

# Gallen appears headed to injured list

BY RONALD BLUM  
AP Baseball Writer

NEW YORK — Arizona Diamondbacks ace Zac Gallen appears headed to the injured list after straining his right hamstring five pitches into Thursday night's 3-2 loss to the New York Mets.

The 28-year-old right-hander, who finished among the top five in NL Cy Young Award voting in each of the last two seasons, was scheduled to return to Phoenix on

Friday for a scan.

Gallen felt the injury on his knuckle-curve that Francisco Lindor lined to center for a leadoff single.

Gallen hopped after releasing a fastball to DJ Stewart, his second batter. Manager Torey Lovullo and an athletic trainer went to the mound, and Gallen limped as he walked to the dugout.

"Hamstring grabbed on me, so I threw another

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Arizona Diamondbacks pitcher Zac Gallen leaves the team's game against the New York Mets during the first inning on Thursday in New York.

NOAH K. MURRAY, ASSOCIATED PRESS

## HIGH COUNTRY RUNNING

# A hip idea: run the Series

BY NEIL WEINTRAUB  
Special to the Daily Sun

**Flagstaff Running Series**  
Register by June 10 by visiting [RunSignup.com](http://RunSignup.com) and searching for "Flagstaff Run Series."

As many Flagstaff runners know, for two and a half years I hobbled around, trying to run through hip pain. Whether I was participating in Tuesday Team Run Flagstaff track workouts, Northern Arizona Trail Runners Association (NATRA) Saturday runs or the Flagstaff Running Series, friends grimaced while watching me limp, often repeating, "Neil, when are you going to get that hip fixed?"

I tried everything from complete denial (my wife Diana's edit) to physical therapists and chiropractors. As wonderful as they were at temporarily easing my pain, I was not healing.

Late last year when I could no longer run, I paid a visit to none other than Soulstice Mountain women's sprint course record holder, Dr. Amber Randall. Ironically, eleven years ago in High Country Running, I profiled her in a column titled "The Hipster Harrier of Harvard." After looking at my X-rays, she pointed out my nonexistent right hip cartilage, noted that I had severe arthritis and said I needed a new hip.

In 2007, my father, hearing about her reputation, had flown across the country to get a second opinion about his knee issues. Back then, I never imagined I would be the one going under her knife! I scheduled the surgery for February 1 in Tempe, where Dr. Randall had just joined Steward Orthopedic and Sports Medicine. Before the surgery, Dr. Randall assured me I'd be able to race half marathons one day, but no more marathons. I now had doctor's orders to never again subject myself to 26.2 miles. Hallelujah!

In the meantime, she gave me about three months of walking and strengthening exercises to do post-surgery before I could attempt a 5K.

While I was under anesthesia most of the day, the procedure went swimmingly, taking only

45 minutes. By 3:30 in the afternoon, the physical therapists had put me in a walker and booted me out of the hospital!

As I would learn, Dr. Randall was an Arizona pioneer in performing the "anterior approach" surgical hip replacement. While surgeons had traditionally used a posterior approach by cutting muscles to access the hip joint, the frontal approach is completed using spreaders so that no muscle is cut, speeding up recovery time. While I had hoped to partake in our Barbie-themed Sedona half marathon aid station 48 hours afterward, and I even covered my walker with pink crepe streamers, my body was not ready. However, two weeks later, I began my comeback, walking a mile with my hiking poles on Marj's Draw trail under the supervision of my longtime NATRA lieutenant, Bruce Higgins.

Following Dr. Randall's timeline for my first race, my wife, Diana, and I jumped into a 5K while visiting her family in Erie, Pennsylvania, in early May. I surprised even myself by finishing the race in just under nine minutes a mile (27.45).

Thanks to Doc Randall, I'm once again excited to participate in the Flagstaff Running Series short course package with my new bionic hip, and especially to no longer draw disdainful looks or constant reminders by friends to get my hip fixed!

*Since co-founding the Flagstaff Running Series in 2005, Neil Weintraub has served as voluntary race organizer and photographer, sharing thousands of free race-day photos.*

*Contribute your news to High Country Running by emailing Julie Hammonds ([runner@julie-hammonds.com](mailto:runner@julie-hammonds.com)).*

# City crown up for grabs

## City Little League Majors Tournament set for championship round on Tuesday

BY SUN SPORTS STAFF

After three days of games through Thursday night, four teams remained in the 2024 City Little League Majors Tournament hosted by Continental Little League.

The tournament began on Tuesday, with four teams from Continental and four from West Flagstaff Little League. The eight teams were seeded together, with the 12-2 West Flagstaff Gray Diamondbacks atop the bracket. Continental Little League's Serpientes Diamondbacks finished the season 9-5 overall to take the No. 2 seed. The remainder of the bracket included the West Flagstaff Green Diamondbacks, the Continental Black Diamondbacks, the West Flagstaff Camo Diamondbacks, the Continental Patriotic Diamondbacks, the Continental Red Diamondbacks and the West Flagstaff State Diamondbacks.

