100 relay; Ronald McKoy, silver 200, 400 dash; Ahmad Rahman, silver 400 dash; Ricky Sampson, silver 100, 200, 400 dash; Justin Potter, gold 1500 run.

Track head coaches: Bernie Prabucki and Dana Hanson. Numerous assistant coaches helped out: John Waller, Michael Mantini, Mike Madden, Richard Kohrman, Peter Warren, Sharla Coleman, Daniell DaSilva, Carolina Cabiness, Drew Coleman, Evy Coleman, Elizabeth Fouts, Genevieve Fouts, Jordyn Adams, Kwame Alston.

OCS Track Points Leaders

Division points races are close across the board at Orange County Speedway, Rougemont. The next race date is July 18.

Late Model (3 races), Bradley McCaskill, first, 192 points; Chase Ellis, second, 190; Trey Burke, third, 172.

Pure Stock (2 races), BJ Reaves, first, 148; Jay Hennenway, second, 147; Corey Durham, third, 130.

Charger (4 races), Tripp Evans, first, 250; Todd Garren, second, 230; Cade Everhart, third, 229.

MOD 4 (2 races), Cory Purnell first, 148; Thomas Penny, second, 146; Brendan Watson, third, 140.

Vintage Sportsman (3 races), Gary Lloyd, first, 197; Will Riley, second, 180; Kenneth Smith, third, 166.



Torch Runners

The CHPD SONC Torch Run was held in May. The officers carry the Flame of Hope from Carrboro to the Durham border at Wegman’s where they handed it to Durham PD. It was headed to Raleigh for the opening ceremonies of SONC Summer Games.

SOOC track athletes Ben, Markell and Alex (above) participate along with the officers annually.

Limiting Balloon Releases In N.C.

As summer celebrations fill the skies with balloons, a Duke student wants to change a tradition she says leaves a lasting mark on the environment. “When those balloons deflate, they float back down to earth,” said Ariane Lemaire, an environmental science and marine science student. “Eventually they enter our rivers, and then they float to the ocean.”

She launched a statewide campaign to reduce balloon litter through education, citizen science and environmental awareness. Her campaign comes as N.C. Senate Bill 20, which would prohibit certain mass balloon releases in North Carolina and impose a \$250 civil penalty, remains stalled in the General Assembly after being referred to committee months ago.

Several coastal communities have adopted their own restrictions, including Dare, Currituck counties and the towns of Duck, Kitty Hawk, Kill Devil Hills, Nags Head and Southern Shores, where balloon debris has become a recurring problem along beaches.

Community News

The NHL champion Carolina Hurricanes will play four pre-season games: Sep. 20 at Florida, Sep. 22, Florida in Raleigh, Sep. 24, Nashville in Greensboro and Sep. 26 at Nashville, before starting the new season (84 games, up two from past years).

Paperhand Puppet Show, 26th edition, is “The Wisdom of the World” and will be presented Aug. 7-Sep. 27 at Forest Theatre, UNC. Shows are Friday-Sunday at 7 with some 3 p.m. matinees in September. Order tickets online at paperhandpuppet.org. Musical acts precede each evening show at 6:20.

North Carolina ranks fifth for the highest state taxes on distilled spirits (\$18.23/gallon) and sixth for beer (62 cents/gallon), according to a June report from the Tax Foundation.

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Lundy First In Carrboro

Connor Lundy (20:04) of Chapel Hill took first at Four on the Fourth in Carrboro. Lindsay Lucier (25:09) of Chapel Hill was first female at the first race in the 2026 Le Tour de Carrboro race series. There were 640 finishers, down from 730 last year. Race day temp was 79 degrees, 5 more than 2025, and brought new cooling measures for runners after the race.

The other race leaders: Shane Fitzgerald, Chapel Hill, second male, 21:16; Neal Duncan, Chapel Hill, third, 21:31; Abigail Hart, Carrboro, second female, 25:43; Leigh Campbell, Durham, third, 26:14.

M Masters—Matt Straub, Carrboro, first, 23:57; Evan Galoway, Chapel Hill, second, 24:12; Shan Gallo, Cary, third, 25:07. F Masters, Hadara Adelson, Greensburg, PA, first, 26:29; Merrie Mosedale, Raleigh, second, 26:48; Heather Lindenman, Chapel Hill, third, 27:19.

F Athena—Alana Pavuk, Mebane, first, 36:47; Amanda Linke, Durham, second, 41:54; Acia Ledvin, Haw River, third, 43:44. M Cydesdale, Dylan Jones, Southaven, MS, first, 37:07; Richard Finnegan, Apex, second, 38:30; Harrison Laird, Durham, third, 42:15.

Age group award winners from Chapel Hill:

15-19—Rachel Jai, second, 32:09; Maeve Bulleri, third, 34:35; Noah Brinson, first, 23:15; Leo Durst, Pittsboro, second, 24:40; Sammy Kurz, Carrboro, third, 24:55.

