

McCaffrey hopes longer offseason boosts health in 2025 for 49ers

BY JOSH DUBOW
AP PRO FOOTBALL WRITER

SANTA CLARA, Calif. — The biggest beneficiary of an extended offseason for the San Francisco 49ers just might have been star running back Christian McCaffrey.

A year after he was limited to just four games because of injuries to his Achilles tendon and knee, the engine of San Francisco's high-powered offense was on the practice field for the offseason program and is hoping to get back to the form that made him AP Offensive Player of the Year during a run to the Super Bowl in the 2023 season.

A healthy McCaffrey would be a key component for San Francisco to rebound from a 6-11 season that at least provided a side benefit of more time off in the winter following three straight years of long playoff runs.

“Being fully transparent, obviously last year didn’t go the way I wanted,” McCaffrey said. “It didn’t go the way anyone wanted. But having this time off has allowed me to start from scratch and have the time where I can build a base again, come into OTAs, play football and now get back into it mentally, emotionally, physically in all ways. It was much needed and I’m happy we had it.”

McCaffrey plans to spend the long break before training camp starts in late July staying in shape and becoming a father. McCaffrey and his wife, model Olivia Culp, are expecting their first child “right around the corner.”

McCaffrey looked fresh during the offseason program after sitting it out last year as he recovered from a grueling season and waited for a new contract that came last June.

McCaffrey had 798 touches

from scrimmage in 2023-24 in the regular season and playoffs — more than 100 more than any other player in the league during that span.

That workload likely contributed to the Achilles tendinitis that sidelined McCaffrey early in training camp last season and forced him to miss the first eight games of the season.

He then injured his posterior cruciate ligament in his fourth game back and missed the final five games of the season.

With McCaffrey on the sideline, an offense that was the most dangerous in the league following his arrival midway through the 2022 season took a step back last season as the Niners struggled overall.

Coach Kyle Shanahan said he is aware that he needs to manage McCaffrey's workload this summer in order “to protect him from himself” and make sure he's healthy and fresh when the games count.

“He is a psycho in a good way and so like he does everything imaginable every single day,” Shanahan said. “Last year he couldn’t because he was battling injury all last year. And this year he is healthy so he is right back to being who he is always been and it’s really fun to watch.”

McCaffrey, who turned 29 earlier this month, said the key as he ages is finding the “middle ground” of doing the intense work to get ready for a season and making sure he doesn't wear down early.

But once he's on the field, he knows only one speed.

“My job is to put my body in the best position it can to go out there and be me,” he said. “There’s a lot of noise and sometimes there’s a lot of things going on. My job is to go 100% every play and continue to get better. I just try to focus on that.”



Jeff Chiu/AP photo

San Francisco 49ers running back Christian McCaffrey speaks during a news conference after practice at NFL football minicamp on Wednesday in Santa Clara, Calif.



Jeff Chiu/AP photo

San Francisco 49ers running back Christian McCaffrey (23) catches a pass during practice at NFL football minicamp on Wednesday in Santa Clara, Calif.



Jeff Chiu/AP photo

San Francisco 49ers running back Christian McCaffrey (23) runs a drill during practice at NFL football minicamp on Tuesday in Santa Clara, Calif.



Graham Hughes/AP photo

Mercedes driver, Britain's George Russell jumps off his car after winning the F1 Canadian Grand Prix auto race in Montreal.

Russell holds off Verstappen for Canadian GP win as McLarens collide

ASSOCIATED PRESS

MONTREAL — George Russell won his first race of the Formula 1 season as the Mercedes driver held off defending race winner Max Verstappen at the Canadian Grand Prix on Sunday.

It was the fourth victory of Russell's career, and the race ended under yellow when McLaren teammates Oscar Piastri and Lando Norris staged a wheel-to-wheel late battle that ended with Norris hitting the wall.

"It's amazing to be back on the top step," Russell said. "I felt last year was a victory lost, so to get the victory and see (teammate) Kimi (Antonelli) on the podium, too, is an amazing day for the team. I think it shows the strength of our cars in the cooler conditions, so let's see in the coming races."

Russell started on pole for the second consecutive year in Montreal and held the advantage for most of the race at Circuit Gilles Villeneuve. The British driver became the fourth race winner this year, joining points leader Piastri, Norris and Verstappen, the four-time reigning F1 champion.

