

FREE**ORANGE***SERVING THE TRIANGLE*

COMMUNITY SPORTS NEWS

**September 2026
Volume 43
#692****BASKETBALL ★ CYCLING ★ RUNNING ★ OUTDOORS**

New Climbing Wall At Community Center

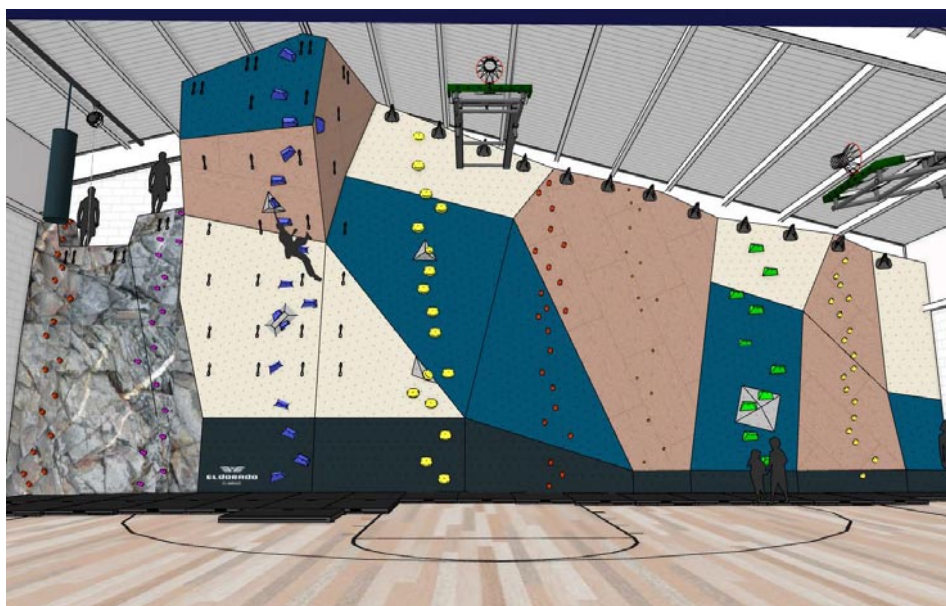
The long-awaited new climbing wall at the Chapel Hill Community Center is in the works. The gym closed last month as work began to replace the old one with a brand-new expanded wall. The old wall is already gone.

Opened in 1987, the outgoing wall is believed to be one of the oldest operating in the country. "This wall has been home to 37 climbing competitions and countless recreation programs in the last 40 years. It's a staple in

our climbing community," said Recreation Supervisor Keith Dodson. "While we're sad to see it go, its legacy is staying right here in the gym where we'll build years of new memories."

During the gym closure, the rest of the Community Center—including the pool, locker rooms, meeting room, and restrooms—are open. Construction is expected to be completed by late 2026.

CLIMBING WALL, Continued on page 5



County Awaits Soccer Park Bids

Orange County wants to sell 45 acres in north Chapel Hill for a non-profit operated and run field sports complex, presumably soccer (CSN, August 26). Bids for the Millhouse Road property are due Sep. 18.

"We have fielded some questions from groups who sound like they are preparing offers/proposals," the county rec director told CSN.

The leading candidate is NC FC of Raleigh, a well-regarded youth soccer provider. Steve Malik is the head of NCFC and owns the N.C. Courage women's pro team. He's been in the news lately regarding the need for expanded practice and game facilities for the Courage. He gave a six-month timetable to sort out the issues.

The new fields would provide private and public use, the county said, and there would be deed restrictions to guarantee continued field use. There is no water or sewer at the property but it's across the street. *J.B.*

UNC Basketball Non Conference

Here's the UNC men's basketball non conference schedule with ten games in Chapel Hill:

Preseason

Oct. 9, Southern California in Greensboro; 18, Indiana in Indianapolis, Ind.; 27, Charlotte in Chapel Hill.

Regular-Season

Nov. 2, Western Carolina; 6, Wofford; 10 Wyoming; 13, Georgia; 20, Marshall; 23, Monmouth; 27, West Virginia in Charlotte (Dick Vitale Invitational).

Dec. 1, Arkansas (ACC-SEC Challenge); 6, Butler, 12, at Georgetown; 15, NC State in Greensboro (Tobacco Road Classic); 19, Kentucky in New York City (CBS Sports Network).

UNC BASKETBALL, Cont. on page 6

**Inside:
New Hoops Coaches
Hillandale Golf
Hockey Wins 2**

FALL RUNNING



PHOTO: CHARLOTTE MARATHON AND CLT5IVE

Fall Races Offer Mix of Challenges

Related Stories Pages 4-5

Runners in Chapel Hill/Durham face a full slate of fall races—a mix of road, trail and distance events. There are about four dozen local races, about the same as last year, between now and the Christmas holidays.

There are large annual events like Bull City RaceFest, Historic Hillsborough HM, RDC M/HM as well as traditional student and community-run races. The calendar has a few new ones including a WUNC 50th Anniversary 5K (Oct. 3) and Run to the Polls 5K (Oct. 24) in Durham.

Thanksgiving Day (six races) remains the busiest day and October the busiest month.

Trail races are planned across the region—Briar Chapel, Eno River SP, Chestnut Ridge,

Efland, Shakori Hills, Pittsboro, Cane Creek Mtn., Snow Camp.

High gas prices, increased entry fees and roasting high temps apparently combined to limit the number of local runners heading to the coast or mountains for weekend races this summer. In the spring it seemed like there were more local races than runners some weekends. The big races prospered, the small races not so much.

Registration for bigger fall races is off to a strong start (nearly 500 were signed up for Hillsborough, 433 for Carrboro 5K/10K, 436 for RDC M/HM) by Labor Day. Keep in mind if you're not running a race, volunteers are always needed to help put it on.

Joel Bulkley

26 Ex-UNC Players On NFL Rosters

Some 26 former North Carolina players were on National Football League opening day rosters. That's one more than last season and includes active players, injured reserve and practice squad members. Duke had 20, up four from 2025.

Houston and Tennessee had the most former UNCers (three each), Cincy four Duke players. Roughly 375 former ACC players were in the NFL.

Former UNC players in the NFL with position, team: CB Alijah Huzzie, practice squad, RB British Brooks, S MJ Stewart, IR, Houston; LB Amari Gainer, Miami practice; QB Drake Maye, WR Mack Hollins, New England; QB Sam Howell, RB Javonte Williams, Dallas; CB Thaddeus Dixon, IR, N.Y. Giants; WR Dyami Brown, Washington; WR Dometez Walker, LB Kaimon Rucker, Baltimore practice; LB Cole Holcomb, Pittsburgh.

Also, CB Marcus Allen, IR, DE Johvaree Ritzie, Minnesota practice; WR Josh Downs, Indianapolis; QB Mitch Trubisky, LB Cedric Gray, RB Michael Carter Tennessee practice;

NFL ROSTERS, Cont. on page 2

Fall Biking, NCAA Hoops Due Oct. 14

The next issue (Oct. 14) of CSN will highlight Fall Biking and NCAA Hoops, plus a boatload of fall road race and triathlon results and fall events.

Basketball columnist Chip Bremer takes a look at the national hoops picture as college practice starts and CSN explores several public park issues. The deadline is Oct. 7.

ACC Hoops, SE Ski Mini Guide follow.

N.C. Road Races

September 19

I Am Too Sexy 5K, Blackwell Street, Durham, 8 a.m., runsignup.com.

20th/Final North Hills 5K, Trinity Baptist Church, 4815 Six Forks Rd., Raleigh, 8:45 a.m., northhills5k.com.

Wishmaker 5K, Surf City, 8:10 a.m., runsignup.com.

Northern OBX Salt and Sand Run 5K./10K, Powells Point, 9 a.m., runsignup.com.

September 20

Hope Clinic 5K, Burlington, 9 a.m. elon.edu/.

September 26

5th Strides for Stem 5K, Old Well, UNC, Chapel Hill, 7:30 a.m., runsignup.com.

Vets to Vets United 5K9 Dog Jog, WMSP, Cary, 8 a.m., runsignup.com.

14th NCVAN Know Hope 5K, Lake Benson Park, Garner, 8 a.m., runsignup.com. Live & Virtual.

Central Children’s Home of NC XC Festival 5K, Oxford, 9 a.m., runsignup.com.

11th Shea’s Chase 5K, Greensboro, 10:15 a.m., runsignup.com. Live & Virtual.

Around the World Run 5K, Cape Fear Botanical Garden, Fayetteville, 8 a.m., runsignup.com. Live & Virtual.

She Rocks Run 5K, Long Leaf Park, Wilmington, 9 a.m., runsignup.com. Live & Virtual.

September 27

17th Cleft Palate Gallop 5K, Old Well, UNC, Chapel Hill, 7:30 a.m., runsignup.com.

Stead Tread 5K, Solite Park Durham, 9a.m., runsignup.com.

16th Keep Pounding 5K, Levine Cancer Center, Charlotte, 8 a.m., runsignup.com.

October 3

2nd Carrboro 5K/10K, first race in Tour de Carrboro, McDougle School, Carrboro, 8 a.m., runsignup.com.

First Pentecostal Church Color Blast 5K novelty run, Herndon Park, Durham, 8 a.m., runsignup.com.

WUNC 50th Anniversary 5K on ATT, downtown Durham, 10 a.m., runsignup.com.

Cupcake Run 5K, Brier Creek Commons, Raleigh, 8 a.m., fsseries.com.

N.C. Seafood Festival Twin Bridges 8K, Beaufort, 8 a.m., runsignup.com.

Epsom Community Classic 3.5m, Henderson, 9 a.m., runsignup.com.

Paws for Life 5K, Rolesville, 10 a.m., runsignup.com.

Run for the TaTas 5K, Wilmington, 8a.m., runsignup.com.

Woodcreek Cares Charity 5K, Apex, 8:15 a.m., runsignup.com.

Fayetteville Freedom Run 5K, 9 a.m., runsignup.com.

Hit the Brixx 5K/10K, Greensboro, 7:45 a.m., runsignup.com. Live & Virtual.

October 4

12th Run for Resilience Ostonomy 5K, Solite Park, Durham, 10 a.m., runsignup.com.

UNC SHAC 5K, Campus Y, UNC, Chapel Hill, 7:30 a.m., runsignup.com.

