



# ALL-COUNTY BOYS CROSS-COUNTRY

## Runner of the Year JONATHAN REGULES

**THOMAS JOHNSON, SENIOR**  
■ Smashed his personal record by storming to win his first county championship and his first varsity race in October when he finished ahead of the pack in 15 minutes, 56.8 seconds. The victory put behind him a couple of disappointing county-meet performances the previous two seasons and an injury earlier this fall. It was the biggest accomplishment of his career.

■ Regules went on to take second in the Class 4A West meet, then place 10th in the 4A state with a time of 16:36.35, which was the second-fastest that day among Frederick County competitors at Hereford High.

■ Said coach Larry O'Hara, "Much of Jonathan's success this season was a commitment to strong mileage and hill training in the summer. Weekly trips to the Frederick Watershed provided the hills and rigorous environment that helped prepare him mentally and physically to excel this fall."



## FIRST TEAM

**ASHER ADELMAN  
BRUNSWICK, JUNIOR**  
■ Adelman has continued making great strides in the sport, serving as the Roaders' lead runner all fall. Said coach Lee Zumbach, "He runs a race with patience, always understanding the competition and when he needs to apply his kick. ... [He] never panics and runs with confidence."  
County: Eighth  
1A West: Fourth  
1A State: Fourth (16:49.32)



**ALEX ADETOLU  
LINGANORE, SENIOR**  
■ "A model of consistency," per coach Andres Wright, Adetolu continued taking on the challenge of cross-country to help strengthen himself for mid-distance races during track season. He made a late surge to pass several runners and earn a medal in the 3A meet.  
County: Seventh  
3A West: 15th  
3A State: 20th (16:43.75)



**XAVER ALEXANDER  
OAKDALE, SENIOR**  
■ Determined to have a breakout season, he did just that for the Bears, helping lead them all season. Said coach Zachary Lesieur, "He added additional miles to his workouts but still made sure to maintain and care for his body with additional mobility work."  
County: Fifth  
3A West: 13th  
3A State: 22nd (16:46.87)



**MILES GHIM  
THOMAS JOHNSON, SOPHOMORE**  
■ A dual-sport athlete with soccer, Ghim navigated the difficult schedule and built off the success he saw in outdoor track last spring. He improved his mileage, strength and agility this fall, coach Larry O'Hara said.  
County: Sixth  
4A West: 11th  
4A State: 20th (16:50.75)



**KOREY KAUFLIN  
URBANA, JUNIOR**  
■ Said coach Jackie Suarez, Kauflin is "an incredibly gutsy and brave runner. He is not afraid to take risks and go out hard. He uses his strength to hold that position and his track speed to the end of every race." It was a boon to the county champ Hawks.  
County: Fourth  
4A West: 10th  
4A State: 13th (16:39.12)



**SIMON LIPCHOCK  
URBANA, SOPHOMORE**  
■ Lipchock excelled while still learning the nuances of the sport to help the county champ Hawks. His coach, Jackie Suarez, said, "He knows exactly how to follow his plan and continue to move up as others are falling back."  
County: Ninth  
4A West: 19th  
4A State: 30th (17:04.26)



**JOSHUA ROTHERY  
URBANA, JUNIOR**  
■ Leaned on a terrific closing mile in most races as he led the county champion Hawks all fall. Said coach Jackie Suarez, Rothery is "an incredibly smart racer who knows exactly how to pace himself and make the move at the right time."  
County: Third  
4A West: Ninth  
4A State: 11th (16:37.22)



**DAVID TRESSLER  
OAKDALE, SENIOR**  
■ Earned his first win at the Mountain Run in September, then continued piling up strong finishes. At the 3A state meet, he ran the fastest time among county competitors. Coach Zachary Lesieur touted Tressler's experience and consistency no matter the race circumstances.  
County: Second  
3A West: Sixth  
3A State: 13th (16:32.21)



**CANTON WETZEL  
FREDERICK, SENIOR**  
■ Routinely paced the Cadets all season to complete a strong senior season. Coach Frank Strakonsky applauded Wetzels' development as a runner and a leader, saying he "brings out the best in his teammates."  
County: 10th  
4A West: 17th  
4A State: 72nd (18:07.66)



## HONORABLE MENTION

**Brunswick:** Griffen Adelman, Simon McGillivray  
**Catoctin:** Noah Riling  
**Frederick:** Adahy Jones-Lopez, Caleb Montilla  
**Linganore:** Luke Collins, Kayden Harris  
**Middletown:** Daniel Michaels, Evan Raymond  
**MSD:** Josiah Lockhart  
**Oakdale:** Nathaniel Colbert, Merrick Collins, Charlie Lazarus, Bhargav Yarram  
**Thomas Johnson:** Dominic Castillo, Scott Rudy  
**Tuscarora:** Jacob Wainberg  
**Urbana:** Luke Acton, Evan Madraymootoo, Matthew Rodrigues  
**Walkersville:** Luke Jolles

# MLB study: Velocity, max efforts likely causing pitching injuries

## Rule changes should be considered

**By RONALD BLUM**  
AP Baseball Writer

NEW YORK — A yearlong study by Major League Baseball concluded rising velocities, pitch shaping and emphasis on maximum effort are the likely causes of the vast increase in pitcher injuries and recommended exploring rules changes to address the problem.