20-24, Scott Poole, Carrboro, third, 29:41.

25-29—Sophie Worthy, Carrboro, first, 30:46; Coleman Ferrell, first, 22:54; 22:54; Andrew Zachman, second, 23:21; Jake Grdadolnik, Carrboro, third, 23:38.

30-34—Nikki Ward, New Hill, first, 28:47; Matthew Sutcliffe, Carrboro, second, 23:09; Kevin Locke, third, 24:01.

35-39—Becca Krouse, second, 30:05; Ren-Wen Huang, third, 30:09; Yohei Hisada, first, 23:02; Colin Thompson, second.

40-44—Emily Bernath, Carrboro, first, 27:31; Abigail Jeck, second, 29:31; Guenther Schult Filho, first, 25:10.

45-49—Lisa Dunn, Carrboro, second, 29:58; Clair Bo-sire, third, 3e2:14; Neal deJong, Carrboro, third, 27:20.

50-54—Laura Hill, first, 31:31; Elizabeth Skiba, third, 32:30; Charlie Baxter, first, 25:11; Thomas Soth, Carrboro, third, 26:48.

55-59—Iлона Jaspers, Carrboro, first, 29:35; Mark Carey, first, 26:52.

60-64—Joanneke Fleischauer, Hillsborough, first, 34:04; Katie Savelli, third, 36:07.

65-69—Dana Lebo, first, 35:09; Korinn Saker, Hillsborough, third, 38:52; Patrick McVeigh, first, 32:14; Randy Kauftheil, third, 32:49.

70-74—Nancy Margolin, first, 44:49; Joanne Gardner, third, 48:48; Youngsung inn first, 32:09; John Center, second, 33:49; Koch Will, Pittsboro, third, 37:01.

75-79—Lynne O'Brien, Carrboro, third, 1:02:04; John Northern, first, 38:44; Roger Mitchell, third, 41:44.

80+, Sharon Roggenbuck, Hillsborough, first, 1:01:40; Dick Forbis, Carrboro, third, 1:09:31.

Freedom Run 5K

Ed Beroset (24:22) of Chapel Hill was first 60-64 and Nancy Longley (29:54) of Mebane third 50-54 at NC 4th of July Festival Freedom Run 5K in Southport (471) finishers). WTs were 16:21 and 21:36.

LoPiccolo Leads Big Mack Sprint

Allison LoPiccolo (1:10:49) of Pittsboro was the women's winner and overall leader at Big Mack Sprint Tri in Burlington (104 finishers). MWT was 1:11:01. Distances were 750m swim, 14.5m bike, 5K run.

Chapel Hill award winners: Jonathan Farber, first 70-74, 1:24:36; T. English, third 30-34, 1:46:19; Kate Sheahan, first 45-49, 1:34:05; Sara Larson, first 50-54, 1:30:36.

Skiba Second At Three Little Pigs

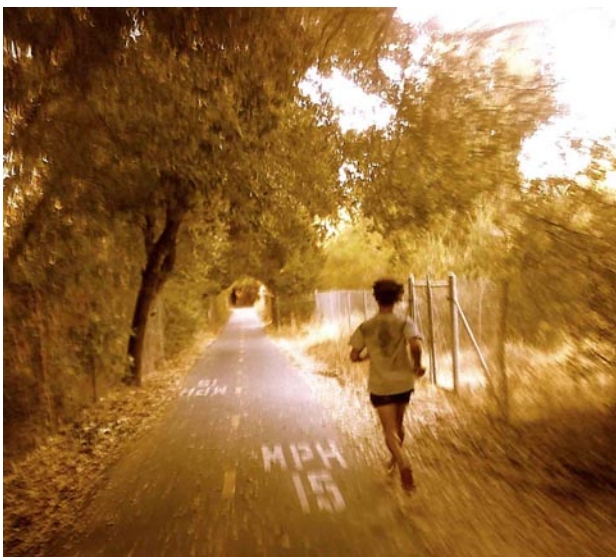
Elizabeth Skiba (1:09:27) of Chapel Hill was second woman at 16th Three Little Pigs Sprint Tri in Smithfield (170 finishers, down 16 from 2025). WTs were 56:12 and 1:08:19. Distances were 250y pool swim, 14m bike, 5K run.

Nicolai Tvermoes, Chapel Hill, was second masters male, 1:03:29; Bryan Roney, Mebane, first 50-54, 1:11:55; Edward Tvermoes, Chapel Hill, first 15&U, 1:15:22; Sharon Roggenbuck, Hillsborough, first 75+, 2:11:28.

Halsey First At Brick Tri #2

Christopher Halsey (44:49) of Chapel Hill was the overall winner at Race 2 of the Brick Endurance Summer Sprint Tri Series in Durham (82).

Faith Duncan of Cary was second, 46:13, and Matthew Miller, Chapel Hill, third, 47:48. He won the first event. Women's WT was 47:59. Race 3 of 4 is July 29.



