

Cardinal a perfect 10-0

But being pushed by Hartford might not bode well for Pac-10 play

BY DARREN SABEDRA
BAY AREA NEWS GROUP

It took much more effort than expected, but Stanford still finished a perfect 10.

The Cardinal improved to 10-0 with an ugly 69-55 victory Tuesday night over a Hartford team that brought a meager 4-8 record to Maples Pavilion.

With Oklahoma's loss earlier in the night, Stanford ended its pre-Pac-10 Conference schedule as one of seven unbeaten

Div. I teams in the nation. The Cardinal begins Pac-10 play Friday at Maples against No. 17 Arizona State.

MEN'S BASKETBALL
■ STANFORD 69
HARTFORD 55

If Stanford plays as it did Tuesday, its unbeaten streak probably won't make it through the weekend.

Hartford wasn't just a losing team; it had lost at Connecticut by 43 points, at Penn State by 25, at Rhode Island by 22 and against Niagara on a neutral court by 40.

But the Hawks showed no signs of trepidation against Stanford, aggressively attacking an opponent that had handed Texas Tech its second-worst defeat (111-66) in program history Sunday.

The Cardinal has made a habit of seizing command early and overcoming a mid-game drought before pulling away at the end.

But Hartford traded baskets with Stanford. **STANFORD**, page 38



Ben Margot / Associated Press

Hartford's Michael Turner, left, pressures Stanford's Anthony Goods in the first half Tuesday at Stanford.

Lancers top own tourney

Depth propels unbeaten team; Johnson is MVP

BY GREG LYDON
DAILY NEWS CORRESPONDENT

Things were a little different at the 32nd annual St. Francis Holiday Classic. Instead of receiving the hardware, former St. Francis boys basketball coach Steve Filios was handing it out.

Filios, who coached the Lancers to seven Holiday Classic crowns during his time at St. Francis including last year's title, retired after last season, handing over the reigns to Mike Motil.

Coming at their opponent in waves in Tuesday night's championship matchup, the St. Francis depth wore down San Ramon Valley as the Lancers made it back-to-back titles by defeating the Wolves 63-53 at St. Francis High in Mountain View.

St. Francis stayed perfect with three wins in three days to capture the tourney crown. The Lancers are 10-0 overall this year.

After the win, a smiling Filios handed over the first-place trophy to seniors Lasjohn Johnson, Kyle Hypes and Shawn Grant.

Grant was named to the all-tournament team for his strong efforts during the three-day tourney. The 6-foot-4 swing man finished with 11 points in the Lancers' win.

Nine different Lancers scored in the win.

"The maturity of our seniors has really been key for our success," Motil said. "They've done everything we've asked them to do. Our goal is to wear

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James W. Baker / Daily News

St. Francis' James Osorio takes a shot during the undefeated Lancers' championship win over San Ramon Valley in Mountain View. Osorio received the tournament's Mr. Hustle Award.

Pinewood edges rival in title bout

Nickel, Eackles lead way in battle of WBAL powers

BY VYTAS MAZEIKA
DAILY NEWS STAFF WRITER

Round 1 goes to Pinewood — barely.

In Tuesday night's championship game at the Palo Alto Classic, the girls basketball team out of Los Altos Hills edged league rival Castilleja-Palo Alto by the slimmest of margins, 50-49, in what is sure to be one of the most heated rivalries of the season.

"A lot of times when you play a team in preseason games that you know you're going to face in league you don't want to show all your stuff, but we definitely had to do a lot of things tonight to get the win," Pinewood coach Doc Scheppler said. "It was a great high school game."

Castilleja coach Jez McIntosh was in complete agreement.

"Our girls played great, they played great," he said. "That's what we knew it was going to be when we started this league, and we're looking forward to playing them five more times."

Their next matchup is at Castilleja on Jan. 17, a

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Rachel Altmaier / Daily News

Pinewood's Lindsay Nickel drives to the basket while being defended by Castilleja's Natasha von Kaepler in the first quarter at Palo Alto High.

For optimal training, avoid LSD (long, slow distance) running

Look for our new fitness column — written by Dr. Phil Wagner of SPARTA Performance Science in Menlo Park — every Wednesday in the Daily News.



BY DR. PHIL WAGNER
SPECIAL FOR THE DAILY NEWS

Long, slow distance exercise (especially running) has been used to train athletes in varying sports for many years. Reasoning behind this practice has ranged from "flushing" lactic acid after a competition to building a strong cardiovascular

base of fitness. Unfortunately, there are many negative effects of continuous aerobic exercise for competing athletes.

Long, slow distance can negatively affect power production in burst sports such as baseball and volleyball by limiting neuromuscular adaptations and prohibiting motor learning. Continuous aerobic

exercise also can hinder intermittent sport athletes such as soccer and rugby players by creating a catabolic hormonal profile and increasing the risk of overuse injuries such as shin splints and tendonitis.

However, long, sustained exercise (work bouts lasting longer than 30 sec) **FITNESS**, page 35