October 10

Three Little Pigs 5K trail run, Piedmont Farm Refuge, Hwy 87, Pittsboro, 9 a.m., runsignup.com.

World Mental Health Day 5K, Carrboro, 8 a.m., runsignup.com.

17th Feel The Burn 5K/10K Princeton, 6pm, runsignup.com.

28th Triangle Run for Autism 5K, Halifax Mall, Raleigh, 9 a.m., secure3.convio.net/asnc/site by 10/7.

St. Paul 5K Color Run novelty race, Cary, 9 a.m., runsignup.com.

October 11

Bright Futures 5K, Miracle League Park, Durham, 8 a.m., runsignup.com.

HOWLoween 5K, WMSP, Cary, 9 a.m., runsignup.com.

Mumfest Mumosa 5K, Union Point Park, New Bern, 8 a.m., runsignup.com.

October 16

Cannonball Running Festival 5K, Greensboro, 6:45 a.m., runsignup.com.

October 17

SAS Championship 5K, Prestonwood CC, Cary, 8 a.m., itsyourrace.com.

6th Deerfly Trail Race 11K/6K Carvers Creek SP Sandhills Area, Fayetteville, 8 a.m., runsignup.com.

Graveyard Gallop 5K, Ocean Isle Beach, 4 p.m., runsignup.com.

22nd Miles for Mammosas 5K, Southport, 8 a.m., runsignup.com. Live & Virtual.

Monster Dash 5K trail, Carolina Beach SP, 11 a.m., runsignup.com.

Tunnel to Towers 5K, Forest Pines Elementary, Raleigh, 8:20 a.m., runsignup.com.

Zero Prostate Cancer Run 5K, Lake Raleigh, 8:30 a.m., runsignup.com.

Downtown Diamond Dash 5K, Home Trust Park, Asheville, 8 a.m., runsignup.com.

October 18

Feed Your Neighbors 5K, Wendell, 2:30 p.m., runsignup.com.

Zombie’s Run 5K, Wilmington, 5:30pm, runsignup.com.

October 24

Run to the Polls (Durham Democrats) 5K, Third Fork Creek Trail, Durham. 9 a.m., runsignup.com.

Hawg Run 5K, Lexington, 7:30 a.m., runsignup.com.

Seaside Shuffle 5K, Wrightsville Beach, 8 a.m., runsignup.com.

Trick or Treat 5K at Wendell Falls, Raleigh, 9 a.m., runsignup.com.

20th Cross Training 5K, Greenville, 8 a.m., runsignup.com.

October 25

Red Oak Race Fest 5K/Beer Mile, Whitsett, 10:30 and 11:30 a.m., runsignup.com.

October 30

YCB Halloween Run/Walk 5K, Morrisville, 1 p.m., runsignup.com.

8th Aggie Pride 5K, Greensboro, 9 a.m., runsignup.com. Live & Virtual.

October 31

14th Day of the Dead, downtown Raleigh, 9 a.m., event.racereach.com/day-of-the-dead-5k/register.

HBO T4 Heroes Race 4 Their Lives 5K on ATT, Apex, 9 a.m., itsyourrace.com. Live & Virtual.

Mercy Health 5K, Joyner

N.C. Distance

September 19

Marine Corps HM, Camp Lejeune, 7 a.m., lejeune-newriver.usmc-mccs.org.

Pilot Mtn to Hanging Rock Ultra & Relay, 50m/50K trail, Danbury, 6 a.m., runsignup.com by 9/16.

Pisgah 12 Hr Adventure Race, Nebo, 9 a.m., runsignup.com.

Table Rock Ultras 50K/30K Morganton, 7 a.m., ultrasignup.com.

September 20

Corolla Ten Miler, Corolla Park, 8 a.m., runsignup.com.

September 26

21st Run for Green HM/10K/5K, Davidson, 7:45 a.m., runsignup.com.

Salem Lake Trail Runs, 30K/7m/5K, Winston-Salem, 8 a.m., runsignup.com.

October 3

Oktoberfest HM/5K, High Wire Brewing, Asheville, 7:30 a.m., racerooster.com.

Naturalist-Epic 50K/25K, Franklin, 8am, ultrasignup.com.

Pisgah 55.5K Run, trail, Pisgah Forest, 8 a.m., (run or bike), bikereg.com.

Running Scared 5K/13K, Winston-Salem, 8:30 a.m., runsignup.com. Live & Virtual.

WC-50 Ultra Trail M/50m /50K, Charlotte Whitewater Center, 5 a.m., runsignup.com.

October 4

9th Historic Hillsborough HM/5K, Eno Farmers’ Market, Hillsborough, 7:30 a.m., runsignup.com.

Cary Greenways HM/10K, Bond Park, Cary, 8 a.m. runsignup.com. Live & Virtual.

October 10

19th American Tobacco Trail, 10m/4m, White Oak Chapel Trailhead, Apex, 8:50 a.m., fsseries.com.

Ache Around the Lake 8K/2m, Tryon, 8am runsignup.com. Live & Virtual.

Another Round 25K trail, Jockey’s Ridge SP, Nags Head, 7:30 a.m., itsyourrace.com by 10/9

Park, Wake Forest, 9 a.m., runsignup.com.

42nd Seaboard Festival 5K, Hamlet, 8 a.m., runsignup.com. Live & Virtual.

Amberly Sugar Rush 5/3/1m, Cary, 9:15 a.m., runsignup.com.

Wicked Spooky 5K, Asheville, 9 a.m., runsignup.com.

Cape Fear 24HR Endurance Run, Lillington, 8 a.m., ultrasignup.com.

October 11

7th Black Bear HM/8K, Hendersonville, 8 a.m., race-roster.com.

Lake Norman 15K/5K, Jetton Village, Cornelius, 7:45 a.m., racerooster.com.

October 17

6th Rootrock Trail Run HM/10K/5K, Briar Chapel, Chapel Hill, 8:30 a.m., runsignup.com.

Cannonball M/HM/10K, Greensboro, 6:45 a.m., runsignup.com. Live & Virtual.

5th Geyser Growl HM, Black Mountain, 8 a.m., racerooster.com.

11th Ironclad HM/5K, Kinston, 7 a.m., runsignup.com.

Tree Tops Trail Race, 8.5m, DuPont State Forest, Hendersonville, 9 a.m., racerooster.com.

October 18

Bull City Race HM/5K, downtown Durham, 7:30 a.m., bullicityracefest.com/register/

Cape Fear M/HM, Bald Head Island, 10 a.m., runsignup.com.

October 24

Inaugural Apex HM. Closed Out.

Emerald Isle M/HM/5K, Emerald Isle, 7 a.m., runsignup.com.

13th Ocean Isle Beach HM /10K/5K, 7 a.m., runsignup.com. Live & Virtual.

Triple Lakes Trail Race, 40M/M/HM/5M, relays, BurMil Park, Greensboro, 8 a.m., runsignup.com. Live & Virtual.

October 25

15th Eno River Run 11m/6m, Fews Ford Access, Eno River SP, Durham, 8 a.m., runsignup.com.

RDC M/HM/10K/5K, Streets at Southpoint Mall, Durham, 7:20 a.m., runrdc.com.

October 31

Eastbound HM/10K trail, Charlotte Whitewater Center, 7 a.m., whitewater.org.

NC Multisports

September 19

Over Under Biathlon, Surf City, 8 a.m., runsignup.com.

September 26

Battle at Buckhorn Sprint Tri, Simms, 8a.m., fsseries.com.

Outdoorsmen Tri, swim/run /paddle, Bryson City, outdoors-mantriathlon.org.

YMCA Wrightsville Beach Sprint Tri, 6:50a.m, runsignup.com.

September 27

10th She Tris women-only Sprint Tri/Duathlon, Huntersville, 7 a.m. runsignup.com.

October 3

Nat Greene’s Revenge Sprint Tri/Duathlon on & off road, Greensboro, 8 a.m., runsignup.com.

Sandling Beach Tri Festival,

Olympic/Sprint Tri, Falls Lake, Wake Forest, 8 a.m., runsignup.com.

October 4

12th Triangle Open Water Hurricane Swim, 1K/1M/2M, Vista Point, Jordan Lake, Pittsboro, 8 a.m., fsseries.com.

October 10

Cal Tri Charlotte, Olympic /sprint tris, duathlon, Statesville, 8 a.m., runsignup.com.

October 11

10th She Tris women-only supersprint triathlon, 250y swim, 9m bike, 2m run, UNC Wellness Center, Meadowmont, Chapel Hill, 7 a.m., runsignup.com.

October 17

Ironman 70.3 NC, Wilmington. Closed Out.

Early Voting In Orange County

Early voting for the November election runs Oct. 15-31 in Orange County, with weekend sessions scheduled for two Saturdays (8-3) and Sundays (12-5) at six sites in Chapel Hill, Carrboro, Efland, Hillsborough. Same day voter registration can be done during early voting hours.

Check orangecountync.gov website for details.

Community News

Durham Food Truck Rodeo, 50+ trucks, vendors, Sep. 27, 2-4 p.m., at Durham Central Park, downtown Durham.

The Click! 120 Photography Festival Oct. 3-4 at Durham Convention Center features an expo on gear and classlike discussions.

Southern Doc Fest (The South Has Stories To Tell) takes place Saturday, Oct. 10, at the Durham Arts Council in downtown Durham 1-8 p.m. Six films will be shown. Tickets available at eventbrite.com.

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Buckets Score Second Tourney Hoops Title

Buckets topped Harambe 74-69 for their second straight Orange County men’s basketball title in Hillsborough. Four players in double figures, headed by 25 from Ricky Council, provided much of the scoring. Ace Smith and Max Lighterman netted 13 each, Qasim Frederick 11. They trailed 36-29 at halftime. Buckets won the league’s winter championship.

J. Michael Adams (22) and Tom (18) led Harambe. J. McCallister added 12 and Jahill R. ten.

#4 Harambe beat #9 Send Help 54-53 and #6 Buckets downed #3 Baja Elite 88-84 in the semis. Unbeatens #1 King Ballers and #2 Dynasty were eliminated in the second round. The summer league started with 22 teams and 16 made the SE tournament.