Running News

Kody Kerr, age 14, (18:43) and Helen Williams (19:05) were the winners at Bull City Fit Fun Run 5K (79 finishers) in Durham. Hometowns N/A.

DeOliveira Saka (27:47) of Carrboro was first 25-29 at the Biltmore Classic 5K in Asheville. WT was 19:53. McGregor Maddock of Hillsborough (1:19:34) was first 19&U in the 15K. WT was 57:46. There were 599 runners in the two races.

Jane McDaniel, Chapel Hill, third 35-39, 1:52:21, at Run the South HM (444) in Charlotte. WT was 1:15:31.

Catherine Sampey of Hillsborough was first 50-54 at Beaufort Historic Rotary 10K (102 finishers) in 59:24. WT was 43:31.

Richard O'Brien (1:27:21) of Chapel Hill was first 45-49 at RAD HM in Asheville (579). WT was 1:26:41.

Martha Hamblin (34:52) of Mebane was third 70-74 at Greensboro Distilling Co. Speakeasy 5K in Greensboro (601 finishers). WWT was 20:18.

Race News

The 4th Children's Home XC Festival takes place Sep. 26 in Oxford with 11 races including youth, middle school, high school and collegiate divisions. For info: MS HS Central Children's Home Cross Country ;Festival 2026—Meet Information (milesplit.com)19 and older 5K Central Children's Home Cross Country Festival Run (runsignup.com).

The Sep. 12 Sugg Farm Ultra 50/40/20m in Holly Springs was canceled.

The inaugural Oct. 24 Apex HM was reported 90 percent full 6/23.

Both the Big Run 5K in Cary and Red Pony 5K in Durham were fun runs and did not have results or awards.

The June 27 Run for Liberty 5K in Cary was canceled.

Early Fall Distance Races

Sep. 12, Cane Creek Mtn. Trail HM/10K, Snow Camp.

Sep. 19, Marine Corps HM, Camp Lejeune.

Sep. 26, Salem Lake Trail Run, 30K/7m/5K, Winston Salem.

Wilmington Races

Glenn Guy (21:24) of Chapel Hill was first male master at Tri Span 5K in Wilmington (246 finishers). WT was 19:58.

Michelle Guy (53:06) of Chapel Hill was second 50-59 at Tri Span 10K (482). WT was 40:30.

Sizzling Soles, Cary

Patrick Fitzgerald (49:16) of Rougemont was third male overall at the 6.55m race at Sizzling Soles, Cary. WT was 48:18 (79). Debra Shippe (1:12:42) of Chapel Hill was first 60-64.

In the 5K (108), Karan Kurmar (25:06) of Hillsborough was first 40-44, Dimiti Trembath (32:09) of Chapel Hill first 55-59, Anna Thomas (45:33) of Chapel Hill third 30-34, Frank Hall (53:06) of Pittsboro was second 60-64. WTs were 20:46 and 21:55

Skiba Wins In Knightdale

Elizabeth Skiba (53:09) of Chapel Hill was first woman at the UNC Health Sprint Triathlon in Knightdale. Men's WT was 45:16. There were 134 finishers, down 6 from 2025.

Local award winners: Craig Helms, Chapel Hill, first 65-69, 58:37; Jonathan Ptochcinski, Hillsborough, second 45-49, 52:00; Christopher Lee, Chapel Hill, third 65-69, 1:02:54; Louis Almekinders, Chapel Hill, third 65-69, 1:02:54; Sharon Roggenbuck, Hillsborough, first 75+, 1:31:50; Sally Almekinders, Chapel Hill, first 70-74, 1:35:11.



Rumble @ Brumley

Some 164 riders competed (257 registered) at TORC's Rumble at Brumley MTB XC races in Chapel Hill. They were rescheduled from May. Hometowns N/A.

One Lap (5.5m, 39 finishers), Sebastian Ackley, age 11, first, 27:21; Birdie Predraza, age 12, second, 27:34; Luke Hersberger, age 14, third, 27:54.

Two Laps (65), Luke Cagle, first, 51:12; Stephen Byrne, second, 52:02; Charles Ball, third, 58:07.

Three Laps (56), Max Lane, first, 1:10:55; Cade Zains, age 16, second, 1:12:03; Louis Maitland, third, 1:12:42.

Four Laps (4), Matthew Edwards, first, 1:25:43; Stephen Vogel, second, 1:27:52; Aaron Dillow, third, 1:35:10.

Cole Second At National ITT, 5th In Road Race

Owen Cole (39:34) of Chapel Hill (Team Winston-Salem-Flow) took second in the U-23 Individual Time Trial at the USA Cycling pro road nationals in Charleston, WV. WT was 39:30 (31 finishers). Cole is a UNC student studying exercise and sports science. Cole's teammate Nathaniel Gervez (41:20) was 15th.

Cole finished fifth in the U23 Road Championship four days later. His time was 3:14:42, 9 seconds behind the winner and in a four-way tie for the 7 laps. His fastest lap was 19:23, slowest 30:50. Gervez (2:50:04) was 24th and down 1 lap.