The top three seeds in the tournament won their first-round games on Tuesday, with the West Flagstaff Gray D-backs, the Continental Serpientes D-backs and the West Flagstaff Green D-backs advancing in the winner's bracket. The West Flagstaff Camo D-backs, the No.



JAKE BACON, ARIZONA DAILY SUN

The West Flagstaff Little League Green Diamondbacks played the Continental Little League Serpientes Diamondbacks in the winner's bracket of the City Little League Majors Tournament semifinals at Dawson Field on Wednesday night.

5 seed, advanced past the No. 4-seeded Continental Black D-backs in the first round before falling to the West Flagstaff Gray D-backs in the winner's semifinals on Wednesday night.

The West Flagstaff Green D-backs advanced past the Continental Serpientes D-backs as well on Wednesday, with the finals of the winner's bracket scheduled for 7:30 p.m. Friday after the Arizona Daily Sun's print press time. Friday's winner between the West Flagstaff Gray D-backs and the Green D-backs will advance to the championship round sched-

uled for 5 p.m. Tuesday at Dawson Field.

On the consolation side of the bracket, the Continental Patriotic D-backs eliminated the Continental Red D-backs and the West Flagstaff State D-backs upset the Continental Black D-backs. Thursday's results left just four teams remaining as the West Flagstaff Camo D-backs defeated the Continental Patriotic D-backs and the Continental Serpientes D-backs eliminated the West Flagstaff State D-backs.

The team that

emerges from the consolation bracket will have to win two games against the team from the winner's bracket to claim the championship.

The final four teams remaining were comprised of the four teams who won their first-round games on Tuesday. The elimination game between the Serpientes D-backs and Camo D-backs was scheduled for 5 p.m. Friday, with the winner advancing to face the loser of the winner's bracket finals.

### Inside

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# Rublev falls in the French Open third round

BY TOM NOUVIAN  
Associated Press

PARIS — Sixth-seeded Andrey Rublev berated his own behavior after he was knocked out of the French Open by Matteo Arnaldi 7-6 (6), 6-2, 6-4 in the third round on Friday.

Rublev showed frustration throughout over his lack of precision, committing 37 unforced errors and four double faults. After netting a forehand in the third set, he smashed his racket on his knee four times.

"I am completely disappointed with myself, with the way I behaved, the way I performed, and I can't remember ever behaving worse in a Grand Slam tournament," he said. "It was the first time I ever be-

haved that badly."

Arnaldi disagreed.

"He does those things almost every match. Personally, I don't pay too much attention," Arnaldi said. "But it definitely does give me a little confidence, because it means I am giving him trouble, and what I was doing was working."

Rublev entered the French Open as a contender after winning the Madrid Open this month.

Arnaldi, ranked 35th, will face Stefanos Tsitsipas or Zhizhen Zhang, who were scheduled to play later Friday.

No. 2 Jannik Sinner of Italy progressed by downing Pavel Kotov 6-4, 6-4, 6-4. The Australian Open champion next faces Corentin Moutet or Sebastian



### Inside

French Open bans alcohol in the stands, B5

JEAN-FRANCOIS BADIAS, ASSOCIATED PRESS

Russia's Andrey Rublev vents his frustration after missing a shot during Friday's third round match of the French Open at the Roland Garros stadium in Paris.

Ofner.

The 2021 French Open runner-up Stefanos Tsitsipas also cruised in beating Zhang Zhizhen 6-3, 6-3, 6-1 and has Ar-

naldis next.

The ninth-seeded Tsitsipas, who won the Monte Carlo Masters in April, feels his game is in good shape. The

big-serving Greek's reward for playing so well? "A very cold ice bath," he said.

On the women's side, top-ranked Iga Swiatek advanced to the fourth round by beating Marie Bouzkova 6-4, 6-2. The three-time French Open champion from Poland won on her fourth match point, celebrating another Roland Garros victory on the day she turned 23.

Former French player Fabrice Santoro did the post-match interview and got the crowd on Court Philippe Chatrier to join in with him as he sang "Happy Birthday." Swiatek put her head in her hands, shyly, then lifted it up and smiled broadly.

The match was not the thrill-a-minute contest she had with Naomi

Osaka in the second round, when Swiatek saved a match point and grabbed the last five games.

Still, Bouzkova held on. She saved one match point with a forehand winner, and Swiatek hit a forehand wide on another. A crisp forehand down the line sealed Swiatek's win at the fourth attempt.

"Marie is a really good player because she's good at defense, every ball will come back," said Swiatek, who next faces unseeded Anastasia Potapova. No. 3-seeded Coco Gauff beat Australian Open semifinalist Dayana Yastremska 6-2, 6-4. Gauff pressured Yastremska into committing 38 unforced er-

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