

Looking Ahead

Table listing sports schedules for Tulsa, OU, OSU, ORU, Arkansas, Thunder, Oilers, and 66ers. Includes dates, times, and radio/web links.

Other local sporting events

Table of local sporting events including tennis, wrestling, and basketball matches.

Television/Radio

Table detailing TV and radio broadcasts for high school basketball, women's college basketball, college basketball, and soccer.

STATION KEY

Here are the standard and high definition channel numbers for sports stations on the three most popular cable and satellite providers in the Tulsa area:

Table mapping stations to Cox, Dish, and DirecTV channels for various sports networks.

NOTE: The first number is standard definition and the second is the HD channel. Standard and HD channels on DirecTV and Dish Network are the same.

Long-range hike starts with prep

AS A COLD front pounded Oklahoma Sunday night with 40 to 50 mph gusts that pushed the temperature from an almost balmy 55 degrees down to a biting 16 by morning, Kevin Steele of Eu-fula was in just the right place. "I was in the tent in the backyard, I thought I was going to get blown away like Dorothy in the Wizard Oz there a few times, Auntie Em!" he said. "But I stayed nice and warm in that new sleeping bag." The best camping gear has become a subject of keen interest for Steele and his son, Hunter, 19, as they prepare to leave on a 2,200-mile hike in March. The pair plans to walk the Appalachian National Scenic Trail end-to-end in six months, from Springer Mountain in Georgia to Mount Katahdin in Maine. To add to the challenge, the Muskogee Veterans Administration worker and his son connected with the nonprofit Active Heroes in Louisville, Ky. They are calling their trek Hike for Heroes 2014, to raise money to help Active Heroes in its suicide prevention and post-



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traumatic stress disorder work. "If people pledge a penny a mile that's \$22," he said. "If we get 5,000 people to do that we'll hit our goal of \$100,000." The hike has been in the works for four years, since Hunter did a book report for school based on a book written by a man who hiked the trail to raise money for a special-needs school. "It just sucked him in," Steele said. "I told him we could do it the spring after he graduated." The long period of time to plan has been advantageous, and the magnitude of planning and the specialty gear required for the trek has been eye opening, he said. "If you think you can run by the Walmart and buy a pack and then shove a couple (Meals Ready to Eat) in there with a sleeping bag you would be in a world of hurt," he said. "You go with a 60- or 70-pound pack and your body just wears out." With clothing, food, cooking and cleaning supplies, sleeping bag, tent, tablet, phone and packs, the pair plans to have only 30 to 32 pounds on their backs at any one time. "Four years ago if you would have told me I'd be buying a scale that measured things to the tenth of an ounce I would have said you were crazy," Steele said. "But that's what it takes. To go 2,200 miles you have to have the lightest of anything you can afford." Having years to plan helped them test gear on weekend packing trips and save money to get what they needed, he said. Their Big Agnes three-man tent weighs 4 1/2 pounds. "For two people it has enough room with a little gear if you need to bring it in," he said. They will split up the tent parts so each carries about half the weight. Each also has a Western Mountaineering goose-down sleeping bag, rated to 10 degrees, that weighs just 2 pounds. That's what kept him toasty outside Sunday night. "That's why they cost \$500

apiece," he said. Other "community" gear includes cooking utensils and a Jetboil stove that collapses into a small package with a compressed fuel container. "It boils water in 2 to 2 1/2 minutes," he said. Freeze-dried and instant foods will be a staple. They've sampled all they can find. "Anything new we found we tried. Some we liked and some as soon as we opened the package we thought, 'Oh dear God I'm not eating that!'" he said. A trial guidebook shows they will be able to re-supply at trail towns about every 40 to 70 miles along the trail, which offers the added benefit of an occasional meal, bed and hot shower. Knowledge of the trail and the stops is another important piece of equipment to have along. "If there is an all-you-can-eat restaurant you can bet we're going to hit it," he said. Learn more about the Steeles' hike and their charity effort at hikeforheroes2014.org

Read Kelly Bostian's blog at tulsaworld.com/outdoors

FOR THE RECORD

Want to report a score or send in a notice? Call us at 918-581-8355 or 800-944-PLAY, fax us at 918-581-8352 or email sports@tulsaworld.com

BASKETBALL

NBA D-League

Table of NBA D-League scores including Central Division and West Division games.

Table of college basketball scores by state/area including Oklahoma, Texas, and others.

College: Women

Table of women's college basketball scores.

College: Men

Table of men's college basketball scores.

College: Men

Table of men's college basketball scores.

College: Men

Table of men's college basketball scores.

College: Men

Table of men's college basketball scores.

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Table of men's college basketball scores.

College: Men

Table of men's college basketball scores.

College: Men

Table of men's college basketball scores.

High school: Boys

Table of high school boys basketball scores.

Summaries

Summary table for KIEFER 72, MOUNDS 47.

Summary table for NOWATA 62, CANEY VALLEY 48.

Summary table for SKIATOOK 57, CL. SEQUOYAH 46.

Summary table for SKIATOOK 57, CL. SEQUOYAH 46.