Outdoor Notes

A 44-year-old Chapel Hill boater drowned June 15 at Jordan Lake near Farrington Point Road, Apex, authorities said, when he went in the water to retrieve a drifting boat and did not return. He was not wearing a life jacket. A second drowning was reported July 4. The victim was a teenager. No other details were released ... Baby barn owls from WNC are getting national and international attention via a live wildlife cam. Four owlets were born in April and one was killed in the barn during an attack by a Great Horned Owl in June. More than 62,000 watched and listened to the birth and early family activities, NCWRC said. Check out the action at ncwildlife.gov. website ... A Durham driver who's accused of seriously injuring two cyclists June 12 in a hit-and-run crash in Orange County June 12 was arrested, state troopers said. A truck hit two Durham cyclists near Duke Forest on NC 751 near US70 and left the scene. Driver faces seven criminal charges ... New regulations for the 2026-27 deer season include the introduction of a Special Early Season Hunt for antlered deer Aug. 22-23, 2026, in all CWD Management Areas using any lawful weapon. These areas include Cumberland, Forsyth, Sampson, Stokes, Surry, Wilkes and Yadkin counties. Baiting is still prohibited in these areas before Sep.1 ... N.C. flounder season runs Sep. 1-14. Limit: 1 fish per person per day. Minimum size: 15 inches total length. All catches must be reported ...

X Games Shifts To Team Competition

The Summer X Games shifted from individual to team competitions with events in Sacramento, New Orleans (July 24-26), Japan. Each team has ten athletes (5 men, 5 women) competing for points in three events. There are four teams. X Games are broadcast on ESPN networks.

The sporting event credited with popularizing action sports like skateboarding and BMX biking moved from stand-alone, individual competitions to a three-event season featuring mixed teams. Private equity firm MSP Sports Capital backed the new format after purchasing X Games from ESPN in 2022.

Several of the teams, which represent cities like New York and São Paulo, also are owned by private equity firms. Investors see parallels between the fragmented action sports market and the WNBA five years ago, which has seen a 345% surge in average franchise values since 2024, according to 1440 Daily Digest.

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Odom secured a pair of sharpshooters in transfers Christian Harmon and Jurian Dixon that will help Virginia keep pace with the conference leaders.

3. Louisville. Cardinals head coach Pat Kelsey was one of the conference's biggest spenders, as he had to replace nearly his entire roster from a year ago, but he reeled in some big-time transfers in center Flory Bindunga (Kansas), point guard Jackson Shelstad (Oregon) and wing Karter Knox (Arkansas) to keep Louisville in the upper echelon. Lone returnee Adrian Wooley should provide plenty of perimeter scoring, and the low-post skills of freshman center Obinna Ekezie Jr. will remind many of his father. Kelsey did well to restock the roster, making it one of the ACC's deepest, if not the most talented.

4. Miami. The Hurricanes also did well to replenish their roster, plugging in point guard Acaden Lewis from Villanova and shot-blocking center Somto Cyril from Georgia. This team will rely heavily on returnees Shelton Henderson and Dante Allen, but the key may be who wins the starting power forward spot between dynamic freshman Caleb Gaskins and Robert Morris transfer DeSean Goode. These additions are enough to keep expectations sky high at Coral Gables.

5. UNC. Few in Chapel Hill know what to expect from new coach Mark Malone, but many are excited about the talent he's recruited on short notice. The revamped Tar Heel's lineup features an uber-talented backcourt led by transfers Terrence Brown (Utah), Neo Avdalas (Virginia Tech) and Matt Able (NC State). Malone also did well to fill the frontcourt spots next to returning forward Jarin Stevenson with a pair of high-caliber Europeans imports in 7-footer Sayon Keita and 6-11 Alex Samodurov. There's also plenty of depth available to rival the conference leaders.

6. Virginia Tech. Despite losing Avdalas to a conference rival, there is still plenty of optimism in Blacksburg, thanks to the returning core of Ben Hammond, Amani Hansberry, and Tyler Johnson, which accounted for nearly 40% of their offensive production from a year ago. The backcourt will get a boost from transfers Isaiah Elohim (FAU) Jaylen Curry (Oklahoma State), while the center Miles Heide (San Diego State) will plug in the front-line to provide some rebounding help for Hansberry.

7. Clemson. Brad Brownell never fails to pull together a complete roster of high-character athletes that fits exactly into his style of play, and this season is no different. With only guard Ace Buckner and a handful of roll players returning, Brownell brought in wings Cole Certa (Notre Dame) and Liutauras Lelievicius (TCU) to shore up the perimeter, while David Fuchs (San Francisco) and Dylan Faulkner (Samford) will provide stability down low. The team could get an additional boost if guard Zac Foster recovers fully from his ACL surgery from a year ago.