Winning coach Dy Norman told CSN, “Regarding the championship and our sixth-place season finish, we won 6 games, only lost 2 and one was in double OT. So there were several teams with identical records and the seeding was determined by point differential. This Buckets team played well together.

“We had a balanced attack, with great guard play and tough inside presence. We won this league because we enjoy playing with each other. We have great chemistry and it showed during the tournament. We are back-to-back league champs and we look forward to the next season.”

The winter league registers in December and begins play in January.

Eno Women’s Rugby Team

Eno River (D2) rugby, the state’s oldest women’s club, practices Tuesday/Thursday 7-9 p.m. at Campus Hills Park, Durham. New players welcome. All skill levels wanted. No experience needed. Players pay a team fee to cover costs like field rental, match officials, league dues.

Their first match is Sep. 19 at 11 a.m. against Fear the Maniacs at Bethesda Elementary, off S. Miami Blvd., Durham. Other fall matches are Oct. 10 at Charlotte Old Originals; Oct. 24, Fayetteville Valkyries in Durham.

Orange Speedway Points Leaders

Here are points leaders by division at Orange County Speedway, Rougemont, through August (five races):

Late Model, Chase Ellis, first, one win, 286 points; Mike Chambers, second, one win, 258; Blake Bledsoe, third, one win, 256.

Pure Stock, BJ Reaves, first, three wins, 256; Jay Hemenway, second, one win, 235; Corey Durham, third, 214.

Charger, Tripp Evans, two wins, 338; Bradley Wolford, second, two wins, 323; Caden Everhart, third, 315.

MOD 4, Cory Purnell, first, three wins, 259; Thomas Penny, second, 254; Brandon Watson, third, one win, 225.

Vintage Sportsman, Gary Lloyd, first, two wins, 298; Will Riley, second, 272; Kenneth Smith, third, 254.

UNC Hockey Wins Opener

The UNC hockey club posted a 6-0 win over Charlotte in Hillsborough to open the season. It’s their second year as a D-1 club after struggling in year one with a much heavier and challenging schedule than previous seasons.

The score was 2-0 after one, 4-0 after two. Owen Kenney scored twice and Nick Ansbacher, Cam Glaneki, Jack Gelman, Matt Grady once each. They went 5/5 on penalty

kills and multiple goalies shared the net. The next day UNC won 4-0 over Charlotte on goals by Daniel Kauber, Gelman, Jack Glen, Ethan Bolamucki.

After games with #5 Liberty and Va. Tech, Carolina hosts Kentucky Sep. 18-19, Elon Sep. 25 at Orange Co. Sportsplex, Hillsborough, before traveling to Alabama for two games. They face Illinois in Morrisville Oct. 9 at Wake Competition Center where the Hurricanes practice. Check the schedule at the team website for information. Admission is charged.

UNC plays in the six-team SE division of ACCHL with Louisville, Ky., NC State, Ala., Cincy.

Tampa Bay New Stadium Plan Advances

The Tampa Bay Rays, parent club of the Durham Bulls, will get a new 31,000-seat stadium in 2029 after financing plans for the \$2.3B project, part of an entertainment district, were approved by the city and county.

The new stadium in Tampa will replace Tropicana Field (The Trop) in St. Petersburg, 21 miles away, and is across the street from Raymond James Stadium (NFL), ending nearly a decade of discussion about the club’s long-term MLB home.

Vintage Base Ball Returns Oct. 3

A day of vintage base ball games, featuring old-timey uniforms, equipment and rules, returns to Historic Durham Athletic Park in downtown Durham Saturday, Oct. 3, starting at 10 a.m. Tickets are \$12.51 each in advance at eventbrite.com for the Duke Homestead fundraiser. Concessions available.

Last year’s event was canceled by the weather.

Ripe Takes Ultimate Masters Nationals

Ripe of Chapel Hill won the USA Ultimate women masters nationals in Aurora, CO (13 teams). The age division is 30+ for masters women.

They went 11-0 in the nationals qualifier, were the number one seed and 6-0 at nationals including rolling #5 Cougars of Minneapolis 15-5 in the finals.

Team leaders were Claire Bidigare-Curtis (5 goals) and Qing (Jenny) Wei (4 assists).

Fall Sports Under Way

Carrboro co-rec softball (5 teams) and co-rec ultimate (4 teams) fall leagues are under way.

Street Walkin Cheetahs (3-0) led softball, and all four teams were deadlocked at 2-2 in ultimate in early September.

Triangle Dart League, 7 teams, began in mid August. Darty Old Men were in first place.

Chapel Hill struck out again on having a fall men’s rec softball league (no entries). A fall co-rec bocce league was filled, while sign-ups continued for co-rec and women’s volleyball leagues, according to the city website. They’ll play at Rashkis and Hargraves Center (instead of Community Center due to climbing walk construction).

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Off The Dribble

Introducing 5 New ACC Head Coaches

Chip Bremer

Over the past several years, ACC men’s basketball has seen an influx of new coaches who turned around their respective programs and breathed new life into the conference.

Names like Pat Kelsey, Ryan Odom and Jai Lucas already have established themselves as some of the ACC’s best and brightest along the sideline, and each could very well bring a national title as well.

This year’s freshman class of head coaches also represent solid hires in their own way, and while they may not bear the same results in their first seasons, they each have the potential to put their programs on a path for long-term success. Here’s a look at all five of the ACC’s new coaches and why they will outperform their predecessors:

Michael Malone, UNC

After a few years of relative mediocrity under Hubert Davis, the Tar Heels finally went outside the family to bring in a different sideline approach. Malone is a proven winner at the professional level, having won over 500 games in a 12-year career, including an NBA title with the Denver Nuggets in 2023. However, he hasn’t coached at the college level since 2001, and the fan base will need to be patient so that he can deliver results without falling victim to the same lack of institutional control that has plagued UNC’s football program.

UNC Basketball

UNC basketball legend Antawn Jamison, who figured prominently in the hiring of Coach Michael Malone, named his all-time Tar Heel starting five: M. Jordan, J. Worthy, P. Ford, V. Carter, R. Wallace. Let the arguments begin ... Coach Malone’s staff: associate head coach Chuck Martin, assistant coaches Sean May, Brandon Robinson, Jorge Sanz, Pat Sullivan, Bryan Tibaldi, director of player development Deon Thompson ... UNC support staff: Jim Tanner, executive director & GM; Eric Hoots, director of operations; Jonas Sahratian, Head S&C Coach men’s basketball; Doug Halverson, head athletic trainer; Thomas Malone, video coordinator ... Former UNC star Harrison Barnes bought the Community State Bank in Paton, IA, for \$25M. It’s locally owned and independent ...

UNC Hoops Schedule Notes

North Carolina men’s basketball begins 2026-27 Atlantic Coast Conference play in Chapel Hill against Cal on Wednesday, Dec. 30.

The UNC-Cal game is one of 18 regular-season ACC games. Carolina is scheduled to play one ACC game in December, eight in January, seven in February and two in March prior to the ACC Tournament, which runs March 9-13 in Greensboro.

Early ACC games (home games all caps): Jan. 2, at Boston College; 5, at Louisville; 9, N.C. STATE; 13, at Fla. State; 16, STANFORD; 19, VA.; 23, at Syracuse; 26, SMU. Tipoff times, TV nets TBA.

Why he’ll succeed: Malone already has proven he can reel in an infusion of talent the program sorely needs, and he’s even scoured the international circuit to get some of the best prospects available, including big men Sayon Keita and Alex Samodurov. Plus, he’s surrounded himself with a quality staff proficient in player development, and if the team can adapt quickly to the pro sets in his arsenal, the Tar Heels should have a quick turnaround.

Justin Gainey, NC State

For a program that needed a save after the Will Wade debacle, the Wolfpack did well to pluck Gainey when they did. The former Wolfpack point guard has no previous head coaching experience, but he’s been the heir apparent under Tennessee’s Rick Barnes for several years, and He was the chief architect of a defense that consistently ranked among the best in the nation.

Why he’ll succeed: Gainey is a tactical genius when it comes to game planning, which is something the Wolfpack sorely lacked in recent years, and his approach to the game and his appeal to the fanbase will make him an instant hit in Raleigh. He’s also well-connected with prospects and has built an experienced coaching staff that will only boost his stock as a recruiter and program builder.

Gerry McNamara, Syracuse

Since the retirement of Jim Boeheim, the Orange have floundered under former player/long-time assistant Adrian Autry, but now the administration has pivoted to McNamara, another former player and member of the Boeheim coaching tree, in the hopes he can move the program forward. Last season, “G-Mac” coached Siena to its first NCAA Tournament berth since 2010, and now he’s looking to repeat that winning formula—a full 23 years after he and Carmelo Anthony led Syracuse to a national title.

Why he’ll succeed: McNamara has strong ties to the Syracuse program, having served for 12 years as an assistant under Boeheim, but he’s also a crafty sideline tactician who knows how to get the most from his personnel. Aside from that, he also brings a great deal of passion to the position—something sorely lacking under Autry.

Luke Murray, Boston College

No program has needed a positive change more than Boston College, and they finally seem to be moving in that direction with the hire of former UConn assistant Luke Murray. A strong disciplinarian and brilliant strategist,

ACC COACHES, Continued on page 6

Coming Up
in CSN:



October 14

Fall Biking/NCAA Hoops



November 11

ACC Hoops

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Halsey Leads Durham Tri

Christopher Halsey (44:18) of Chapel Hill was the leader at the fourth and final Brick Endurance Sprint Tri of the seventh season in Durham (81 finishers).

Maya Reilly (48:47) of Cary was the first woman. Ty Garrett (48:09) of Cary was second male, David Allsopp (49:04) of Durham third. Simone Veale (52:31) of Chapel Hill was second woman and Stephanie Sullivan (56:07) of Cary third. Distances for the summer tris were 400y swim, 11m bike, 2m run at Rolling View State Rec Area (Falls Lake) in Durham.

Holtry First In Siler City

Matthew Holtry (23:49) of Chapel Hill was the men's winner at Good Samaritan Memorial 5K in Siler City (37 finishers). Women's WT was 25:56.

Local award winners: Jacob Harris, Mebane, first 30-39, 29:19; Ian Dickson, Pittsboro, second 20-29, 32:31; Kaitlyn Hodge, Mebane, second 20-29, 39:22; Denise Lynch, Pittsboro, first 60-69, 46:24; Kelly Fuller, Chapel Hill, second 50-59, 55:31.

