

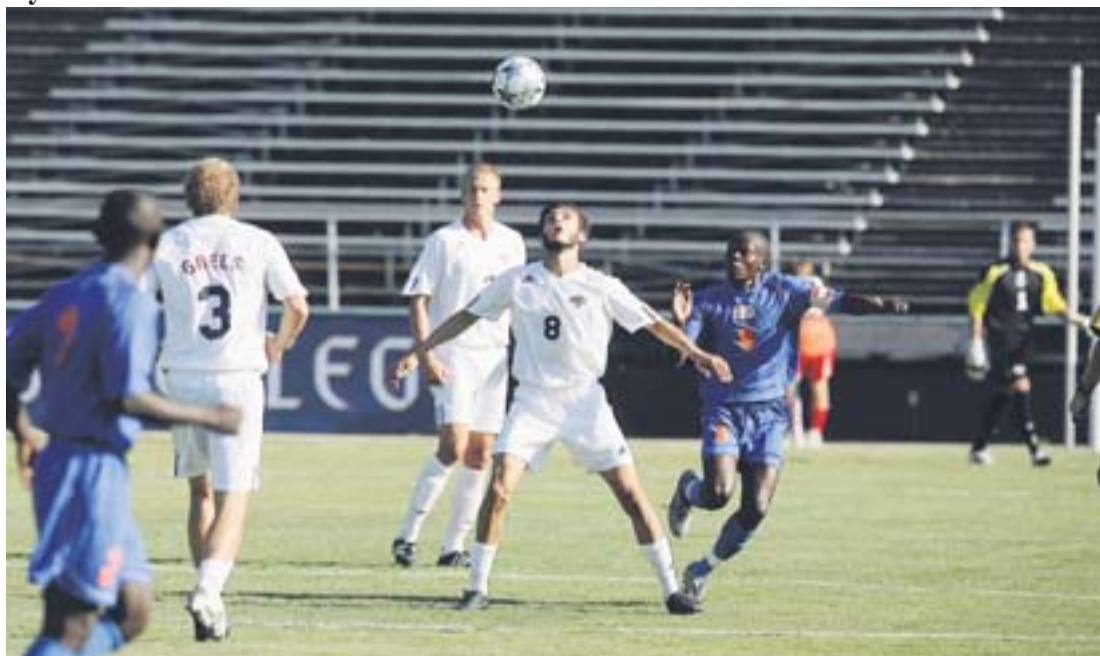
# SPORTS

## LAMORINDA'S LOCAL SPORTS NEWS



### Saint Mary's Falls to UC Irvine

By Mikaela Cowles



Yousef Samy (8), Scott Eberhardt (3)

Photo Tod Fierner

Coming off a 0-1 loss to Houston Baptist on Sept. 5, the Saint Mary's Men's Soccer Team was unable to regroup, losing again to UC Irvine 3-2 on Sept. 7 as the Saint Mary's Tournament neared its end. With the loss, the Gaels' record slipped to 1-3 and the Anteaters' improved to 3-0-1.

Irvine's sophomore Amani Walker gave them the lead less than five minutes into the game, when he scored on a header from the right corner. Kevin Santora was given the assist.

Saint Mary's freshman Malcolm Alguas gave the Gaels a glimmer of hope when he earned his first collegiate goal off an assist from Justin Grinder – his first assist of the season – into the upper left corner of the net, tying the game 1-1.

The Gaels out-shot the Anteaters with a 4-2 margin in the first half, but it was still not enough. With five minutes to go until the first half horn, Irvine took the lead for good when Matt Murphy's penalty kick slipped past the Gaels' keeper Doug Herrick into the lower right corner. Irvine received the penalty kick when Herrick took out Irvine's Michael Willrich within the goal area.

Herrick's foul was one of 16 along with a yellow card for the Gaels. Irvine followed closely behind with 13 fouls and three yellow

cards. Despite the physicality of the game, it was nothing compared to the game against Houston Baptist, when both teams combined for a total of 36 fouls and seven yellow cards.

The Gaels kept the ball mostly in Irvine territory during the second half, but the Anteaters defense thwarted them from having any real scoring opportunities. In the 78th minute of play, Spencer Thompson scored, putting Irvine up 3-1.

With 10 seconds left, the

Gaels caught a break as Irvine's defense deflected Justin Kim's corner kick in. The goal was too little too late for the Gaels, however, as they lost 3-2.

