

SPORTS DIGEST

Area Players Finish Strong At National Event

CLEVELAND, Ohio — Deb Bodensiedt of Yankton, Lori Jerred of Vermillion and Janet Beltman of Platte were among the players on South Dakota's Nifty Fifty's women's softball team, which placed second in the 'A' division of the 50-54 year-old age group at the National Senior Games, held July 20-23 in Cleveland.

It is the fourth time this group has played in the national tournament.

The team went 1-1 in pool play and 1-2 in bracket play before advancing to the championship of the 'A' bracket.

Garretson Wins Region 1B Title

ALCESTER — Garretson beat Beresford 2-0 for the championship of the Region 1B VFW Teener baseball tournament on Saturday in Alcester.

Garretson's Tyler Willems tossed a complete game shutout, striking out nine in the seven-inning contest, and helped his cause by going 3-3 with a RBI and a run scored. Micah Mader added a double and a run scored in the win.

Logan Busch went 2-3 for Beresford.

Caleb Johnke took the loss, striking out three over six innings of work.

Garretson advances to state, Aug. 9-11 in Flandreau.

Yankton Youth Soccer Selling Riverboat Days Parking Passes

Reserved parking passes are available from the high school club soccer teams for the weekend at the Scrapbook Store lot, one block from the river. All proceeds will benefit the high school club soccer teams.

Contact Deb Lillie 661-1296 or stop by the Scrapbook Store or Slumberland to purchase a pass. Passes will also be available at the car wash on Saturday from 10-2 at Ace Hardware on Broadway.

Yankton RBD Kayak Race Set For Aug. 17

The inaugural Yankton Riverboat Days Kayak Run, a six-mile "fun run" style race on the Missouri River, will begin at 2 p.m. on Aug. 17 near Chief White Crane State Recreation Area.

The race starts at a sandy spot just off of Toe Road in Yankton and ends at Pad-dle Wheel Point. Shuttles will transport racers from parking lots at Yankton's Visitors' Center back to the start. There is a cost to participate, which covers insurance and t-shirts.

The route takes racers past Riverside Park, where a majority of the festival's activities take place. It is scheduled at 2 p.m. so that parade goers and others can still take part in the fun.

The South Dakota Canoe & Kayak Association is sponsoring the event.

Registration is available online at <http://yrbdkayakevent.blogspot.com/>

Norfolk 'Race2Cure Cancer' Aug. 31

NORFOLK, Neb. — The third annual Race2Cure Cancer 5K-run, Kids' 1-mile fun run with a 2-mile walk for the cause Norfolk Relay For Life fundraiser will be held on Saturday, August 31. All proceeds will go to the American Cancer Society.

The 5K run and 2-mile walk will both begin at 8 a.m., with the kids' fun run beginning at 9 a.m. The event will begin and end at Ta-Ha-Zouka Park/Cowboy Trail.

Each registrant will receive a free Subway Breakfast on Aug. 31, along with other refreshments following the race/walk. ACS raffle immediately following the kids run. (Must be in attendance to win.)

Registrations may be completed online at www.heartlandtiming.com, or by mailing to Relay For Life, PO Box 1187, Norfolk, NE 68702-1187.

Race day registrations will also be taken from 6:30-7:30 a.m. for the 5K and walk, and from 8:15-8:45 a.m. for the kids' fun run. There is an extra charge to register the day of the race.

Drugs

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cant fallout from the Biogenesis case. His penalty came a year after the Milwaukee Brewers slugger avoided a 50-game ban when an arbitrator overturned his positive test for elevated testosterone because the urine sample had been improperly handled.

Braun had insisted he was innocent. Other players felt betrayed.

"We want these guys out of the game. We want all those drugs out of the game. I think there's more guys who have done it the right way than not, so I think that's why it's turning that way," Atlanta third baseman Chris Johnson said. "We all knew this day was coming. But I think we're glad that it's happened."

Players were sometimes surprised to see friends involved. Angels outfielder Josh Hamilton was Cruz's teammate in Texas and said he enjoyed playing with him.

"Some guys keep certain parts of their lives to themselves. So you take them from what you see," said Hamilton, suspended earlier in his career for recreational drug use.

"We've all made mistakes. Some mistakes are different than others, and some are the same. It's just one of those things where he made a poor decision and now he's having to deal with the consequences."

Opinions around the majors were mixed.

Minnesota manager Ron Gardenhire said even though none of his players were implicated, "it's a sad day for baseball" and "we are all af-

fectured by it." Twins closer Glen Perkins said the game is "cleaner now than it was yesterday."