Dolwick Repeats In 5K

Alex Dolwick (17:20) of Chapel Hill repeated as men's winner at Run for Refugees 5K in Durham (201 finishers, down from 214 last year). WWT was 20:20.

Richard Copland (27:46) of Hillsborough was second 60-69; Sharon Copland (33:13) of Hillsborough, first 60-69; Ans Bilhorn (46:07) of Efland second 70+.

Summer's Done 13.1

Kyle Bodin, Chapel Hill, first 35-39, 1:36:54, and Johannes Lenselink of Mebane first 60-64, 2:26:53, at Summer's Done HM at Bond Park in Cary (112). WTs were 1:27:23 and 1:36:19.

Sharon Kunde, Chapel Hill, was first 50-54, 1:06:47, and Yasemin Cole, Chapel Hill, first 30-34, 1:16:37 in the 1/4 M (6.55m). WTs were 43:53 and 48:48 (41 finishers).

Jeremy Lin of Chapel Hill was third male in the 3/8M (9.825m), 1:53:19. WT was 1:31:56 (7 finishers).

Matthew Holtry, Chapel Hill, was first male and Sharon Roggenbuck, Hillsborough, first 85-89, 54:19, in the 1/8M (3.275m, 39 finishers).

9/11 Commemorative 5K

Matthew Holtry (21:16) of Chapel Hill was third male at 9/11 Commemorative 5K in Graham (301 finishers).

Leaders were Stephanie Campbell, Graham, first overall, 14:41; Eric Gerhardt, Pfafftown, first male, 15:06; Ryan Ortiz, Graham, second male, 20:17; Jilliana Lesson, age 16, Mebane, second female, 22:31; Shannon Chelenza, Mebane, third female, 25:09.

Pups & Pastries, Cary

Ariel Kopelove of Chapel Hill, was first 30-34, 32:12, at Pups & Pastries 5K in Cary (166). WTs were 22:42 and 22:53. Sean Cosgrove, Pittsboro, was first 20-24, 44:27, and Christopher Cosgrove, third 55-59, 44:28.

In the 6.5m (44), Theresa Reece, Chapel Hill, was first 65-69, 1:12:23, and Keith Burnell, Chapel Hill, first 50-54, 1:01:08. WTs were 37:24 and 57:51.

Halsey First At Belews Lake

Christopher Halsey (1:55:05) of Chapel Hill was the men's winner and Mereith Duncan of Carrboro (2:33:27) second woman at Belews Lake Olympic Triathlon in Stokesdale (111 finishers). Women's WT was 2:18:58.

Leroy Brace, Mebane, was second 60-64, 2:53:39, and Craig Helms, Chapel Hill, first 65-69, 2:51:36.

Tvermoes Wins At White Lake

Nicolai Tvermoes (2:25:01) of Chapel Hill was the winner at the White Lake International Triathlon (126 age groups). Women's WT was 2:25:48.

Paul Zivich, Carrboro, was second 30-34, 2:33:40, and Nicole Brown, Chapel Hill, second 45-49, 2:58:00.

Three area athletes earned awards at the White Lake Fall Sprint Tri (82). WT was 1:26:33. Paul Zivich, Carrboro, was first 30-34, 1:32:58, Edward Tvermoes, Chapel Hill, first 15&U, 1:35:24, and A. Gopurath, Chapel Hill, third, 1:51:08.

Donate Life NC Hero Run

Chapel Hill award winners at Donate Life NC Hero Run 5K in Durham (152 finishers, up from 133 last year): Helen Payne, first 15&U, 37:25; Ethan Robinson, first 20-29, 22:18; Millie Barritt, last year's winner, first 50-59, 22:36, and third woman. WTs were 20:02 and 20:15.

Runner Notes

Lindsay Lucier (19:06) of Chapel Hill repeated as first woman at the Love Durham Run 5K (191 finishers, up from 144 in 2025). Men's WT was 18:21.

Morrison Hall (23:53) of Carrboro was first 40-44 at Sola Hot Mini 5K in Raleigh (575 finishers, down from 622 last year). WTs were 16:56 and 20:50.

Chris Loft of Chapel Hill was second 60-69 at Asheville Craft Beer HM, 1:58:25. WT was 1:13:06 (394 finishers).

Brian Tajlili (14+ laps) was the leader at the annual Carolina Godiva Hour Run in Chapel Hill (31 runners).

Joan Boone (45:08) of Efland was second 70+ at Labor Day Lighthouse 5K in Buxton (136). WT was 22:43.

The Fishers of Chapel Hill did well in Hendersonville. Brooklyn was second 13-19, 27:56, and Taylor, second 40-49, 35:23, at the Apple Festival 5K in Hendersonville (371). WTs were 16:58 and 22:00.

The HBCU Stem Education 5K in Raleigh on Labor Day was not timed. That may change next year, organizers said.

Community News

Fall Library Book Sales—Chatham Co. Community Library, Pittsboro, Sep. 17-19. Books are half price Friday 9-5, \$5/bag Sat 9-2. Friends of Orange County Library Sep. 18-20, Hillsborough. Sunday \$7/bag 12-4.

BugFest (Hoppers is the theme) Saturday, Sep. 19, 10-7 at NC Museum of Natural Sciences, downtown Raleigh., 180+ exhibits.

UNC plays N.C. State in a baseball exhibition Wednesday, Oct. 16, at 6 p.m. at DBAP, Durham, to close out the fall season. Ticket plans TBA

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Chapel Hill/Durham Fall Races

September

19, I Am Too Sexy 5K, Durham.
20, HOPE Clinic 5K, Burlington.
26, Strides for STEM 5K, UNC, Chapel Hill.
27, Cleft Palate Gallop 5K, UNC, Chapel Hill.
27, Stead Tread 5K, Solite Park, Durham.

October

3, Carrboro 10K/5K, Carrboro.
3, WUNC 50th Anniversary 5K on ATT, Durham.
3, First Pentecostal Church Color Blast 5K, Durham.
4, BH4H Sun Run 5K, Durham.
4, Historic Hillsborough HM/5K, Hillsborough.
4, UNC SHAC 5K, Chapel Hill.
4, Run for Resilience Ostomy 5K, Durham.
10, Three Little Pigs 5K Trail Run, Pittsboro.
10, World Mental Health Day 5K, Carrboro.
11, Bright Futures Fun Run 5K, Durham.
17, Root Rock Trail HM/10K/5K, Briar Chapel, Chapel Hill.
17, Marine Corps League Semper 5K, Graham.
18, Bull City Race Fest HM/5K, Durham.
24, Run to the Polls 5K (Durham Democrats), Third Fork Creek Trail, Durham.
24, Southern Alamance Middle School Tigers 5K, Graham.
25, RDC M/HM/10K/5K, Durham.
25, Eno River Run 11/6m trail, Durham.
31, Crazy Running Zombie Mile, Burlington.

November

7, Marine Corps League Semper 5K, Graham.
7, Franklin All Nighter, 13.5 Hr Run, Chapel Hill.
7, Peanut Butter Jelly 5K, Graham.
8, Eve Carson Memorial 5K for Education, UNC, Chapel Hill.
8, Jodi 5K, Durham.
15, Solar Strides 5K, UNC, Chapel Hill.
15, Kilometers for the Kids 5K/10K, UNC, Chapel Hill.
21, Chestnut Ridge Trail Run 4/8m, Efland.
26, Gallop & Gorge 8K, Carrboro.
26, Birds of a Feather Trail Trot 5K/10K, Briar Chapel, Chapel Hill.
26, Trosa Turkey Trot 5K, Durham.
26, Turkey Trot 5K, Burlington.
26, Fleet Feet Thanksgiving Day 5K, Durham.
26, HRC Turkey Trot 5K, Hillsborough. Free.
27, Black Toenail Friday HM/7.5m, trail, Snow Camp.
27, Leftover Trail Run 5K/10K, Briar Chapel, Chapel Hill.

December

5, Into the Woods 5K, Briar Chapel, Chapel Hill.
5, Shakori 40 Ultra, 4m/40m/40K/40m relay, Pittsboro.
6, Elf Run 5K, Durham.
6, Running of the Elves, 1m, Hillsborough.
12, Jingle Bell LEAP 5K, Durham.
12, Reindeer Run 5K, Pittsboro.
12, Run at the Rock HM/10K/5K trail, Burlington.
19, MOTM Reindeer Run 5K, Mebane.

MultiSport Events

Oct. 4, 14th Triangle Open Water Hurricane Swim, 1K/1m/2m, Vista Point, Jordan Lake, Pittsboro, 8 a.m., runsignup.com.

Oct. 11, She Tris women-only supersprint triathlon, 250y pool swim, 9m bike, 2m run, UNC Wellness Center, Meadmont, Chapel Hill, 7 a.m., runsignup.com.

Triangle Distance Races

Oct. 4, Cary Greenway Tour HM/10K/5K, Cary.
Oct. 10, American Tobacco Trail, 10m/4m, Apex.
Oct. 24, Apex HM. *Closed Out.*

Freedom Stories, Luminaries Sep. 18

Bennett Place State Historic Site in Durham will host a luminary program dedicated to telling the stories of enslaved people's avenues to freedom during the Civil War era. The free event is Friday, Sept. 18, 7-9:30 p.m. with timed entry tickets available via eventbrite.com.

The program commemorates the 331,059 men, women, and children enslaved in North Carolina who experienced freedom with the close of the Civil War. The historic site will be decorated with 1,324 luminaries, each representing 250 enslaved people in the state. Historians will give voice to the various ways freed people sought and expressed their new freedom—from education to voting rights and many ventures in between. Musician Shana Tucker will perform instrumental music.

Running News

NEW October races, one timers, include WUNC 50th Anniversary 5K Oct. 3 on the ATT in Durham, World Mental Health Day 5K, Oct. 10, Fleet Feet, Carrboro, and Run to the Polls 5K (by Durham Democrats) Oct. 24 on Third Fork Creek Trail, 100 MLK Jr. Parkway, Durham. After the race head to the polls for early voting.

MEDOC Trail Race Oct.17 in Hollister is closed out. Foothills TriFest in Spindale was postponed.