8. Florida State. In Tallahassee, Luke Loucks delivered on his promise of a high-octane offense, and his recent transfer haul not only reinforces that promise but might also take it to the next level. The primary additions are explosive Missouri point guard Anthony Robinson and slashing Cincinnati forward Shon Abaev, but guards Kameron Taylor and AJ Swinton can put up points too.

NBA Drafts 12 Ex-ACC Players

The NBA drafted 12 former ACC players—four in the first round, eight in the second—from eight schools.

Duke, UNC, Louisville, Stanford had first round picks. Duke, Louisville, Va. Tech, UNC, Virginia, Fla. State, SMU had second day selections.

Ex-Duke players picked were C. Boozer, I. Evans, M. Brown; UNC, C. Wilson, H. Veesaar.

The frontcourt should be in good shape with freshman center Marcus Ponder and Colorado transfer Sebastian Rancik attacking the glass.

9. NC State. New coach Justin Gainey retained sharpshooter Paul McNeil and then filled lineup with proven transfers like Christian Hammond (Santa Clara), Preston Edmead (Hofstra), Eemeli Yalaho (Washington State) and Kyle Evans (UC Irvine). Slovenian forward Robert Jurkovic should add a significant low-post presence, while it will be interesting to watch how Maryland transfer guard Darius Adams complements the group with his scoring ability.

10. SMU. The Mustangs will surely miss the backcourt of Boopie Miller and Jaron Pierre, but the focus will shift to talented big man Jaden Toombs, who is expected to have a breakout sophomore campaign. Toombs will be supported by forward transfers Jaylin Stewart (UConn) and Nic Codie (Texas), but the key will be how well guards David Terrell (North Texas) and Rowan Brumbaugh (Tulane) work with Jermaine O'Neal in the backcourt.

11. Syracuse. The Gerry McNamara era is set to begin with one of the tallest backcourts in the conference with returnee Kiyan Anthony joined by transfers Garwey Dual (McNeesel), Gavin Doty (Siena) and Aiden Tobiason (Temple)—all of whom check in at 6'5 or taller. The Orange should also benefit from another year from star forward Sadiq White, who is just starting to scratch the surface of his potential.

12. Stanford. Gone is the scoring of NBA Draft pick Ebuka Okorie, but several pieces remain in place. Including guard Julius Price and wing Aziz Olajuwon. They'll be joined by talented Delaware transfer guard Christian Bliss and the center tandem of Aidan Cammann and Seattle transfer Austin Mauer, in what should be a surprisingly decent Cardinal lineup.

13. Boston College. Speaking of surprises, the Eagles could start their climb out of the ACC basement simply based on the hire of offensive mastermind Luke Murray. The former UConn assistant was able to reel in scoring guards Money Williams of Montana and Ernest Shelton of Merrimack, plus Australian Jacob Furphy to get things going. The frontcourt should also get a boost from transfers Brandon Benjamin (Fairfield), Colby Duggan (Charleston), and Luke Hunger (George Washington).

14. Pittsburgh. Jeff Capel probably has one more shot to make the Panthers relevant again, and he may have a decent group this time around. If he can get transfers Nait George (Syracuse), Jalil Bethea (Alabama) and Baye Ndongo (Georgia Tech) to return to what made them highly sought recruits a couple of years ago, there's no telling how far this group can go.

Five For Five Rule Approved By NCAA, Challenged In Court

The NCAA Division I Cabinet approved a new five-year, age-based eligibility model for college athletes.

Athletes in all sports will be given five years of eligibility over five seasons once their college clock begins. The clock starts upon initial full-time enrollment in college or at the beginning of the academic year following their 19th birthday, whichever occurs first. The move is meant to eliminate the need for redshirts and waivers.

A lawsuit challenging the new rule was filed in Ohio against the NCAA by 24 men and women basketball players seeking an additional year of eligibility (fifth year), and an injunction was issued by a judge after hearing testimony, another loss for NCAA. The ruling is on appeal.

15. Notre Dame. The Irish suffered some serious losses to the portal (Jalen Haralson, Markus Burton, Cole Certa), but Coach Micah Shrewsberry might have recovered enough to keep his team competitive. Gonzaga point Braeden Smith and Penn wing Ethan Roberts will join Braeden Shrewsberry to form a solid backcourt, but the frontcourt will need some help.

16. California. Mark Madsen's Bears also suffered some serious attrition in the off-season, but he's brought in a pair of Georgia transfers—point Jordan Ross and forward Jake Wilkins (son of Dominique)—to support big man Lee Dort in the quest to avoid the ACC basement.

17. Georgia Tech. New coach Scott Cross will have his work cut out for him with just a few serviceable holdovers, led by Kam Craft and Cole Kirouac, and some decent transfers in guard Colby Garland (San Jose State) and forward Jackson Fields (West Virginia), but not much else.

18. Wake Forest. When you have the conference's smallest NIL pot and weakest collection of talent (save maybe Kansas transfer Jamari McDowell), the outlook is always bleak.

