

Youngest Olympian keeps pressure in perspective

REUTERS

Representing your country at the biggest sporting event in the world is a daunting prospect for any athlete, but for 13-year-old Olympian Gaurika Singh, it pales in comparison with surviving an earthquake in her native Nepal.

RIO GAMES NOTEBOOK

At 13 years and 255 days, the swimmer will be the youngest to compete at the 2016 Rio Olympics when she takes to the pool for the women's 100-meter backstroke heats on Sunday.

"That's quite cool, a bit unreal too," said Singh, who has broken seven national records.

"I wanted to go but wasn't sure I'd be able to because I'd be too young. When I found out a month ago, it was a big shock."

But it was nothing like the shock she experienced when the youngster, who moved to England with her family

when she was two, and her mother and sister found themselves at the heart of the earthquake that struck Nepal when she returned to her home country in April last year to take part in the national championship.

"It was terrifying. We were on the fifth floor of a building (in the capital Kathmandu) that we couldn't escape from. Fortunately, it was a new building so it did not collapse like others around," the Barnet Copthall Club swimmer added.

As devastation struck close to heart and home, Singh chose to donate all winnings from the restaged championship to a charity set up by her father's friend, who made her a goodwill ambassador.

Her proud father, Paras, said: "She's special. It's unbelievable that she's the youngest Olympian in Rio and amazing how she copes with all the pressure."

Phelps, Ledecky set for relays
RIO DE JANEIRO — Michael Phelps and Katie

Ledecky will both feature in the United States 4 x 100 meter freestyle relay teams at the Rio Olympics, USA Today reported on Monday.

Neither of the American team's best-known swimmers, with 18-time gold medalist Phelps seeking to add to his collection of 22 medals, qualified for the individual event at the national trials.

Five-time Olympian Phelps, the most decorated athlete of all time, is set to compete in three individual events — the 100 and 200 meter butterfly and 200 individual medley.

The relay line-ups, a closely-guarded secret, do not have to be submitted until the night before the race, but it would be no surprise for the pair to be included in the 4x100m.

Both U.S. relay teams are likely to finish in the top three, which would give Phelps and Ledecky their first medals of the Games.

USA Today, in a report citing an unnamed source with direct knowledge of the U.S.

swimming team's plans, said Phelps would swim in Sunday night's men's relay final.

It said Ledecky, the 19-year-old tipped for gold in the 200, 400 and 800 freestyle, was expected to take part in the preliminary heats on Saturday afternoon in what would be her first competitive dip in the Rio pool.

Swimmers who take part in the preliminary heats, but not the final, also get medals.

It is common for the finals lineup to differ from the preliminaries because it saves the top swimmers for the medal showdown and allows more to share in the glory.

Ledecky finished seventh in the individual 100 freestyle at last month's U.S. trials in Omaha, Nebraska while Phelps did not enter.

Nathan Adrian was fastest in the trials, with Caeleb Dressel second and Ryan Held third. Others in the mix are Anthony Ervin, Jimmy Fiegen and Blake Peroni.

However, Phelps showed impressive speed at the

team's pre-Games training camp in Atlanta.

The U.S. swimmers are due to attend a news conference in Rio on Wednesday.

Work continues on Rio Metro

RIO DE JANEIRO — Workers in hard hats and coveralls were still working on Rio de Janeiro's newest subway line on Monday, two days after it was inaugurated by Brazilian leaders and four days before the start of the 2016 Olympics it was built to serve.

The \$3.1 billion Line 4, designed to be the main mover of people to and from the Olympic Park in Rio's distant Barra beachfront neighbourhood, was scheduled to be the biggest legacy project of an Olympics where many other urban improvement promises, such as cleaning up sewage or reducing air pollution, have not been met.

"We're still finishing up the project, which opened unfinished like all government projects," an electri-

cian working on the station told Reuters.

The man, who declined to give a name because he was not authorized to speak to the press, was stringing wire at the Sao Conrado station, one of the most important on Line 4 because it will serve residents of the giant Rocinha shanty town.

The Rio Barra consortium, which built Line 4, said work on the line is 100 percent complete and that the workers do not work for them. Metro Rio, which operates the line, said the workers are only removing equipment still on site after completion.

Line 4 reduces travel times to about an hour between more central neighbourhoods, such as Copacabana, where many tourists are staying, and the Olympic Park in Barra, where much of the Games will take place. That's far shorter than bus travel times, especially during rush hour when the journey can take two hours or more.



BRUCE KLUCKHOHN | USA TODAY SPORTS

Minnesota Twins relief pitcher Fernando Abad pitches to the Chicago White Sox at Target Field on Saturday.