REGISTRATION opens (and likely closes) Nov. 1 at 8 a.m. on runsignup.com for 36th Uwharrie Mountain Run 40/20/8m trail Feb. 6 in Ophir. It'll fill up fast.

CARRBORO Run Club meets Tuesday at 6:30 p.m. at Dingo Dog Brewing on N. Greensboro St, for social and running. Routes of 1.5, 2, 4 and 5m available. Contact carbororunclub@gmail.com to receive the newsletter and raffle info. Runners of all levels are welcome.

GARMIN Marathon Series returns for year two in Durham May 1. M/HM/10K/5K races will start at American Tobacco Campus and end at Brooks Field, Wallace Wade Stadium, Duke. The first year had about 6,000 runners.

SECOND Cane Creek Mountain Trail Run HM/10K in Snow Camp was postponed until Sunday, Oct. 11, due to weather issues.

FIT & Able Productions of Cary, a non-profit, puts on monthly races in Wake County that are family friendly for all skill levels and are inexpensive.

CSN does not list or report on US Road Running Races or N.C. Brewery Run events. Neither are of good value.

CLUB PROMO. The Oct. 25 RDC races in Durham offer a run club promo for 2026. The club with the most finishers wins \$1,000 (second \$750, third \$500) for their club. Check the race website for details.

LOOKING for cross country action? Carolina Godiva TC has Wednesday races Sep. 23 at Duke and Sep. 30 at Finley. Check the club website for details.

OLDEST Triangle running club is probably N.C. Roadrunners, Raleigh, (1979) but it's apparently fading. *J.B.*

3 Minute Workouts For All-out Exercise

Three minutes of intense exercise may have more beneficial impacts on our physiology and health than 90 minutes of more moderate exertion.

That idea could sound far-fetched. But in a groundbreaking new study published in August in Cell Reports Medicine, scientists found that the blood of people who completed three minutes' worth of all-out exercise—in 30-second bursts over the course of 23 minutes—teemed afterward with far more molecules associated with health improvements than the blood of people who rode bikes relatively moderately for an hour and a half.

Gretchen Reynolds, Washington Post

Pickleball Tournaments

Oct. 3, 4th Pickle4Paws, Ephesus Park, Chapel Hill. Deadline 9/30.
Oct. 9-12, The BC Games for Diabetes Research, Briar Chapel, Chapel Hill. Deadline 9/18.
Oct. 10-11, Bull City Pickleball Classic III, Ephesus Park, Chapel Hill. Deadline 10/5.
Oct. 16-18, Battle for Burlington, Burlington PB Complex. Deadline 10/10.
Oct. 17, Serve & Support, Ephesus Park, Chapel Hill. Deadline 10/12.
Oct. 23-25, The Farm Pickleball Autumn Invitational, Chapel Hill. Deadline 10/18.
Oct. 30-Nov. 1, 4th Pickle for Pink, Duke Faculty Club, Durham. Deadline 10/28.
Nov. 7-8, 2nd Pickleball Fall Brawl, Piney Wood Park, Durham. Deadline 10/30.
To register for these events go to app.pickleballlden.com.

'27 Brazil Women's World Cup Draw, Team USA Games

The draw for the 2027 Women's World Cup in Brazil (32 teams) takes place Dec. 11 in Rio de Janeiro. Matches will be played June 24-July 25 in eight cities. Each city has at least seven matches including one knockout game.

The opening game and the final will be played in Rio, the third place game in Sao Paulo. Ticket info will be announced shortly by FIFA.

USWNT Schedule

The USWNT plays defending WC champion Spain twice (Oct. 10, 2:30 p.m., Washington, D.C.; Oct. 13, 7 p.m., West Chester, PA, in international friendlies before meeting El Salvador Nov. 27, 2:30 p.m. (Jamaica v. Costa Rica TBD) in Midlands, TX, in CONCACAF qualifying for the WC. The winner gets an automatic bid. The games are on TBS, TNT, Universo. TV plans for WC qualifiers TBA.

USMNT Schedule

USMNT hosts post World Cup friendlies against Peru Sep. 26, 4:30 p.m. in Orlando, Chile Sep. 28, 8 p.m. in St. Louis before playing Mexico Oct. 3, 10 p.m., Glendale, AR, and Canada, Oct. 6, 8 p.m., St. Paul, MN. Games are on TNT and Universo.

PGA Tour Revisits Greensboro With Changes

Changes are coming to one of the state's longest-running sporting traditions.

The tournament long known as the Wyndham Championship is getting a new name—and a new place on the PGA Tour schedule.

The PGA Tour said Greensboro's tournament will become GO by Raymond James beginning in 2027.

The name is a nod to the tournament's original name, the Greater Greensboro Open, or as area golfers called it the Pop Top Open. That means after years of calling it the Wyndham, fans will see a new name on one of the Triad's biggest annual events.

The tournament will remain at Sedgefield

CLIMBING WALL, Cont. from page 1

pleted in December.

The new climbing wall will offer more than 5,000 square feet of climbing, designed in part to mirror the climbing experience at Pilot Mountain in Surry County. The wall includes these features:

A new King Swing, which will give climbers a chance to make some powerful, dynamic leaps.

Play climbing components, including ice pick, disc, ladder and army rope climbing.

Adaptive climbing gear to support climbing for community members of all abilities.

"The new climbing wall will carry us into the future while honoring so many memories made in the last four decades," said Kevin Robinson, senior manager of planning and park operations. "We hope climbers notice that the look and feel of the new wall, with its cracks and overhangs, nods to the experience they loved on the old wall."

Five hundred thousand dollars in funding for this \$749,000 project comes from the 2024 voter-approved rec bonds. Contractor is Eldorado Climbing. The remainder will come from the Parks and Recreation Dept. annual facilities maintenance capital funding.

"We know lots of folks enjoy the gym and that the temporary closure requires patience," said Robinson. "We think it'll be well worth the wait, and we can't wait to welcome everyone back and celebrate the new climbing wall together."

Country Club in 2027, when it will be played Aug. 2-8 as a full-field PGA Tour event, but, beginning in 2028, the tournament will become part of the PGA Tour's new Championship Series, meaning Greensboro will see more top-tier golfers.

The full 2028 schedule has not been announced.

The move also means a significantly larger purse for the Greensboro event. This year's Wyndham payout was \$8.5 million. Championship Series events will have purses of at least \$20 million.

Tobacco Road Starts Fall Rugby

Carolinas Rugby has nine men's D3 teams (XVs) including Durham-based Tobacco Road.

ToRo will play five league (matrix) matches this fall, three in the spring, starting with Raleigh Sep. 19 in a friendly on their home pitch, Holt Field, 98 Hedgerow Pl. in N. Durham, 11 a.m. They host Charlotte Olde Originals Sep. 26 (1 p.m.), Onslow Oct 17 (11 a.m.), Triad Oct 24 (1 p.m.) and travel to Charlotte Barbarians Nov. 7 and Myrtle Beach Man o'War Nov. 21. Winter/spring matches resume Feb. 6.

The club practices Tuesday/Thursday 7-9 p.m. at Merrick-Moore Park in East Durham. The Durham Beer Garden is the team bar. New players welcome, all skill levels. No experience needed. Check their WhatsApp for more club info.

Community News

A dozen Carolina Hurricanes games will be on national TV including the home opener Sep. 29 at 5 p.m. against Florida (ESPN). Seven games are on ESPN, one ESPN+, 3 TNT. For streaming, the Hurricanes Hockey Network will be on Prime Video (\$19.99/mo, \$99.99/yr). Still no word on cable or satellite plans.

Sculpture in the Garden, the 38th annual outdoor exhibit at the N.C. Botanical Garden, Chapel Hill, features works by 66 local artists. They are displayed in a natural setting. Open daily except Mondays and UNC holidays through Dec. 8. Free.

Festivals. The 11th Asia Fest has dragon boat races, cultural performances 9-5 Saturday, Sep. 19 at Koka Booth Amphitheater, Cary. Fees are charged. La Fiesta del Pueblo, which began years ago at CHHS, will be held Sunday, Sep. 20, 1-6 on Fayetteville Street, Raleigh, with music, dance performances. Mead Festival, a mini-Renaissance event with swordfighting demos, takes place Saturday, Sep. 26, 12-5 at Starlight Mead, 130 Lorax Lane, Pittsboro.



Bike Race Results

Chad Harrelson of Chapel Hill was second Cat 3 35-49 (11 finishers) at Finch Pink Fury XC races in Lexington.

Louis Maitland of Hillsborough was second Cat 2 19-39 (8). Jacob Johnson, Rougemont, took third Cat 3 9-10 (3).

Christopher Guydish, Chapel Hill, was third Cat 1-3 50-59 (4). William Pfeiffer, Chapel Hill, was second pro/cat 1 19-39 (2). The Sizzler MTB Races

Christopher Guydish, Chapel Hill, was third Cat 1-3 50-59 at The Sizzler MTB race in Greensboro. (3).

N.C. Bike Rides

September 19

Ahoskie Colon Cancer Ride 5K-100K, Ahoskie, 8:30 a.m., itsyourrace.com.

OBX Charity Ride, 100m, Currituck Light House, Corolla, 7 a.m., bikereg.com, outerbankscentury.org.

September 19-20

Bike MS Tour Historic New Bern, 30-100m daily, Union Park, New Bern, 8 a.m., events.nationalmssociety.org.

September 26

15th Five-O Memorial 50K/100K, City of Raleigh Law Enforcement Training Ctr., Law Enforcement Dr., Raleigh, 7:30 a.m., event.racereach.com.

September 26-27

Bike MS Tour Tanglewood, 30-100m daily, Clemmons, 8 a.m., events.nationalmssociety.org.

October 3

21st Le Tour de Femme women-only, 16/32/62m, plus MTB, Little River Regional Park, Rougemont, 8 a.m. Register at fundraise.givesmart.com.

October 4

The Watershed (race, ride, party), Gbo. Fat Tire Society, Bur-Mil Park, Greensboro, 2pm. Register at eventbrite.com. Fees charged.

October 10

Lewisville Flyer, 42/64m, Lewisville, 9 a.m., bikereg.com.

October 11

Gears and Beers Ride For Hospice, 25-54m, Summerfield, 10 a.m., runsignup.com.