Former UNC Players In NBA Summer League

Seven ex-UNC players are on NBA Summer League teams:

RJ Davis, San Antonio; Pete Nance, Cormac Ryan, Milwaukee; Henri Veesaar, Atlanta; Drake Powell, Brooklyn; Scott Trimble, Washington; Caleb Wilson, Chicago.

New Women's Hoops League

North Carolina is home to two of the four women's basketball teams in the Upshot League, a new developmental pro league. Years ago the Charlotte Sting were part of the early WNBA.

Teams in the new venture are Charlotte Crown and Greensboro Groove. The others are in Jacksonville and Savannah. The season runs May through August. Games are on YouTube.

Reigan Richardson, a former Duke player, is on the Charlotte roster along with A.D. and Kiki McGill Jefferson from Louisville, Lete Grissett of Durham from South Carolina.

Other former ACC players: Megan McConnell (Pitt), Iyana Moore (Notre Dame), Dyasha Fair (Syracuse), Alivia Cochran (Louisville) are on Savannah Steel; Adat Bulgast (Fla. State), Brianna Turnage (Ga. Tech), Taylor Soule (Va. Tech) are on Jacksonville Waves.

Basketball Notes

Two UNC nonconference games were confirmed: N.C. State, Dec. 15, Greensboro, and Illinois, Jan. 30, Nashville ... NC State dropped a road game at VCU and will pay a \$190,000 cancellation fee ... Wake Forest plays only one noncon opponent (Vanderbilt) who made the NCAA Tournament last year ... Louisville will play two exhibition games in Bahamas this month ... Credit One Stadium, a tennis facility in Charleston, SC, will host a doubleheader Sep. 27. The LinkU Invitational features Vanderbilt v. Virginia and Charleston v. The Citadel in the outdoor event ... Leaky Black was waived by Washington, NBA, last month ... Ex-UNC player Ed Davis was among six indicted in federal NBA gambling probe ... Smith Center, Chapel Hill, ranked 23rd among Most Difficult Places to Play, according to Basket Under Review. Cameron Indoor was fourth, Kansas Allen Field House first, Purdue Mackey Arena second ...

30th MLS Allstar Game July 29 in Charlotte

Three players from Charlotte FC (Tim Ream, Pep Biel, Ashley Westwood) were among 29 selected for the MLS Allstar game Wednesday, July 29, at Bank of America Stadium, Charlotte.

MLS allstars will play Mexican Liga MX Allstars at 8 p.m. (Apple TV). A skills challenge will be held the previous night at Truist Field.

Campground Upgrades Coming At Kerr Lake

Five campgrounds at Kerr Lake SP, Henderson, will close Aug. 1 for facility upgrades.

JC Cooper Campground, Nutbush (areas 1, 3 and 4) and Hibernia Campground will shut down for improvements to campground facilities, electrical, infrastructure and accessibility through June 30 next year. Projects are paid for by voter-approved. Connect NC Bonds.

Sara Paisner Honored At Governors Cup

Thistle skipper Sara Paisner of Chapel Hill (Carolina Sailing Club) was the top female skipper at 69th N.C. Governor's Cup Regatta (51 boats, 9 divisions) at Kerr Lake, Henderson. She finished third in the division with 19 points in five races including a first and a second.

Gunnison Griffin of Ogeechee River Sailing Club was the overall champion in a Thistle with 10 points (a first, three seconds and a third). Title goes to the winner of the largest class of boats for the regatta. There were 11 boats in the Thistle division. Second largest was Isotope (9).

Community News

Dog Days of Summer will be held July 17, 6-8 p.m. at Morrisville Dog Park with splash pads, pup cups, food trucks.

Carolina Panthers open the NFL pre-season Thursday, Aug. 6, at 8 p.m. against the lowly-ranked Arizona Cardinals in the annual HOF game in Canton, OH, on NBC.

Postal jobs available. Pittsboro has 14 open mail carrier positions, the Chatham Chatlist reported 6/11. There are 19 delivery routes and only five carriers and limited overtime.

Sunday, July 19, is National Ice Cream Day. Enjoy.

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Another View, Mine

John Nieman

I have lived my life with a basic mantra that everything works out for the best. I tell students and family members a story that was told to me by a Chilean soccer coach back when I was running Rainbow Soccer that illustrates the point. I won't bore you with it now but I find it instructive and fascinating.

That perspective has served me well. How else can we explain that I'm sitting out on a horse farm with my beautiful, talented, and extremely smart lawyer wife, proud of my successful son with his unbelievable wife and children, the three

Drought Impacts Mill Creek Golf Course

Mill Creek golf course in Mebane implemented a no-carts on fairway rule last month to save water.

In an email to golfers they said, "Mill Creek and the surrounding areas are in what the United States Drought Monitor classifies as a "D4." This entails exceptional and widespread crop/pasture losses, as well as shortages of water in reservoirs, streams and wells.