UC Irvine won the Saint Mary's Tournament on a tiebreaker due to goals over Sacramento State. Irvine's Spencer Thompson, David Sias, Matt Murphy and Irving Garcia were named to the all tournament team.

The Gaels will be back home on Oct. 3 to begin regular season games against San Diego.



Erik Rivas (7)

Photo Tod Fierner

### Leading the Pack

By Toby Wendtland



Colin McKenna

Photo Toby Wendtland

Racing against other cyclists, some nearly half his age, Colin McKenna pushes himself to stay with the pack over 20 miles of rolling road courses. Having raced competitively for only a year, the 61-year-old Lafayette resident is new to the world of amateur cycling and the Taleo Racing Team; however, he is already moving up in the national rankings and is currently ranked fourth in Category 5 (first-year racers) in the 60-plus age group. McKenna is also ranked in the top third of all amateur riders nationally regardless of age group.

Despite this initial success, McKenna considers each race a new learning experience and a chance to help him achieve his

best. On Sept. 6 he took part in the Warnerville Time Trial, finishing third in the race – his first podium finish. He views his achievements humbly.

"For me, (cycling) is more like the talking dog. It isn't a matter of how well it talks, but the wonder that it talks at all," he says.

For McKenna and his family, being active is a way of life. McKenna recalls that when he started dating his wife, "All of our first dates were bike rides." All four of their children, ages 28, 25, 9 and 6, have been active in competitive sports. Beginning as a swimmer, McKenna was also a serious runner and skydived at 18. Knee injuries and subsequent surgeries over the years led him

to cycling and mountain bike riding at age 40.

McKenna is a doctor specializing in addiction medicine at the Vallejo Medical Center. A flexible work schedule allows him to keep up with rigorous weekly training while keeping family time a top priority. McKenna and his coach have devised a workout schedule that calls for rides during the week ranging from one to six hours as well as workout time in the gym.

Like other sports, cycling has its inherent dangers. Four years ago, McKenna's son Andrew was riding his bike home from work when he was involved in a hit and run accident with a vehicle. Andrew is recovering but still needs physical therapy. McKenna himself broke his neck three years ago while mountain biking.

Riding with the pack in road races is fraught with challenges: "It's sort of like playing chess at 30 miles per hour. You're all playing on the same board," McKenna says.

On the horizon for McKenna is the Beat the Clock Time Trial on Sept. 20 and the Mount Diablo Challenge on Oct. 5. McKenna would like to remind the Lamorinda community to be mindful of cyclists on the road.

### Flying High - Lafayette Diver Takes 1st



Bob Sherman diving at Sherman Swim School, Lafayette Photo Andy Scheck

Bob Sherman of Sherman Divers in Lafayette won 1st place in the Grand Masters competition of the top finalists in the 80-90 year age groups at the U.S. Masters National Diving Championships that took place in Woodlands, Texas in August. In the 80-85 age group, Bob also took 1st place 1 meter springboard, 1st place 3 meter springboard and 1st place platform.

### Yriberri Field Dedication

Submitted by Brian Depolo



Miramonte friends and alumni are invited to attend the dedication of the athletic field in Paul Yriberri's memory prior to the Homecoming game on Friday, October 10, at 6:30 p.m.

Yriberri influenced the lives of many people. He grew up in Orinda and graduated from Miramonte, where he lettered in baseball, football and wrestling. After college and the army he returned to Miramonte, where he taught for 33 years until his untimely death in March 2007. He was a successful football coach, helping to win numerous league and NCS championships. He was a great science teacher, connecting at a personal level with thousands of students and mentoring numerous Miramonte teachers. But most important to him was his 35-year marriage to his wife, Jane, and his loving relationships with his two children, Renee and John.

He was an inspiration to his players in practice during the week and on the sidelines on game day. As in the classroom, he taught that hard work pays off on the field. He made practices fun, kept all players interested, and found ways to help the second and third string players as much as the first string.

### Cross Country for Habitat for Humanity



Bob Frick ready for his long bike adventure

Photo Andy Scheck

Bob and Barbara Frick set out on their cross country bike adventure in support of Habitat for Humanity on Sunday, August 31st. Bob will make the 3,300 mile journey biking on two wheels as his wife follows in their four-

wheeled Prius. Sponsored by Hank & Frank Bicycles of Lafayette and several others, the Fricks have raised \$51,000 so far. To track Bob's progress or to donate to the cause, go to www.habitatcycleofhope.com.

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