Red Sox

Continued from Page B5

allowed eight runs in 2 2/3 innings. In 25 appearances with Triple-A Pawtucket, the 25-year-old is 1-1 with a 2.32 ERA and at times his velocity has reached 100 mph.

Before getting Abad, the Red Sox obtained Aaron Hill, Michael Martinez, Brad Ziegler and Drew Pomeranz.

Orioles obtain Wade Miley

If Orioles fans were imagining that Dan Duquette would somehow pull an upper-rotation starting pitcher out of his hat before the looming waiver deadline, they are not going to be terribly excited about veteran Wade Miley, a former Boston Red Sox pitcher.

If they recognize, however, that the midseason pitching

market was thin and the Orioles needed a left-hander who can churn out innings and has been pitching well of late, they should be satisfied that the team is better than it was before Sunday's trade that sent Triple-A pitcher Ariel Miranda to the Seattle Mariners.

Miley isn't going to wow anybody with his season stats. He is 7-8 and just recently pulled his ERA down under 5.00, which is going to bring out some boo birds to say that he will fit right into a rotation that already has too many pitchers with numbers like that. But a closer look at his performance this season reveals a pitcher who has pitched effectively throughout July (3.45 ERA) and would have a winning overall record if the big-swinging M's had not averaged 2.2 runs in his last five starts.

NASCAR

Continued from Page B5

fore the halfway point of the race. Kyle Larson and Austin Dillon, along with a handful of other drivers, stayed out during a lap 66 caution, due in some part to weather radars showing rain moving through the area.

The race restarted and Larson and Dillon battled for the lead for several laps before getting together, drifting up the track, and handing the lead to Joey Logano.

"That was very entertaining for me," Logano said. "Those guys were racing the heck out of each other and racing for their first win, and there was rain in the forecast, so that was for the win, in my opinion, and I think they had the same thing on their mind. It was a gift for me."

The rain eventually returned, resulting in a caution on lap 85. Logano, Harvick, Denny Hamlin, Matt Kenseth and Greg Biffle took their turns at staying out, but like before, the race restarted.

"Only if it had rained a little earlier, we would have had a lot different outcome," Logano said.

A sixth yellow flag on lap 105 and pit stops by some during the caution put all competitors what, at the time, looked to be an even playing field, with everyone needing to make one stop to go the remaining scheduled distance.

Martin Truex Jr. started the race on the pole and led the first 16 laps before Keselowski and Biffle stayed out to assume the top-two positions in the running order during a lap 16 competition caution. Troubles quickly came for Truex, as he hit the wall within a lap after the restart, bringing out another caution. He was the culprit of another caution with a flat right-front tire on lap 99.

NOTES: Harvick was without crew chief Rodney Childers at Pocono Raceway, as Childers was suspended by NASCAR for one race because of a lug nut issue July 24 in the Brickyard 400 at Indianapolis Motor Speedway. ... Harvick's Stewart-Haas Racing teammate Kurt Busch won at Pocono in June while his crew chief, Tony Gibson, was serving a one-race suspension, also for a lug nut issue the previous race weekend. ... Jeff Gordon subbed for Dale Earnhardt Jr. in the No. 88 Hendrick Motorsports Chevrolet for the second-consecutive race, as Earnhardt continues his recovery from concussion-like symptoms. ... Gordon is the winningest NASCAR driver at Pocono with six victories and finished 27th Monday. ... The Pennsylvania 400 was Paul Menard's first race with new crew chief, Danny Stockman. ... Monday's race was Aric Almirola's 200th-career Sprint Cup Series race. ... Kenseth won the 2015 Pennsylvania 400.

UM senior receives FCS All-America nod

BY PETE WARNER
BDN STAFF

If there was any doubt that the college football season is almost here, look no further than Monday's announcement of the S T A T S F o o t b a l l C o l l e g e C h a m p i o n s h i p Subdivision Preseason All-America Team.

Among the 99 players recognized is one from the University of Maine, defensive lineman Patrick Ricard.

Ricard, a 6-foot-3, 285-pound senior from Spencer, Massachusetts, was selected as a member of the STATS FCS Third Team defense.

Ricard returns to anchor a Black Bears defensive front that lost All-Colonial Athletic Association first-team end Trevor Bates of Westbrook and Mike Kozlakowski to graduation. He was an All-CAA first-team choice last fall after finishing fourth on

the team with 52 tackles, including a league-leading 16.5 for a loss of yardage with 6.5 quarterback sacks.

A veteran of 33 games at UMaine, Ricard has the versatility to play tackle or end in the Black Bears' 4-4 scheme. He has 32 tackles for a loss in his career.

Ricard is among 13 players from the CAA to receive preseason honors from STATS. First-team selections include James Madison linebacker Andrew Ankrah, New Hampshire defensive back Casey DeAndrade, Richmond defensive back David Jones and William & Mary place-kicker Nick Dorka.

