

# The Capital Sports



A sea of runners begin the Annapolis 10-Mile Run next to Navy-Marine Corps Memorial Stadium yesterday. It marked the 20th anniversary of the race.

By George N. Lundskow — The Capital

## Thousands make a run for it

### Mock drafts winning strategy

By CRAIG ANDERSON  
Staff Writer

The Annapolis 10-Mile Run celebrated its 20th anniversary yesterday morning with a couple familiar faces leading the field of 4,000.

Bowie native Doug Mock won the men's competition for the third time since 1991, while Bonnie Barnard-Lopez captured her second straight women's race.

Mock finished the sometimes scenic, often hilly course in 52:24, which averaged into a 5:14 mile pace. The former Salisbury State runner and fitness instructor from Germantown took the lead for good in the ninth mile, and was 15 seconds ahead of second-place finisher Robert Lotwis at the tape.

The Severn River Bridge area proved to be a challenge before things flattened out through the Naval Academy. Mock finished where he started at Navy-Marine Corps Memorial Stadium.

"On a hilly course like this you've really got to be patient," the 28-year-old Mock said. "Eventually there will be a lag that you can make a big move. Today I just had to wait."

With next February's Olympic marathon trials in her sights, Barnard-Lopez used the 10-mile run to begin her quest for a spot on the United States national team.

The 38-year-old Bethesda resident had spent much of her summer working to complete a master's degree in social work at Catholic University.



By George N. Lundskow — The Capital  
Bowie's Doug Mock was the top finisher for the third time since 1991.

She recently returned from a vacation, and hadn't spent much time running this summer.

Yesterday morning's finish of 59:30 was the start of heavy training for the fall and winter running seasons. Barnard-Lopez took the women's lead at the four-mile mark, and eventually held off Heidi Gerren by 21 seconds.

On an overcast morning, there wasn't much air and the temperatures were borderline muggy for runners in the field.

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### Color this race a success

Running. Running in enveloping humidity. Uphills. Down. Up again. Running for the love of running. Running to near exhaustion.

What a way to spend a summer Sunday morning.

But that's what 4,000 or so men, women and children did yesterday. And they loved it.

But the running was the easy part.

Long before the gun started the herd of runners in the parking lot at the Navy-Marine Stadium, men and women — and some children too — in ugly chartreuse, but very visible shirts raced hither and yon around the stadium preparing to make the Annapolis 10-Mile Run as close to a perfect event as they could possibly get it.

They succeeded.

Forget the many months of work that had gone into the event before race day: The marathon meetings, the phone calls, the planning of every detail, the mailings, opening the return mail, the checklists for every detail, the search for workers. You had better believe that putting the huge event together was a lot more complicated than that. Forget it anyway.

Before the first runners vied for the best parking places in the stadium's massive lot, race workers volunteering to help the Annapolis Striders run their premier event were preparing the starting area

### SPORTS COMMENT



By JOE GROSS

with a platform for the starter, banners and balloons and sectioning the starting area with numbers that would keep the slower runners from being stampeded by the faster ones.

Course workers headed out to get to their respective positions in plenty of time to put up mileposts, set up the water stops and first aid stations. They sent people in those very visible, but ugly chartreuse shirts to work at every turn, to keep the runners going in the right direction. People who would simply direct traffic. People with two-way radios.

They set up a table for members of the Anne Arundel Radio Club to man the equipment that would handle the massive cross-section of communications that are critical in

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### REDSKINS MOVES

#### WANTED

Tyrone Rush, running back; Olanda Truitt and Bobby Olive, wide receivers; Sebastian Savage, cornerback; Jeffrey Rodgers, defensive tackle; and Ron Lewis, guard.

#### PLACED RESERVE

Scott Blanton, placekicker

## Redskins take a pass on Rush

### Running back, WR Truitt among cuts

By JOSEPH WHITE  
AP Sports Writer

ASHBURN, Va. (AP) — Tyrone Rush and Olanda Truitt, the Washington Redskins leading receivers in preseason, were cut yesterday as the roster was trimmed to the mandatory 53-man limit.

Also waived were first-year wide receiver Bobby Olive, first-year cornerback Sebastian Savage, rookie defensive tackle Jeffrey Rodgers and rookie guard Ron Lewis.

Rookie Scott Blanton was placed on injured reserve with a groin strain suffered early in training camp, leaving veteran Eddie Murray to handle all the kicking duties. Blanton had been in contention for a No. 2 kicker's role, handling kickoffs and long field goals.