October 17

BikeFest Rural Heritage Tour, 35/62/100m, downtown Hillsborough, bikereg.com.

E-bikes v. E-moto?

What defines an e-bike legally?

The legal definition of an e-bike varies by state, but in North Carolina, according to the Chapel Hill Police Department, an e-bike is defined as a vehicle that:

- Has pedals
- Goes 20mph or less

If it exceeds 20mph or lacks pedals, it's considered an e-moto under North Carolina law, requiring a driver's license to operate.

Open Streets Oct. 4 In Durham

Move-A-Bull City open streets will be held Sunday, Oct. 4, 12-4 in downtown Durham.

About 1.2m of Blackwell, Corcoran, Foster Streets will be closed to cars and open to walkers, bikers and rollers.

Rootrock MTB Races

The third Rootrock MTB races (4 divisions) take place the afternoon of Oct. 17 at Briar Chapel, Chapel Hill. Trail races for runners are in the morning. Register at runsignup.com.

Murray served as lead assistant under Chris Mack at Xavier and Louisville and under Danny Hurley at Towson, Quinnipiac, Rhode Island and UConn, while establishing an offensive system that brought the Huskies national championships in 2023 and 2024.

Why he'll succeed: Besides his analytical approach, Murray is a staunch advocate of building and sustaining program culture, and no BC coach has ever done more for reshaping

UNC Women's Basketball

UNC women's basketball has three conference games, two at home, before the new year arrives:

Here's the full schedule (tipoffs, TV TBA) with home games all caps:

Oct. 18, DAVIDSON, exhibition, 1 p.m.

Nov. 2, Qui Play, Oklahoma in Paris, France; 8, Ally Tipoff, South Carolina in Charlotte; 11, N.C. CENTRAL; 14, PENN; 19, WBCA Showcase, Texas Tech at Disney World, Fla. and 21, Alabama; 24, GARDNER-WEBB; 27, ARMY; 29, BROWN.

Dec. 2, ACC/SEC Challenge, LSU; 6, ELON; 9, WINTHROP, 11 a.m.; 13, N.C. STATE; 17, GA. TECH; 21, at Norfolk State; 28, UNCW; 31, at Syracuse.

Jan. 3, at Clemson; 7, WAKE FOREST; 10, at Louisville; 17, BOSTON COLLEGE; 21, at Cal; 24, at Stanford; 28, NOTRE DAME; 31, DUKE.

Feb. 4, at Miami; 7, VA. TECH; 14, at SMU; 18, at Pittsburgh; 21, FLA. STATE; 25, VA; 28, at Duke.

Duke Non Conference Hoops Schedule

Here's the Duke men's basketball non conference schedule:

Preseason

Oct. 3, Countdown to Craziness, 7 p.m. FanFest 3 p.m. outside Cameron.

Oct. 8, Belmont scrimmage; 20, Tennessee exhibition; 25, at Kansas exhibition.

Regular Season

Nov. 2, Army West Point; 5, Coastal Carolina; 10, Michigan State at United Center, Chicago (State Farm Champions Classic); 13, SIU Edwardsville; 17, Illinois; 21, at Washington State (Palm Desert, CA); 25, UConn in Las Vegas.

Dec. 1, at Florida (ACC/SEC Challenge); 4, Harvard (Brotherhood Run); 8, Georgia, Madison Square Garden, NYC (Jimmy V Classic); 15, Campbell; 17, Grambling State; 21, Texas Tech, Madison Square Garden, NYC.

Feb. 20, Gonzaga in Detroit.

Duke men open the ACC season Dec. 30 at Georgia Tech.

Duke women host Green Bay Nov. 3 to open the season. Their first ACC game is Dec. 6 at home against Va. Tech.

UNC BASKETBALL, *Cont. from page 1*

Classic); 21, The Citadel.

Jan. 30, Illinois in Nashville, Tenn. (Nashville Hoops Showdown).

Carolina's first ACC game is Dec. 30 at home against Cal.

Editor's Note: For complete UNC schedule see goheels.com.

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ing the culture than he has in the short time he's been at the helm. In addition, he has significant recruiting ties and has already restructured his roster to be more competitive in the ACC in years to come.

Scott Cross, Georgia Tech

A seasoned and consistently successful coach, Cross brings extensive experience and a winning pedigree to the Tech program, which has struggled to find consistency since the days of Bobby Cremins. Cross has amassed more than 350 career Division I wins as head coach at UT Arlington and most recently at Troy, where he led the Trojans to back-to-back NCAA tournaments and back-to-back Sun Belt regular-season championships. The only question is whether he can translate that success to the rigors of ACC basketball.

Why he'll succeed: Besides his widespread success (albeit at a lower level), Cross is an expert in player development and has a history of winning with limited resources—something desperately needed in the Yellow-jacket program. It's a slightly different approach to how Tech has facilitated coaching changes in the past, but it's certainly one that can generate results down the road.

Turf vs. Grass Debate Steps Up

Seven NFL stadiums switched from artificial turf to natural grass to host World Cup matches. But that switch was only temporary, inciting an outcry from players who believe their well-being and preferences are worth the cost of using natural grass. Though 92 percent of players prefer a natural surface, the situation is not black-and-white, even as the stadium split between turf and grass is nearly 50/50. Both the Patriots (turf) and Bills (natural grass) were forced to replace their fields this preseason.

Ear to the ground: You'll never hear more about field quality, particularly in relation to non-contact injuries, than you will this season. In the players' eyes, the World Cup proved that using natural grass is feasible, and the choice of field is a matter of safety versus financials. While grass and turf surfaces must conform to NFL and NFLPA protocols, injuries on turf will be dissected under a more powerful microscope.

Yahoo Sports Biz

County Rec Council Has Two Openings

Orange County Parks and Recreation Council. This council consults with and advises the Department of Environment, Agriculture, Parks and Recreation, and the Board of County Commissioners on matters affecting parks planning, development and operation; recreation facilities, policies, and programs; and public trails and open space. The Parks and Recreation Council typically meets on the first Wednesday of each month at 6:30 pm.

There is currently one (1) vacancy for a resident of Carrboro and one (1) vacancy for a resident of Little River Township. Orange County residents between the ages of 13 and 17 are also encouraged to apply to serve as non-voting youth delegates. You may confirm the zoning information of your address by visiting: aries.orangecountync.gov/Aries/ZoningInformation.aspx.

If you are interested in filling any of the above positions, please apply at orangecountync.gov.

Orange County strives for diverse representation on volunteer boards and commissions. Orange County residents of all backgrounds, identities, and perspectives are encouraged to apply. Volunteers appointed by the Board of County Commissioners have the opportunity to directly influence local decisions, policies and priorities.

For additional information, contact Tara May at 919-245-2125 or tmay@orangecountync.gov.



Dolly Parton and RuPaul mural in Asheville, NC

PHOTO: R/RUPAULSDRAGRACE

Honoring Dolly Parton

Dolly Parton's sister, Stella Parton, remembers the late singer's generosity—including a decision she made near the end of her life in hopes of helping others.

In a moving tribute shared on Facebook, Stella Parton said that the "9 to 5" singer, who died at 80 in August after a brief battle with cancer, told her that even if there was no hope for her, she would allow her medical team to try experimental drugs in the hope that the treatment could help others in the future.

"My sister was one of the most generous, thoughtful and kind people I've ever known," she wrote, adding that she was always thinking of others "and if you want to honor her legacy, show more kindness, lift others up and give more of your time and resources as she continued to do to the very end."



N.C. Music Festivals

September

17-19, 19th Hoppin' John Old-Time Bluegrass Fiddlers Convention, Shakori Hills, Pittsboro.

18-20, N.C. Folk Festival, 40+ bands, multiple stages, downtown Greensboro. Free.

19, Third Uwharrie Music Fest, Albemarle.

19, 33rd Creedmoor Music Festival, downtown Creedmoor, 10-5. Free.

20, 4th Mystic Music Festival, 5 bands, Mystic Farm & Distillery, Mineral Springs Rd., Durham, 1-7 p.m.

23-26, Antlers & Acorns: The Boone Songwriters Festival, Boone.

Waterfowl Hunting

The N.C. Wildlife Resources Commission (NCWRC) announced season dates, bag limits and applicable regulations for the 2026-27 waterfowl, webless migratory game bird (including doves) and extended falconry seasons. The dates and associated regulations are available on the agency's website and published in the 2026-2027 Inland Fishing, Hunting and Trapping Regulations Digest.

Most seasons remain unchanged from the previous year, but there are some notable changes, including:

The bag limit for Canada geese in the Northeast Hunt Zone increased from one to two (subject to final federal approval of 2026-2027 regs).

The Regular Light Goose Season will open two weeks later than last year on Nov. 7 and close March 10.

After the closure of all other waterfowl seasons on Feb. 6, 2027, expanded hunting methods including the use of unplugged guns and electronic calls only are allowed for light geese. The option for the 2027 Light Goose Conservation Order will be determined in Fall 2026 and published on the agency's website when a final decision is made.

For more information, visit the Wildlife Commission's Regulations webpage.

25-26, Breakaway Carolina, Zmax Dragway, Concord, 3-11 p.m.

25-26, 6th Carolina Indie Fest, Hugger Mugger Brewery, Sanford. Free.

25-27, Black Mountain Blues Festival, Black Mountain.

26, Brewstock Music Festival, Gastonia.

26, 15th Groove Jam Music Festival, DooDad Farm, Greensboro. No alcohol.

27, 29th Carrboro Music Festival, 100+ acts, downtown Carrboro, 1 p.m. Free. Cradle show, open mic at Town Commons 2-4 p.m. Sat.

October

1-3, Raleigh Wide Open Music Festival, NCSU Centennial Campus. Free.

1-4, Shakori Hills Grass Roots Festival of Music & Dance, Pittsboro.

2-3, 12th Ol' Front Porch Music Festival, 30+ groups, Oriental. Free.

2-3, FebFest, Charlotte's Beatles Festival.

3, Bascom Lamar Lunsford Festival, Mars Hill Univ., 10-4. Free.

7-11, Duck Jazz Festival, Duck. Free.

8-10, Good Moon, Durham, electronic pop. Shows at DPAC, clubs, outside matinee American Tobacco.

9-10, 2nd Hook & Line Thompson Music & Art Heritage Festival, Mebane Community Park, Free.

