

Players either stay with the Spurs forever or get in line to join the Spurs forever.

Aldridge
The team's latest pickups are David West, 35, and LaMarcus Aldridge, 30. Brett Favre, Derek Jeter and Jay Leno reportedly have discreetly inquired about joining the Spurs. This season the Spurs will have eight players 30 or older, with five of them at least 35; at this time, the Spurs' training complex will replace Lele World as the largest permanent community in U.S.

blow
Comedy writer Jim Carrey bought a \$3.5 million Bugatti sports car. Carrey said his insurance went down because if he hits Manny Pacquiao, he's never in danger of getting hit by anything.

Historical QB
Tommy Perry of The New York Times: Bills' EJ Manuel — one of Sunday's losses to the Jaguars — became the first QB to lose an NFL game in three countries: U.S., Canada and Mexico.

's not fair
Dickson of the New York World-Herald: Taylor and NFL coach Ahmad Dixon was suspended after his 22nd suspension. Dixon is so sick of athletes being singled out by the media.

Problems
Baseball star Carmelo Anthony, to VICE TV, on the vagaries of playing in New York: "One day you're the best, the next day you're sliced bread, the next day you're the bottom of somebody's shoe."

What was close
Jimmy Fallon of NBC: New York has a team in the World Series and Donald Trump is no longer head in the polls. "I think we're back to normal, everyone!"

CROSS COUNTRY



Yoga Coach Leslee Schenk Trzcinski leads the Honeoye Bulldogs cross country teams through their weekly yoga session. "Before I did cross country, I thought it was bad, really boring. But it actually helps. I like it," said sophomore Mikalya Gullace. JACK HALEY PHOTOS/MESSENGER POST MEDIA

By Ben Shapiro
Daily Messenger Intern

Mind over matter

Honeoye runners discover benefits of yoga as part of training

HONEOYE — Ask any cross country coach about how their team trains, and you're sure to hear about all the running they do. Step after step, mile after mile, day after day. But sometimes, it takes something different to get ahead of the pack. For Honeoye Central School, it's been yoga that has helped them get a leg up on the competition.

"I think it's fairly unique to us," said senior Jesse Hallett, adding that when they tell competitors about their unique training tool, "nobody really knows why we do it, and they get confused."

While maybe other teams are skeptical about the usefulness of yoga, Honeoye's runners have found the practice to be immensely valuable. "Other teams that don't do it, they might see it as a waste of time, when you could be running," said senior Zach Erickson. "But we've noticed over the past few years



Every Wednesday, the cross country teams at Honeoye use yoga as part of their training.

that we've been doing yoga that it's been helping a lot." The idea to do yoga was initially brought up by one of the team's coaches, Karen Emmerling, who had previously done it on her own. The team's other coach, Bob Stewart, was on board from the get go. "I think we realized the importance of that different aspect of working out," said Stewart. "For us, it was really the mental part of it that's really taken us to a different level." What specifically has

the yoga done to help the mentality of his athletes? "Just the part of realizing that you can do it, and having the confidence to push a little extra and give a little extra," he said. "The focus, the motivation, we talk a lot about preparation too." The runners agreed that while the yoga has been beneficial in many regards, the impact it's had on their mindset has been the most notable. "I was talking to the yoga instructor, Leslee, and we talked about

running versus racing," said Erickson. "Some teams just go out and run, don't really focus on all the little things and don't do as well as the teams that actually focus on the small things to get better." "I think it definitely helps with the mental part a lot," added Hallett. "It really is a mental sport. You can train as much as you want, but it kind of comes down to who wants it more." While the practice has become popular at Honeoye, not everyone was convinced right off the bat. "Before I did cross country, I thought it was bad — really boring," said sophomore Mikalya Gullace. "But it actually helps. I like it." Unlike most yoga offerings that cater to just about anyone, the team has been working with Leslee Schenk Trzcinski, a professional cyclist who is also the founder of Tune Yoga, a program that is designed specifically for

to 'Thor' to rescue season

By Mike Fitzpatrick
AP Baseball Writer

KANSAS CITY, Mo. — The man-child on the mound was simply getting some work in, two simulated innings to keep sharp for the World Series.



Syndergaard

It was late afternoon at Kauffman Stadium, dimmed dark clouds on this overcast day in Kansas City and even his New York Mets teammates wanted no part of 6-foot-6 No. 10 Syndergaard. David Wright bounded into the batting cage, watched a few fastballs whizz by like pellets from a BB gun, and stepped right back out. "How are you supposed to hit that?" he asked before Michael Cuddyer.

A chuckling group of Mets marveled at Syndergaard's sizzling cheese day before the Series opener — but now they've placed the heat squarely on the rookie starter. With the National League championship trailing 2-0 in the best-of-seven set, the 23-year-old thunderbolt aptly named Thor pitches Friday night against Royals right hander Yordano Ventura. And the Mets know perfectly well they can't afford to lose.

"It's nice to have New York going," second baseman Daniel Murphy said after a 7-1 defeat in Game 2. "We get back to New York. I know the guys will be excited."

The first World Series game at Citi Field features two of the hardest throwers in baseball. Syndergaard's fastball averaged 97.1 mph during the regular season, the highest velocity of any major leaguer who pitched at least 150 innings, according to STATS.

The 24-year-old Ventura ranked third at 96.3 mph. In the NL playoffs, Syndergaard threw 22 pitches at least 100 mph and topped out at 101, STATS said. Ventura can touch