Up to now, Rush's story had been one of dogged resilience. His determination and work ethic were strong enough to convince the Redskins to bring him back after he suffered a career-threatening injury — he was numb for 15 seconds after a head-on collision — in preseason last year.

The second-year running back

seemed assured of a place on this year's team, possibly at the expense of Reggie Brooks, after amassing 270 yards in rushing, receiving and kickoff returns in the first two preseason games. Rush ran for 34 yards on 6 carries and caught 10 passes for 126 yards and one touchdown.

But a hamstring pull has kept the North Alabama star on the sidelines, giving Brooks and William Bell a chance to move up on the depth chart.

"I'm not healthy, and they have to do what's best for the team," Rush said. "Hopefully next Sunday, if I'm not playing here, I'll be playing somewhere else. Offseason I worked my butt off getting ready for this, and I'm not going to quit now."

Brooks, who two years ago became the first Redskins rookie to rush for 1,000 yards, fought his way back onto the team after showing up for training camp with a hurt hamstring.

"My concern (with Brooks) was the ability to stay healthy over an extended period of time," second-year coach Norv Turner said. "As I said when we started camp, since I've been here he

hasn't been able to do that. Now he's done it over a period of time. I don't think Reggie's anywhere near his best. I think he's making a comeback."

Third-year player Truitt, who caught 10 passes for 176 yards and two touchdowns in exhibition games, was the victim of the numbers crunch as Turner decided to go with just four wideouts while keeping seven running backs.

Truitt was competing with Leslie Shepherd and Tydus Winans for the No. 3 and No. 4 receiving positions behind starters Henry Ellard and Michael Westbrook. He dropped a pass over the middle in Friday night's game at Green Bay, but said he felt the decision was made long before then.

"Coach Turner said it was a consistency thing, but that's his perception," said Truitt, who has caught six passes in two seasons with Minnesota and Washington. "I think it was etched in stone in minicamp. After I was made available for the expansion draft (in

(See CUTS, Page B4)

## Open eyes are on Seles

By BOB GREENE  
AP Sports Writer

NEW YORK (AP) — A parade of champions, capped by the return of Monica Seles, highlighted the kickoff of the year's final Grand Slam tournament, the U.S. Open.

Five former winners of America's premier tennis tournament — Arantxa Sanchez Vicario, Gabriela Sabatini, Boris Becker, Stefan Edberg and Seles — were scheduled to play today as the tournament began a two-week run at the National Tennis Center.

Seles has played in only one tournament since being stabbed in the back in April 1993, but that was a victory in the Canadian Open a week ago. Now she'll be seeking her third consecutive U.S. Open crown, having won in 1991 and 1992.

She has reached the final of her last eight Grand Slam tournaments, winning seven. Only Steffi Graf, Martina Navratilova and Chris Evert have reached more than eight consecutive Grand Slam finals in the Open era.

Edberg, who captured the title in 1991 and 1992, drew the first match of the tournament on Stadium Court, meeting Martin Damm of the Czech Republic. After that was fourth-seeded Boris Becker, the 1989 winner, against Alex Lopez Moron of Spain and third-

## Orioles coast back to life

### Blank Angels behind Mussina

ANAHEIM, Calif. (AP) — After Baltimore's Mike Mussina had finished frustrating California's silenced lineup, the Orioles and Angels headed east.

California manager Marcel Lachemann might have wondered if his team was also headed south.

"There are some things I'm not too happy about, but they'll take care of themselves. There's a lack of concentration we can't have," Lachemann said yesterday after the Angels concluded an inglorious homestand.

Mussina's artistry in a 4-0, four-hitter that made him the majors' first 15-game winner couldn't be denied.

Mussina (15-7) walked two and struck out 11 in his second shutout and third complete game of the season, which sent the Orioles home feeling like postseason contenders after a 7-3 trip.

The Angels appear to be better off, with a 7½-game American League West lead over Texas. However, nine losses in 12 games and recent flat play concern Lachemann.

On a nine-game trip that opens at New York tomorrow, the Angels will visit the same three teams against which they have just gone 3-8.

"It'll be a challenge," Lachemann said. "But that's what this is all about, getting challenges and meeting them."

"We're at the next level. We went through a level where there weren't any expectations. Now there are, and we'll see if we can handle that."