The 62-page report released Tuesday said the trends extended to high school and youth baseball because of the incentive to get noticed by professional scouts. The study said there is no evidence linking the pitch clock to injuries.

Illustrated with 26 tables of data, the report was based on interviews with more than 200 people that included former players, front office executives, orthopedic surgeons, athletic trainers, physical therapists, biochemists, major league, college and independent coaches, and international trainers.

"This is a landmark event," said Glenn Fleisig, director of biomechanics research at the American Sports Medicine Institute in Birmingham, Alabama, who participated in the

study. "This is a very important first step, which is to identify the problem and identify the likely risk factors. I am pleased that there was such a consensus. ... The next step is to do various types of research studies."

Possible areas to be studied include offseason training and early season workload, non-game activity, defining and measuring fatigue, biomechanics and pitching style, obtaining more data from international leagues and differentiating results from domestic and international signings.

Major league pitcher IL placements increased from 212 in 2005 to 485 this year, and days on the IL rose from 13,666 to 32,257.

"The most significant causes are likely the increased velocity of pitches, the emphasis on optimizing 'stuff' (a term referencing the composite movement characteristics of pitches, including horizontal and vertical break and spin rate), and the modern pitcher's focus on exerting maximum effort while pitching in both game and non-game situations," the report said.

"Some experts speculated on the potential influence



Rockies relief pitcher Noah Davis, center, is escorted from the mound by manager Bud Black, back, and assistant trainer Heath Townsend after suffering an injury last season.

of other factors on the short-term increase in injuries over the past several years, including the lasting effect of COVID-impacted seasons, the introduction of the pitch clock and perceived inconsistencies in the surface grip of the baseball. There was not sufficient consensus or evidence to establish a link between these other factors and pitcher injuries."

The report said experts recommend MLB consider rules changes to "increase the value of pitcher health and durability and decrease the value of short-duration, max-effort

pitching."

"For instance, playing rules could be adjusted or designed to encourage or require starting pitchers to preserve enough energy to allow them to pitch deeper into games," the report said. "These incentives could be supported by roster rules that more appropriately regulate the availability of pitchers on a roster or in a team's bullpen for a given game, including potential changes to the number and frequency of transactions that allow clubs to replace pitchers on their rosters."

MLB experimented in the

Atlantic League with a double-hook designated hitter from 2021-23, in which a team lost its DH if its starting pitcher didn't finish at least five innings in the last two seasons. MLB lowered the maximum on pitchers from 14 to 13 on June 20, 2022, though it is 14 from Sept. 1 on after rosters expand from 26 to 28. The minimum pitcher IL was restored to 15 days in 2022 after dropping to 10 for the previous five years.

Factors in injuries may include use of weighted balls in training, increased intensity of bullpen sessions, a possible decline in cardiovascular and endurance training, and workload management that incentivizes harder effort over shorter spans.

"Multiple medical experts described new injury patterns that they believe are tied to the focus on velocity and max-effort pitching," the report said, listing latissimus and teres major tears, rib fractures and oblique strains.

Among the data points:

- Tommy John surgeries for major and minor league players increased from 104 in 2010 to a peak of 314 in 2020 and declined to 281 this year. Among those this year, 41 were in the major leagues or on minor league rehab assign-

ments and 240 were with minor league clubs.

- Since 2008, average mph velocity in the major leagues has risen from 91.3 to 94.2 for four-seam fastballs, 82.8 to 84.6 for sliders, 75.7 to 79.5 for curveballs and 81.7 to 85.5 for change-ups. During that period, fastball usage declined from 60% to 48%. By comparison, fastball velocity in Nippon Professional Baseball was 91.1 this year.
- IL days for pitcher elbow injuries rose from 3,940 in 2005 to 12,185 this year and for shoulder injuries increased from from 2,634 to 5,445.
- IL placements from spring training through opening day rose from 61 in 2017 to 112 this year and from day two through the end of the regular season from 303 to 352.
- Starts of five or more innings dropped from 84% to 70% in the majors from 2005-25 and from 68.9% to 36.8 in the minors.
- Thirty-five players selected in the top 10 rounds of this year's amateur draft had Tommy John surgery, up from four in 2005.
- Prospects who threw 95 mph or higher at the Perfect Game National Showcase increased from three in 2018 to 36 this year.