"It's a bad and a good day," said Cleveland designated hitter Jason Giambi, who testified two years ago that Barry Bonds' personal trainer supplied him with performance-enhancing drugs. "You're dealing with human beings and they're going to make mistakes, but the game is going in the right direction."

And one thing was certain: Monday's suspensions won't soon be forgotten.

"It's a big day and it's one of the days to be marked in baseball history — a monumental day," St. Louis Cardinals manager Mike Matheny said. "I think overall the guys are happy to see it kind of come to a head, be talked about today and get it over with, and just keep playing."

With all that transpired recently, Indians manager Terry Francona said he felt for Commissioner Bud Selig and even called him Monday.

Around 10 minutes later, Selig called back.

"We spoke for about five or 10 minutes and he was like, this doesn't need to be a dark day for baseball. This needs to be the beginning of the good stuff. He didn't say it like that, but I don't articulate as well as him," Francona said. "But I agree with him. Major League Baseball did something really difficult today, but sometimes the right thing is the difficult thing."

AP Sports Writers Tom Withers, Howard Fendrich, R.B. Fallstrom and Ronald Blum, and AP freelance writers Alan Eskew and Brian McNally contributed to this report.

Big Ten

From Page 7

adopting a strict diet that he said helped increase his strength and quickness. "I've cheated a couple times, here and there," Lewan said. "I'm a sucker for ice cream."

2. DUAL THREATS: Miller, Gardner and Martinez will grab all the headlines, but they aren't the only Big Ten quarterbacks who can score through the air or on the ground. Northwestern's Kain Kolter helped the Wildcats to a 10-3 record last season and their first bowl victory since 1949. Illinois' Nathan Scheelhaase rushed for 303 yards and four touchdowns last year.

3. WHO'S THE NEW GUY: There are two new head coaches this year, with Andersen taking over at Wisconsin and Darrell Hazell going from Kent State to Purdue. The Badgers routed Nebraska in the Big Ten title game on Dec. 1, but Bret Bielema still decided to leave for Arkansas before Wisconsin's narrow loss to Stanford in the Rose Bowl. Enter Andersen, who

left Utah State for quite the unusual transition with the Badgers. "There's going to be differences when you take over a program," Andersen said. "It's important to put your own stamp on it."

4. SLEEPERS: Pat Fitzgerald has coached Northwestern to five consecutive bowl berths, culminating in the Wildcats' 34-20 victory over Mississippi State in the Gator Bowl in January. Ohio State, Michigan and Michigan State come to Evanston this year, where Northwestern doesn't enjoy much of a home-field advantage but could begin to build one with a couple victories. Indiana also could surprise people, with 19 starters back from last year's 4-8 team.

5. GO DEEP: Penn State star Allen Robinson is the big name, but there are plenty of other solid receivers spread throughout the Big Ten. Kenny Bell (Nebraska), Jared Abbrederis (Wisconsin) and Jeremy Gallon (Michigan) each had over 800 yards receiving last season while averaging at least 16.9 yards per catch. Also keep a close eye on Cody Latimer (Indiana) and Corey Brown (Ohio State).

Registrations must be completed by Aug. 25 to ensure a t-shirt on race day. Direct any questions to Pam Carlson at 402-379-1440, ext. 116, or by email at pamc@daycos.com

Winter Chill Cheer And Dance Challenge Jan. 12

River City Cheer will host its inaugural Winter Chill Cheer and Dance Challenge on Sunday, Jan. 12, 2014 at Yankton High School/Summit Activities Center.

There are discounts for registrations prior to Nov. 1 and Dec. 1. More information is available by contacting Amber Ness at rcwinterchill@gmail.com or 605-661-4971, or online at www.yanktonrcgc.org.

SD Centenarian Wins Gold At National Senior Games

HIGHMORE (AP) — A 100-year-old Highmore man has brought home five medals,

including three gold, from the National Senior Games in Cleveland.

John Zilverberg won his age division in the hammer throw, javelin and singles bowling, the Capital Journal reported. He also won silver in the shot put and discus. He was 99 when he competed and turned 100 on Friday, the day he returned home.

The National Senior Games are for people age 50 and older. The association that runs the games is recognized by the U.S. Olympic Committee.

Zilverberg's daughter-in-law, April, said Zilverberg has some hearing loss but is still sharp mentally and physically. He golfs nine holes every morning if the weather is good, maintains an expansive garden and often travels to Pierre to bowl.

Zilverberg credits much of his longevity and energy to the decades he spent ranching. His advice for others wishing to reach his age and level of spryness is to exercise and "don't drink yourself to death; don't smoke yourself to death."

Zilverberg has been competing in the Senior Games since 1985. He plans to compete in the next games in Minneapolis in 2015.

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