The Angels, whose division lead over Texas peaked at 11 games earlier this month, can take comfort in the fact that the Rangers have not taken advantage of their slump.

"But we just have to come to the park with more energy, ready to play hard every day, and not depend on how we're swinging the bats," said Tony

### O'S PERCH



When: Tomorrow, 7:35  
Where: Camden Yards  
O's starter: Rick Krivda (2-2)  
A's starter: Steve Ontiveros (8-5)  
TV: HTS  
Radio: 1090 AM, 1430 AM  
Outlook: The Orioles are off today as they return from a successful West Coast road trip that saw them win seven of 10 games to close within five games of wild card leader Texas.

Phillips, who joined the ineffective effort against Mussina.

Phillips and Jim Edmonds each claimed three of Mussina's season-high 11 strikeouts. Chili Davis and Garret Anderson were two-time victims.

"It was one of those games where I got some early runs, and also good stuff," Mussina said. "A good fastball and change-up got me through six, seven innings, then I tried to hang on the last two."

The Orioles scored single runs in each of the first three innings against Mike Harkey (7-9), on Rafael Palmeiro's first-inning homer — his 31st of the season and fifth in six games — and RBI singles in the second by Greg Ziegler and in the third by Cal Ripken.

Mussina, who allowed only Chico Lind's third-inning double through 6½ innings, handled the rest as Baltimore won three of four from California.

The Orioles clinched their seventh

(See ORIOLES, Page B4)

## Ruth's daughter says The Curse could end

CONWAY, N.H. (AP) — The Curse of the Bambino may be broken, according to one source.

The Boston Red Sox have not won a World Series since 1918, before legendary Babe Ruth was traded to the New York Yankees.

The Bambino's daughter, Julia Ruth Stevens of Conway, believes this "might be the year that the jinx gets broken."

Stevens, a New York Yankees fan, yesterday discussed the Sox and her father.

"My husband (Brenton Stevens) is a die-hard Red Sox fan and he takes such delight pointing out each morning in the paper how Boston is doing.

"I really don't think the Yankees have a chance now, unless the Red Sox lose their division," she said.

This year marks the centennial of

"I really don't think the Yankees have a chance now, unless the Red Sox lose their division."

— Julia Ruth Conway  
Babe Ruth's daughter

the birth of the Babe, arguably the best-known American sports hero of all time. Ruth died 47 years ago.

Stevens has nothing but fond memories of growing up as the Bambino's daughter, such as heading to spring training each March and watching the likes of Ted Williams and Joe DiMaggio breaking into the game.

Stevens, adopted by Ruth, recalls

(See CURSE, Page B4)

### SPORTS ON TV

TODAY  
CSL SOCCER  
Monterey at Washington  
7 p.m. HTS  
TENNIS  
U.S. Open, early rounds  
7:30 p.m. USA  
BASEBALL  
Braves at Cubs  
2 p.m. TBS, WGN  
Brewers at White Sox  
8 p.m. WGN

seeded Sanchez Vicario, the defending women's champion, against Romanian Catalina Cristea.

Seles begins the night session against Ruxandra Dragomir of Romania.

"Everything to me is again really new," Seles said yesterday. "So I am learning. Also I am trying to remember how to get ready for a match ... when to go in and warm up with your volleys and when to start to serve. All those things."

"I am trying to get back into that routine. That was automatic before this happened. Now I have to re-do that."

"Physically, I am definitely not in

the shape that I wanted to be, but that is something that you have to accept and make the best of it."

Sabatini, the 1990 women's champion and seeded ninth this year, takes on Adriana Serra-Zanetti of Italy on the Grandstand court, followed later by No. 6 Mary Pierce, the reigning Australian Open champion, against South African Mariaan de Swardt.

Other seeded players scheduled today were No. 10 Wayne Ferreira of South Africa and No. 16 Andrei Medvedev of Ukraine in men's singles, and No. 8 Magdalena Maleeva of Bulgaria and No. 15 Helena Sukova of the Czech Republic in the women's draw.

The tournament's two top seeds — defending men's champion Andre Agassi and Graf, who has won three U.S. Opens, the last coming in 1993 — play opening-round matches later in the week.

Graf will play South African Amanda Coetzer, who upset the German in the first round of the Canadian Open; Graf had won their six previous matches.

Agassi also has a potentially difficult first-round against Bryan Shelton, who won their only previous match in 1992. Agassi is currently riding a 20-match winning streak.