Summary table for CANEY VALLEY 48, SKIATOOK 57.

Summary table for SKIATOOK 57, CL. SEQUOYAH 46.

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WRESTLING

High school

Table of high school wrestling scores.

HOCKEY

NHL

Table of NHL hockey scores.

HOCKEY

NHL

Table of NHL hockey scores.

HOCKEY

NHL

Table of NHL hockey scores.

HOCKEY

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Table of NHL hockey scores.

HOCKEY

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Table of NHL hockey scores.

HOCKEY

NHL

Table of NHL hockey scores.

Tuesday

Table of Tuesday sports scores.

Wednesday

Table of Wednesday sports scores.

Thursday

Table of Thursday sports scores.

Friday

Table of Friday sports scores.

Saturday

Table of Saturday sports scores.

Sunday

Table of Sunday sports scores.

Monday

Table of Monday sports scores.

Tuesday

Table of Tuesday sports scores.

Wednesday

Table of Wednesday sports scores.

Thursday

Table of Thursday sports scores.

Friday

Table of Friday sports scores.

Saturday

Table of Saturday sports scores.

SPORTS: FYI

Football

Carroll wants NFL to see if medicinal pot can help: Pete Carroll is in support of the NFL looking further into whether medicinal marijuana could be beneficial for players. The Seattle Seahawks coach said Monday he supports commissioner Roger Goodell's message last week that the league could consider medicinal marijuana as a treatment if science proved it could be beneficial for players who have suffered concussions. Carroll says regardless of the stigmas involved, the medicinal value should be examined, "because the world of medicine is trying to do the exact same thing and figure it out and they're coming to some conclusions." Sunday's Super Bowl matchup between the Seahawks and Broncos features the two states where recreational marijuana use is legal: Washington and Colorado. Seau family objects to NFL's \$765M concussion deal: The family of late NFL star Junior Seau is objecting to the proposed \$765 million settlement of player concussion claims because the fund would not specifically pay "wrongful death" claims. Family lawyers say their wrongful-death lawsuit seeks compensation not

for Seau's pain and suffering, but for his children's. The NFL settlement would pay up to \$4 million on behalf of players like Seau, diagnosed after their deaths with traumatic brain injuries. U.S. District Judge Anita Brody has questioned whether \$765 million is enough to fund the thousands of claims involved. She is expected to hear from objectors later this year. Basketball Anthony's wife says she thinks he will stay in NYC: The wife of All-Star forward Carmelo Anthony says she thinks he will be back with the New York Knicks next season. Anthony has said he intends to become a free agent this summer. The Knicks can give him an extra year and some \$30 million more than any other team, but their 17-27 record has created speculation he would consider leaving the team. Speaking on "Watch What Happens Live" on Bravo on Sunday night, La La Anthony said she "definitely" thinks Anthony will stay in New York. She said he wants to stay and she supports him "where ever he wants to go." Anthony is averaging a team-high 27.2 points for New York, which acquired the Brooklyn native from Denver in a three-team trade in February 2011. Roberson to 66ers: The Oklahoma City Thunder has assigned forward Andre Roberson to the Tulsa 66ers of the NBA Development League. In 19 games with the Thunder this season, Roberson is averaging 1.7

points and 2.1 rebounds. RSU's Day honored: Rogers State junior DaNara Day earned the program's first Heartland Conference weekly award being named Women's Basketball Player of the Week. The Tulsa Edison graduate came off the bench to lead the Hillcats to two wins. Big 12 tickets on sale Feb. 7: Tickets will be made available to the public for the Big 12 Men's Basketball Championship. Each ticket includes all sessions for the four-day Championship, scheduled for March 12-15 at Sprint Center in downtown Kansas City, Mo. Olympics NBC signs Vonn: Ski champion Lindsey Vonn will be working for NBC during the Winter Olympics, although she won't be traveling to Sochi. The network said Monday the gold medalist will report on the Olympics for the "Today" show and some NBC Sports broadcasts. Vonn was expected to defend her championship at the Olympics, which begin next week. But a leg injury has kept her out of the competition and is preventing her from going to Russia. NBC said Vonn will give "Today" show viewers an update on her rehabilitation and talk about how athletes prepare mentally and physically for the competition during the days leading to the games. She'll continue her broadcast work once the games start.

Owasso receiver turns down UTSA to play for OSU

Oklahoma State gained a football recruit when receiver John Cole Neph of Owasso turned down a scholarship offer from Texas-San Antonio to be a walk-on for the Cowboys. Neph's switch was reported Monday by the San Antonio Express-News and he confirmed his OSU commitment Monday night to the Tulsa World. "I grew up an OSU fan because my dad (Bruce Neph) played football and wrestled there," he said. "It was a great opportunity at UTSA, but it's my dream to play at OSU. I prayed about it a lot and at the end it was still in my heart." Neph (6-4, 205 pounds) is rated as a two-star prospect by Rivals.com and Scout.com. — JIMMIE TRAMEL, World Sports Writer

— FROM STAFF AND WIRE REPORTS