"Because of this exceptional drought, our water sources are nearly depleted. We cannot adequately irrigate all surrounding turf with what little water we have left for use. Therefore, we must prioritize the greens, with fairways and rough becoming secondary. By limiting cart traffic on the course, we can conserve our water use for the greens."

Last year Mill Creek pumped close to 3M gallons of water on the course in the first six months, compared to 9M this year.

CSN golf columnist Mike Mauriello said June 27, "I was at Mill Creek this past week. Usually by this time of year fairways would be green and plush. Now they are sparse and dried out. No other courses that I know of have the "no carts on fairway rule" yet. It will hurt their number of rounds played. Hopefully we will continue to get the showers that have started recently."

Exceptional Drought Conditions Continue

Alamance, Durham, Orange remain in exceptional drought conditions (9 N.C. counties); Chatham, Wake among 46 in extreme drought; 31 others in serious drought, 14 in moderate drought.

OWASA reported 2.85 inches of July rainfall through 7/8 in Carrboro, reservoirs 73 percent full. Use water wisely.

Eno River and Hickory Hill boat ramps in Durham at Falls Lake were closed due to low water levels. Lake level 7/9 was 246.17, down 5.83 feet below normal pool, but up about a foot since last week due to recent showers.

Jordan Lake was at 212.92, down 3.08 feet below normal pool, and about a foot lower than previous week. Boaters were urged to use caution to avoid stumps and other debris near shore.

Community News

UNC (1166.75 points) was fourth for the second straight year in the Leaffield Directors' Cup. Texas (1322) was first, Stanford second, UCLA third and Virginia fifth.

NFL Flag Football Elite, a Triangle-based team that practices in Pittsboro, is the lone Tar Heel entry at the 3rd NFL Flag Championships in Westfield, IND, July 24-26. Divisions: boys 8U-14U, girls 10U through high school. Games will be broadcast on all Disney platforms.

Women's flag could become a new NCAA sport if approved in three January votes.

Little River Regional Park in northern Orange is closed Mon-Thur in July for improvement projects. The park, with MTB, running trails and other facilities, is open 8-8 weekends.

July Standings

Orange Co. Summer Men's Basketball

East—King Ballers 6-0, Chapel Hill YMCA Allstars 5-1, Buckets 4-2, Mud Dogs 4-2, Abn Elite 3-3, Thunder 3-3, Bull City All Stars 2-4, Hornets 2-4, Well Dot 1-5, Old Dogs New Tricks 1-5, Team Elite 1-5.

West—Dynasty 6-0, Boja Elite 5-1, Harambe 5-1, The 3 Level Scorers 4-2, Big Dawgs 4-2, MonStars 3-3, Send Help 3-2, Finley Flyers 2-4, Zynners 1-4, COA 0-6, 3 Ball Enthusiast 0-6.

of us coming from a mobile home on Old Greensboro Highway. Everything works out for the best.

And so it is with this edition of the World Cup. Those of you who read last month's installment saw where I made several predictions about the tournament. Now, I realize that predictions are not my strong suit, and that column clearly showed that.

But one prediction that I posted that I was hoping would not come to pass was that our president would figure out a way to insert himself into the proceedings and somehow mess it up. He did and he did. The Balogun red card was certainly not even close to being the worst call of the tournament.

These things happen. Those of us who are soccer fans and have a basic knowledge of the game understand that. When I was playing the game regularly, I was somewhat renowned—probably reviled—for protesting vigorously when I felt a call was made wrongly, but if I was not thrown out I played on and once the game was over forgot about it over blue cups at He's Not Here. The game was over and we move on.

I guess the answer to how it is that the one American who clearly knows the least about the game was able to insert himself into the proceedings is that FIFA is run by a pure sycophant who has replaced the monetary greed of the past as the primary source of corruption with political and influence pedaling.

And so the ridiculous response to Balogun's red card resulted in the narrative of the tournament wherein the American people were being celebrated by foreign fans for being welcoming and interesting and the American team being lauded for being more skilled than expected and playing with true heart and determination back to the old cliché of the Ugly American Bully.

As a card-carrying, dues-paying member of the American Outlaws, it put me in a terrible position. The only positive, beneficial outcome of the Belgian game at that point was for Belgium to thrash The Americans. And they did. And so, as best it could, everything worked out for the best.

Media Sportswatch

Joel Bulkley

Congrats to the Carolina Hurricanes on winning their second Stanley Cup in 20 years. The off-season adventures of the Cup are always fun to follow.

The demise of the FanDuel Sports Network, which carried Canes regular season games, after the first round of the NHL playoffs leads to the next question. What's next? Meanwhile, Channel 50 on Spectrum Cable says, "Programming on this network (FanDuel) is no longer available."

I assume the Canes will develop some kind of alternative means for fans to watch the team play this fall. They've been simulcasting games on radio/TV.