9-10, 2nd Milltown Get Down, Elkin.

9-10, 4th Wilson Jazz Festival.

9-11, FlushFest, Eno River Brewery, Hillsborough.

9-11, 7th Slingshot, The Fruit, Durham, mix of free and ticket shows.

14-17, 15th Bluegrass Island Festival, Manteo.

17, Inaugural Fountain Fest, Fountain, 9 acts, organized by Music Maker Foundation, Hillsborough, 2-6 p.m.

17, Salt & Smoke & Sound Festival, Blackwood Farm Park, Chapel Hill, day of music & food, noon-11 p.m.

24, Popsicle, 12 bands, Cat's Cradle backyard & inside, Carrboro.

24, Smoky Mountain Bluegrass, Maggie Valley fundraiser for Haywood Co. Arts Council,

24, River Park Concert, 3 bands, Hillsborough, 12-8. Free.

30, All Onyx World, 25+ N.C. performers, downtown Durham venues.

31, Sleepy Fest, The Pinhook, Rubies, Durham, 2-9 p.m.

Upgrades Shine At Hillandale

Upgrades at city-owned Hillandale Golf Course, Durham, feature an expanded driving range, an undulating putting green three times its former size and a new short-game area that opened July 31.

The First Call by Ward Clayton reported, “The first significant construction project at the course in more than 60 years focuses on SwingPals, a Durham-based inner-city schools initiative for middle schoolers launched in 2012 by Doug Hodges, an Englishman and former New York City commodities broker who had a passion for mentoring disadvantaged youth.”

SwingPals makes its home at Hillandale, carrying on a mission similar to the original 1997 First Tee concept: “servicing children who face adversity and have low resources, via the game of golf,” according to Hodges.

Expanding from 20 total tee stations to 50 artificial-turf bays doubles the capacity available to SwingPals daily. A \$1 million stand-alone classroom building is planned, while Duke University is conducting a three-year study on the program’s impact, which could lead to even larger funding sources.

Motivated by the SwingPals momentum, the city appropriated nearly \$1 million, and the course management company Amerazil Golf added approximately \$200,000 to complete the practice-area work, which was handled by Craig Haltom Golf Design. Karl Kimball, golf director at Hillandale, said that by mid-August he had already surpassed the range traffic goal for that month.

An estimated 11,000 teenagers over 14 years have been influenced by participating in SwingPals’ in-school program and a smaller number “graduated” to visit Hillandale.

Among the most recent is Kamere Bishop, a junior at Southern Durham High School. Kamere isn’t a budding Tour pro, but a slight Black teenager whose five-year SwingPals program experience has been a life changer.

“I was able to really be able to connect to myself and with other people by just learning the simple fundamentals of being able to regulate your emotions, whether you get some bad news at home or you make a really bad shot on the golf course,” Bishop told CBS 17 in Raleigh at the grand opening. “SwingPals wasn’t meant just for golf. It was really more of just a good way to be able to find yourself.”

The course expansion aligns with a nationwide golf boom, Clayton reported. Hillandale has totaled a record 56,000-plus rounds annually in recent years. A National Golf Foundation report in July 2026 counted approximately 3,000 U.S. municipal courses—an all-time high.

The NGF also reported in June a record 7.7 million Asian, Black and Hispanic golfers nationwide, closely matching the demographics of Durham County (42% white, 33% Black and 15% Hispanic). The course also pulls students from Duke, UNC and N.C. Central, offering a younger demographic.

West Point Park Closing For Upgrade

West Point on the Eno city park, Durham, is closing for renovations to improve accessibility and bring parking and pedestrian paths into ADA compliance.

The park will be closed for upgrades from mid September until the spring (180 days). No public access for vehicles or pedestrians will be allowed in the construction area. The Environmental Education Pavilion will remain open.

Wildlife Issue?

Contact the NC Wildlife Helpline
866-318-2401, Mon-Fri 8-5. Or visit 24-7 ncwildlife.org/have-a-problem.



Tennis action on a Saturday morning at the new Cedar Falls courts. PHOTO BY SUSAN KELLY

Cedar Falls Tennis Courts Slog Toward Completion

Chapel Hill has six new tennis courts at Cedar Falls Park. They’re open dawn to dusk, while the town/contractor muddle over an ADA accessible sidewalk from the parking lot to the courts. The delay has been going on for months.

Look for a small blue and white sign at the edge of the parking lot near the woods by the bathroom pointing to a natural trail that will take you to the courts which have new tennis surfaces, posts, nets. They opened Aug. 20.

No sidewalk means no lights for night play even though LED lights previously were installed. The courts are reserved most afternoons for school tennis programs so they’re available to the public weekday mornings and weekends only.

Facilities with lights are open as late as 11 p.m. Courts are available on a first-come, first-served basis when not reserved. You can reserve courts for programming purposes by filling out a rental request form at the rec department.

The town issues monthly construction updates but the result is the same. Construction began in August 25, so it’s been 13 months and counting. Cost so far is \$1.5M, which



Sidewalk construction stalls at Cedar Falls. PHOTO BY SUSAN KELLY

may include repaving the parking lot. The project has been needed for many years (the old courts were in poor condition) but the project regularly was delayed because no funds were available.

“We’re putting the finishing touches on landscaping, benches, covered bleachers, trash bins and LED lighting. The courts will be open from dawn to dusk until the lighting is ready. We expect to finish these final touches by late fall,” the town said Aug. 13. If you’re looking for ADA-accessible courts, check Ephesus Park beside the school. *J.B.*

Outdoor Notes

DUKE FOREST CLOSURE

The 19th annual Duke Forest Deer Herd Reduction Program begins Monday, Sep. 21, and ends Friday, Dec. 11, and the Durham, Korstian and Blackwood divisions will be closed for recreation and all public access Monday through Friday. Recreation trails and areas will be open Saturday-Sunday each week.

YOUTH FISHING CLINICS

Carrboro holds youth learn to fish clinics for kids 5-15 Saturday, Sep. 26, and Oct. 10 from 9 to 11 a.m. at Anderson Park Community Pond off NC 54W. Cost is \$5/child and a parent/guardian must attend. Fishing supplies provided or bring your own fishing rod. Eno Sportfishing Club provides the instructor. Register online at carrbororec.org.

2 SWIMMERS DROWN

Konrad Jarausch, 85, of Chapel Hill apparently drowned Sep. 1 while swimming in Eastwood Lake, Chapel Hill. He was a retired European history professor, author of more than 50 books and an avid swimmer. Eastwood is a “swim at your risk” private lake. No lifeguards.

A 16-year-old teenager drowned Labor Day, authorities said, after reportedly falling off a jet ski at Falls Lake near Sandling Beach, Wake Forest. His body was recovered after a four-hour search.

ELK HUNTS IN 2027

North Carolina will issue a limited number of elk hunting permits during the 2027 hunting season, thanks to a new law signed in July.

The first elk hunting season since the animals were reintroduced to western North Carolina 25 years ago will use a nontransferable permitting system, and the law calls for two permits to be issued during the first season. The two permits will be issued through a raffle and an auction. Details TBA.

DROUGHT CONTINUES

Drought conditions continue in N.C. (60.9 percent of the state). Here’s the breakdown: 23.8 percent abnormally dry, 41.9 percent moderate drought, 14.4 percent severe drought, 4.5 percent extremely dry, 0.1 percent exceptional drought.

OWASA reported (9/11/26) rainfall for September was 0.16 inches, reservoirs 75.1 percent full.

Combined Herbarium Planned At Carolina

UNC-Chapel Hill and Duke are coming together to create one of the largest plant collections in the United States.

The universities are combining their herbaria, collections of preserved plant specimens that serve as irreplaceable scientific archives. According to a UNC-Chapel Hill release, researchers use herbaria to study biodiversity, long-term climate shifts, invasive species and other changes in plant life across generations.

The combined collection, the largest in the SE, will include about 1.7 million specimens, making it the third-largest herbarium in the country, behind Harvard and Cal Berkeley. The collection will be managed by the N.C. Botanical Garden in Chapel Hill. The Garden already manages the UNC collection.

Pet Yoga to Support the Animal Services Medical Fund



PET YOGA

Unwind, relax, and celebrate the beauty of yoga with four-legged friends!

SIGN UP TODAY



Unwind, relax, and celebrate the beauty of yoga with four-legged friends at Orange County Animal Services, [1601 Eubanks Road, Chapel Hill](#). All proceeds go to support pets in need. A minimum donation of \$25 is required.

Upcoming dates:

- Saturday, Sept. 19, 10 - 11 a.m.
- Saturday, Oct. 10, 10 - 11 a.m.
- Saturday, Nov. 7, 10 - 11 a.m.
- Saturday, Dec. 5, 10 - 11 a.m.

Learn more about pet yoga and sign up.

UPCOMING CSN ISSUES:

Oct. 14—Fall Biking/NCAA Hoops

Nov. 11—ACC Hoops



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

Another View, Mine John Nieman

As much as I come off in this space as being an old guy sitting on his porch complaining about the kids, I do appreciate and enjoy and utilize the new technology that we have

Save On N.C. State Fair Tickets, Rides

The N.C. State Fair runs Oct. 15-25 in Raleigh. Save on admission tickets and rides by getting discounted tickets in advance at etix.com or at the fair office at the fairgrounds, gate 9 (Trinity Rd.) or the State Farmers' Market.

Tickets are \$10 online through Oct. 15 instead of \$13 at the gate. Youth 13 & under are \$5 in advance, \$7 at gate. Seniors 65+ \$5 (free Tuesday, Oct. 20).

College Day at the Fair is opening day Oct. 15 (\$8), with a N.C. college ID.

Hunger Relief Day is Thursday, Oct. 23. Bring six cans of non-perishable food for free admission.

Area High School Football Struggles

Local high school football teams are struggling.

Here are the results so far:

Week 1—Seaforth 48, Chapel Hill 0; East Chapel Hill 41, Cedar Ridge 16; Jordan Matthews 36, Carrboro 22; SE Alamance 42, Orange 11; Harnett Central 49, Northwood 7.

Week 2—Green Hope 67, East Chapel Hill 6; Northern Durham 24, Carrboro 3; Asheboro 35, Northwood 7; Orange 30, Chapel Hill 0; SE Alamance 48, Seaforth 21.