The Missouri Valley Conference led FCS leagues with 16 players named to the STATS All-America contingent.

UMaine camp to open

First-year head coach Joe Harasymiak will officially begin his tenure on Saturday

when the UMaine football team opens its preseason training camp.

The Black Bears will go through 24 practice sessions leading up to their first game week in preparation for the 2016 season opener at Connecticut on Thursday, Sept. 1, at Rentschler Field in East Hartford.

UMaine's training camp will include five days of double sessions and intrasquad scrimmages on Aug. 13 and Aug. 21.

Black Bear fans are welcome to attend practice sessions, which are held on Morse Field at Alford Stadium in Orono.

Season memberships for the 2016 season are on sale by visiting GoBlackBears.com or calling 581-2327.

USTFCCCA honors top students

Erin Ellison of Husson University in Bangor is among seven student-athletes from Maine colleges named to the

United States Track & Field and Cross Country Coaches Association Division III All-Academic Teams announced Monday.

Last spring, the junior thrower from Exeter, New Hampshire, won the hammer throw at the North Atlantic Conference Championships for the second straight year at 46.22 meters. The physical therapy major also was third at the ECAC Championships (school-record 50.01 meters).

USTFCCCA honorees must have compiled a cumulative grade point average of 3.3 and have competed in an NCAA Indoor or Outdoor Championship or finished the regular season ranked in the national top 35 in an individual event.

Also recognized were Alexis Dickinson, Ayden Eickhoff, Jessica Wilson and Allison Hill of Bates College in Lewiston and Heather Kendall and Nicole Kirk of the University of Southern Maine in Gorham.

Fitness

Continued from Page B5

And the support continues outside the gym. Paige Wilcox sends out frequent Facebook messages and emails that help clients learn more and remain motivated in all facets of the program.

The result is a well-rounded framework that gives clients all the tools they need to eat well, work out wisely and achieve their health and fitness goals.

"We focus on forming habits, allowing people to achieve their goals and sustain them for a lifetime by adding in more fun activity, fresh delicious food," Wilcox said. "This allows our clients to live life to the fullest, not sacrificing anything in life."

The KickStart Program at Wilcox Wellness and Fitness was exactly what I needed to start turning my life around. Upon completing the month, I lost a combined 20½ inches in my arms, shoulders, chest, waist, hips and thighs.

"Participants in our four-Week KickStart Program can expect to form healthy habits that will set them up for a lifetime of healthful living," Wilcox said.

Olympics

Continued from Page B5

organizer for Black Lives Matter in Chicago.

Ademola said he is watching to see if Anthony and other athletes follow the "powerful women from the WNBA" or support the police like some entertainers have or "remain silent and oblivious to everything, as if nothing is going on".

The WNBA initially fined teams for wearing Black Lives Matter T-shirts or black warmups last month, but then backtracked after widespread outrage. Tina Charles, who is on the Olympic team, tweeted "I refuse to be silent @WNBA" with a pic-

ture of her in a T-shirt emblazoned with #BlackLivesMatter and #Dallas5.

"Appreciate our players expressing themselves on matters important to them," WNBA President Lisa Borders tweeted after she reversed course. "Rescinding imposed fines to show them even more support."

Other athletes have chosen to make more neutral statements about peace and pride in their country.

After winning the 200 meter final in the U.S. Olympic track trials days after the Dallas police killings, Justin Gatlin urged people to take the love in the stadium "and give it to someone you have never loved before. Just go up to them and say I love you for being an American."

In the violence-filled first week of July, Crystal Dunn, a member of the U.S. women's soccer team, tweeted "ANY wrongful death should concern everyone," and noted that she has been getting "a lot of questions lately about how I feel about being a black player on the national team."

"Although I am Black, I am a human first..." she added.

Public opinion appears to be against using the Olympic stage to make statements.

Around two-thirds of Americans want Olympic athletes to keep their political views to themselves in Rio de Janeiro, according to a Reuters/Ipsos poll released on Monday.

When asked how the U.S.

Olympic Committee would deal with athletes who made statements or protested, a spokesman pointed simply to the Olympic Charter's Rule 50.

That rule discourages participants from using the Games as a platform for protests or "the promotion of political, religious or racial propaganda".

And while the International Olympic Committee says athletes are free to express their opinions, they are advised to only wear official uniforms on the field and at ceremonies.

The place to make a statement might be at one of the Games' last events, the men's basketball gold medal game on Aug. 21. If protesters get sent home, they will not miss much at all.



MICKY BEDELL | BDN

The BDN's Pete Warner works out during a recent session at Wilcox Wellness and Fitness in Bangor. Warner has rediscovered better physical and mental health through participation in a local fitness initiative.