After two years the N.C. General Assembly adopted a state budget (600 pages) heavy with sports issues. One measure allows taxpayers who have gambling winnings to deduct losses from their income as allowed by federal tax law. Sports gambling companies face higher taxes, 23 percent, up from 18. UNC and N.C. State were added to the list of N.C. schools receiving annual gambling proceeds, \$5-7M annually.

Political leaders couldn't reach agreement on incentives for luring a MLB team to N.C so there's no baseball money.

Funding for trails and greenways was increased to \$15M/year.

The budget has 700 earmarks or individual pork barrel projects for local governments and organizations, some good like Miracle League Network (\$300,000) and others not so good.

Time magazine did a big spread on 100 most influential people in sports headed by LeBron James, described and exaggerated as athlete of the century. It read like an obit, but the list was interesting with plenty of folks I've never heard of.

The day before the World Cup started FIFA issued updated team rankings: 1 Argentina, 2 Spain, 3 France, 4 England, 5 Portugal, 6 Brazil, 7, Morocco, 8 Netherlands, 9 Belgium, 10 Germany, Mexico 14, USA 17, Canada 30.

Of their first ten only Brazil and Germany didn't make the round of eight.

The World Cup has been wonderful, exciting games, goals and occasionally surprising results. Fox Sports has been pretty good. The broadcasts were fine, with informed announcers and analysts. Yes, the number one team, John Stone/Stu Holden talks too much, Ian Darke/Landon Donovan, the #2 team, deserved better games. Derek Rae and others were fine.

The postmortem on the USMNT for me is that it was a qualified success. Take the red card mess out of it and the team won the group, got to the round of 16, and lost to a superior European team who had not only the arguably best goalkeeper in the world but also a talented group of experienced players.

The fact that it was a blowout can be somewhat attributed to the change in the narrative provoked by idiotic interference. Anyone who points out the fact that the USMNT were the betting favorites simply doesn't understand how betting works. The unbridled enthusiasm that resulted from the group stage and Bosnia resulted in a lot of American money being bet on the USMNT. That moved the odds.

Without Trump's interference, we would look much more favorably on the team's performance.

Once the Americans were eliminated we were able to turn our attention back to all the other wonderful stories. The enhanced format was wildly successful. I daresay we could even go to 64 teams. In the group stages there were no horrible blowouts and there were some pleasant surprises. I need say no more than the words Cape Verde.

The aforementioned unbelievable daughter-in-law treated me to join Jeff and Burke and her on a trip to Atlanta to watch Haiti play Morocco. It was a transformative event. Fans from different countries coming together and enjoying the beautiful game. Thanks to her from the bottom of my heart.

I write this just after the quarterfinals wrapped up. What could be a better testimony to the success overall of the tournament than the fact that the four best teams are in the semi-finals? I can truly say that even as I look forward to the semi-finals and the final I'm a touch sad that it's coming to an end. Even the Trump intervention hasn't been able to tarnish the event. At least, so far.

I know there's a place for this elsewhere in the paper, but just a quick word on the Fox broadcast. They had the good sense to bring in Rebecca Lowe from NBC and Thierry Henry, Peter Schmeichel, Clint Dempsey and others from Paramount and the fabulous Zlatan from his own world to balance out the unremitting positive happiness of Rob Stone and the annoyance of Alexi Lalas. Overall, an interesting experience. Just wish they would have been willing to share clips with other networks' analysis shows.

Dream Final for me: France v England. I clearly can't reliably and so I won't make a prediction.

Fat Boy Index: 235. A number last recorded in 1988.

The TV audience numbers were off the charts. Don't like ads during game breaks but that's not a big deal. Mostly they divide the game into four quarters which I don't like at all.

Was particularly happy most games were on broadcast TV (Fox) and not cable (FS1). Telemundo broadcasts were fun even if I don't understand Spanish. I tried to ignore most pre-game studio and postgame shows. For the U.S. games these programs were treated like pep rallies), but saw studio host Rebecca Lowe and analyst Thierry Henry do some good stuff on occasion; not so much for Alexi Lalas and Zlatan Ibrahimovic. Surprised Zlatan even had a mic, he said so little to say.

As usual Fox ignored or downplayed off-field soccer issues like suspension of X's red card, White House intervention/phone call to FIFA and gave little time to questionable VAR decisions. But when there was a long weather delay before England/Mexico they provided reasonable fill-in stories.

ESPN FC was sharp on analysis, Men in Blazers disappointing, more like a traveling sales caravan than soccer commentary. The athletic.com (NYT Sports) did a strong job on the WC. Looks like Kansas City and Philadelphia did great jobs for soccer fans.

The side stories like Norway (staying at Grandover Resort, Greensboro) bringing their own food, Japanese fans cleaning up stadiums after their games, Tartan Army (Scottish fans) draining all beer kegs in Boston and Miami were the secondary highlights. Hopefully, the Final Four will be as interesting.

I plan to watch the HBO docu "Us against the world: Four years with the USMNT" after the World Cup. Still disappointed with the U.S. performance against Belgium but can't blame it all on Pulisic.

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