Week 3—Western Harnett 34, Cedar Ridge 6; Chapel Hill 49, Carrboro 25; Northwood 42, Bartlett Yancey 0; Seaforth 70, Princeton 46.

Week 4—Carrboro 13, East Chapel Hill 9; Seaforth 22, Northwood 15; Hillside 28, Orange 22; McMichael 19, Cedar Ridge 16; Apex 52, Chapel Hill 0.

Community News

Cape Fear Distillery launched Tar Heel-branded liquors (vodka, whiskey, rum, coconut cream) called the Spirit of Carolina with UNC Athletics which debuted at the first fall home football game in Chapel Hill.

MLBX at DBAP Sep. 18 offers 3-on-3 baseball with hitting, defense, batting involving former MLB players, college athletes from Duke, UNC, NC State.

Triangle Oktoberfest Oct. 2-3 at Booth Amph., Cary. Hours are 5-10 Fri, 12-8 Sat. Fees.

A community survey in Chapel Hill this spring found 28 percent of households responding were very satisfied, 49 percent satisfied, 17 percent neutral, 8 percent dissatisfied with town parks, greenways and recreation facilities.

September Standings

Final Standings

OCASL@TASL SUMMER

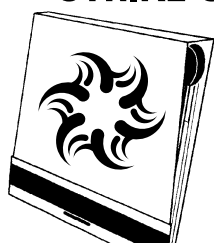
Over 30—TugBoat Depot 9-0-1 27, Mountain Goat FC 9-0-1 27 Squeaky PC FC 5-1-4 16, The Federal 4-1-5 13, Durham FC 3-1-6 11, Still Limpin 2-2-4 8, Matienzo FC 0-1-9 1.

Anderson O40—The Federal 4-0 9-1-0 28, Barcelona 7-1-2 22, Stroke City 7-0-3 21, Boca Seniors 3-0-7 9, Oldcastle United 3-0-7 9, Wrexhamstring 0-0-10 0.

O50—The Drewblers 8-1-1 25, Athletico Descrepito 7-1-2 22, Grey Sabbath 1-3-6 6, Old Riders 1-1-8 4.

Summer KSO Rec—Woodcroft SC 9-1-0 28, Quality Assurance 8-1-1 25, Chapel Hill FC 5-2-3 17, The Diamond Dogs 4-3-3 15, Baby Strong 5-0-5 15, Sporting Rose 3-2-5 11, Unicorns FC 3-1-6 10, Aztecs FC 3-1-6 10, Nacional 2-2-6 8, Athletic Tri 1-1-8 4.

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now, particularly with regards to sports viewing. I mean, if I want to, I can watch High Point University lacrosse on ESPN Plus. I have my pick of any European soccer match.

I come from a time when it was a big deal when the UNC basketball team was going to have a televised game to now where virtually every UNC sports team has games available live on TV.

As far as technology goes, I have just discovered split-screen viewing. If ever anyone had a doubt as to the difference in actual action between a soccer match and a football game, I invite them to do a split screen on a soccer match and football game. This past weekend, I was watching Everton versus Tottenham Hotspur on one side and UNC football on the other. The soccer match ended in a 0-0 draw and the football game ended 35 to 3. There was actually no comparison in the slogging, commercial filled, play-stopped action of the football game to the non-stop action of a comparatively mild soccer match.

And it wasn't that much of a soccer match. When the football game was paused because of the weather I could not discern a difference in the amount of action.

But turning to UNC football, they are thankfully now 2 and 0. I guess the only question is whether TCU and East Tennessee State are true tests of a Division 1 football team's ability. I'm sure we'll find that out next weekend versus a weak but perennially-strong Clemson team. At Clemson. What little I can remember about football causes me to think that a lot of UNC's current football success may likely have been dependent on the penalty-prone opponents, but Hope Springs Eternal.

I have recently, at the behest of son Jeff and daughter-in-law Stephanie, been trying to rekindle my UNC fandom. Thankfully, grandchildren Burke and Larkin accept me as I am. Burke even makes a point of asking about the latest soccer news.

But it has been very difficult. Since the 1960s, when I be-

Media Sportswatch Joel Bulkley

It looks like things aren't going smoothly at WRAL TV in Raleigh. There's always staff turnover, with TV folks coming and going. But there seems like more turnover than normal recently in terms of anchors and reporters departing.

They apparently dismissed Scott Mason whose "Tar Heel Traveler" was a popular feature on the 5:30 weeknight news. His stories featured interesting people and unusual places in N.C. since 1997. The decision brought lots of anti-WRAL comments on X. No successor was named.

WRAL is an NBC affiliate and as the network expands live pro sports coverage (NFL, NBA, Baseball) there are more late night games, forcing the 11 p.m. newscasts later and later. Selling ads is tough enough these days. The local news is one of the biggest profit centers for the station. Can't imagine many viewers stay up til the end of games 11:30 or later to watch Channel 5 news. And I can't imagine advertisers are happy either with the later hours and likely smaller audience.

Maybe November election ads will bail them out. Meanwhile, TV competitors in Raleigh and Durham are putting on stronger news programs and pushing WRAL harder. All stations are trying to fill the void left by the demise of the N&O. Plenty of stories that could or should be in the paper aren't and that was before the latest McClasky layoffs.

Don't know the extent of the job cuts in Raleigh yet, but the Charlotte Observer reported one fourth of their newsroom (8 jobs) was let go Sep. 10. Nationally, news reports said 90 journalists at 13 papers in eight states lost their jobs in the bloodiest cutbacks by McClasky Media in years. They publish 30 papers and are owned by Chatham Asset Management, a New Jersey-based hedge fund, after McClatchy declared bankruptcy in 2020.

Coach B of UNC ranked 14th among ACC football coaches by The Athletic. Coaches at Miami, Clemson, Va. Tech were the top three. D. Doeren was eighth.

Going to a Carolina Panther football game with a family of four is expensive.

According to the Action Network, four tickets cost \$1,112, food \$51 (2 beers, 2 soft drinks, 4 hotdogs), parking \$40, for a total of \$1,203. That was eighth lowest in the league. Cleveland (\$823.13) was the cheapest, Buffalo (\$2,193.95) the most expensive. The average was \$1,447.55.

Championships in sports are often celebrated with books and pictures.

Cory Lavalette, Carolina Hurricanes hockey reporter for

gan my UNC Journey, basketball has been Dean Smith and his progeny. The Carolina Way. That direct line has now ended.

UNC football was always pretty much merely an opportunity for everyone to get together and prepare for basketball season. At least women's soccer and lacrosse remain steadfastly Carolina, but it does make one feel pretty old to see games being played in stadia named after your contemporaries.

And now we have the situation where football at UNC is expected to be top class. UNC hired a man who has been called arguably the greatest football coach of all time. And yet what we have experienced is just a lot of drama. Something that Dean Smith's Carolina could not abide. Exactly what is the Carolina Way in 2026?

But who am I to complain? I watched the East Tennessee State game. First time I've watched a football game in years. Even if it was on a split screen. And I am truly hopeful that these first two results had some relation to the improvement and abilities of the UNC football team and not merely the quality or lack thereof of the opponent. I never was much of a Bill Belichick-Tom Brady-New England Patriots fan, but I don't relish seeing an accomplished professional's career come to a close with embarrassment and derision.

And I'm trying to decide whether it's better that we're talking about the coach's son's alleged drug problems as opposed to the coach's young cheerleader girlfriend.

While all of that stuff is entertaining I have to admit, it would really be kind of cool to be in discussion about Belichick's UNC football program Rising like the Phoenix to contend for the ACC Championship.

Don't sound much like an old guy on the porch complaining about the kids now, do I?

The 60 lb. weight loss has certainly made a difference in my day-to-day getting around. It is really quite remarkable. But it hasn't made much of a difference in my ability to play with my wonderful Dynamo teammates. Still a second and a half too slow to react and still trying to find that knee snap to be able to kick a ball with any force, but they still let me play. One of the many reasons I'm the luckiest guy in the world.

And Martha and I almost look like a couple who belong together for the first time in decades.

Fat Boy Index: 229.

North Street Journal and The Athletic, wrote "Perfect Storm" for Triumph Books. The final copy for the book was due by 2 a.m. the night of the Stanley Cup finale in Las Vegas. He took a nap and got the final proof at 6 a.m. "Relentless" was compiled as a collector's book by the News & Observer. I haven't seen or read either.

The sports community lost Bill Rasmussen, co-founder of ESPN in 1979 and a TV sports pioneer. He was 93. Barry Melrose, former hockey player, ESPN anchor and hockey analyst, passed away after a battle with Parkinson's. He was 70.

The Golics (Mike Senior and Mike Junior) are back on ESPN morning radio. More of the same old stuff. Too much talk about Notre Dame, junk foods they love, etc. Not many new or original thoughts here, but more light-hearted banter than their predecessors. Guests are generally the same as other ESPN shows.

Former coach Jon Gruden is doing Tampa Bay football games with Ronde Barber. Former UNC receiver J.J. Jones is an analyst for the ACC Network with former coach Jimbo Fisher. Former ESPN star Suzy Kolber is the executive producer and host of "The Originals," a new interview series on Scripps Sports Network. Former ESPN/Fox host Sam Ponder is homeschooling her three kids in NYC, saying it's "necessary to keep kids out of weird public schools."

Jones Angell (play by play), former UNC football player Joe Jauch (analyst), former QB Bryn Renner (sideline reporter, color analyst) make up the UNC football radio crew for the Tar Heel Sports Network. Lee Pace retired from the sidelines but still writes his weekly Carolina football column.

Have you noticed how rapidly streaming rates are rising? They've increased three times the rate of inflation over the past few years, making them comparable to cable fees.

Credit Indy Week for doing a "sports" issue, the first in years. Credit chapelboro.com for improved news coverage including the 100th anniversary series about Kenan. Credit to Coach B and the many students and others who did the annual 9/11 stair climb at Kenan in support of first responders.

Texas Sen. Ted Cruz gets 10 minutes on ESPN's College GameDay in Texas to lobby for The Protect College Sports Act. The prior week Nick Saban and Pat McAfee advocated for the bill on the program.

When will opponents get a chance to counter Cruz, Saban, McAfee? The bill isn't all roses—far from it for athletes. What about balanced coverage?