Verstappen, who has one more race to go before points drop off his license and eliminate the possibility of a one-race suspension, was satisfied with his second-place finish.

"Was quite a good race, even though in the first two stints we were struggling with the tires," the Dutchman said. "We hung in there in the final stint. That was the maximum we

could have achieved today."

Mercedes rookie Antonelli finished third behind Verstappen for his first F1 podium.

"A really good day. It was absolutely victory on merit," Mercedes team principal Toto Wolff said. "We controlled the race all the way. George drove brilliantly and Kimi didn't crack under pressure, even with the McLaren right behind him."

"It's been a while since we've had two cars on the podium with a win and that's why everyone is delighted."

The two McLarens came together when Norris, then in fifth, attempted to pass Piastri multiple times on the 67th lap out of 70. Norris ultimately ran into Piastri and bounced into the wall, drawing a safety car for the final laps.

"I was defending the inside, then I felt a small touch," Piastri said. "That's all I've got to go on at the moment. It's a shame for the team."

Norris received a 5-second penalty for contact with Piastri after the race and took responsibility.

"I just went for it. I thought Oscar would move a bit more to the right, not leave a gap," Norris said. "I wasn't expecting anything easy from him. But in the end, it was all my mistake. I take full blame and I want to apologize to my whole team and to Oscar for attempting something like that."

Piastri finished fourth, ending an eight-race podium streak dating back to the second race of the season. McLaren as a team failed to reach the top three for the first time this year.

LEGAL NOTICE

**SHELBY CIRCUIT COURT
NOTICE OF MASTER COMMISSIONER SALE**
By virtue of orders of the Shelby Circuit Court in the below listed actions, I shall proceed to offer for sale, at public auction, the real estate described herein to the highest and best bidder at the Shelby County Judicial Center, Shelbyville, Kentucky, **FRIDAY, June 27, 2025, AT 10:00 A.M., EDT**, which real estate is located in Shelby County, Kentucky, to-wit:

SALE NO. 1 NATIONSTAR MORTGAGE LLC VS. ADAM BANTA A/K/A ADAM F. BANTA, NADIA BANTA, ET. AL. ET. AL., Civil Action No. 25-CI-00085, 4148 Bagdad Road, Bagdad, Kentucky, Shelby County (for more specific and detailed description, refer to Deed Book 541, Page 277, in the Shelby County Clerk's Office. Parcel No: 088A-01-003). Plaintiff's Attorney: Jeffrey Helms
SALE NO. 2 LAKEVIEW LOAN SERVICING, LLC VS. TODD JONES, ET. AL., Civil Action No. 25-CI-00121, 507 Terry Court, Shelbyville, Kentucky, Shelby County (for more specific and detailed description, refer to Deed Book 690, Page 546, in the Shelby County Clerk's Office. Parcel No: 031B-02-205). Plaintiff's Attorney: Katherine D. Carpenter

Each of the foregoing parcels of real estate shall be sold on terms of cash deposit, cashier's check, certified check or personal check in the amount of the purchase price, or 10% down at the time of sale and the balance thereof due and payable in 30 days after date of sale. The purchaser of said real estate shall have the right to pay all or any part of the purchase price on the day of sale by cash, cashier's check, certified check or personal check. If the purchaser does not elect to pay the entire purchase price, the Master Commissioner shall take from the purchaser the sum of 10% down and a good and sufficient bond **WITH SURETY ACCEPTABLE TO THE MASTER COMMISSIONER** for the balance of said purchase price and bearing interest from date of sale as stated in the court order until paid in full.

SALE NO. 1 The Plaintiff is granted an in personam judgment for the total sum of \$77,220.74, plus interest at the current rate of 3.6250% (\$7.43 per diem) from February 21, 2025 until paid, plus further advances for taxes and insurance premiums and its costs expended herein, reasonable attorney fees and for any other fees expended for services performed in connection with protection of Plaintiff's interest in the real property and in its rights under the Mortgage.

SALE NO. 2 The Plaintiff is granted Judgment for Court costs of this action incurred to date, plus additional costs which may be expended for execution upon this Judgment. The Plaintiff is awarded Judgment for sums due under the Note and Mortgage in the amount of \$334,844.25, plus interest in accordance with the terms of the Note, on said judgment at the current rate of 3.62500% from May 2, 2025, until paid. Plus, additional fees, costs, and expenses in accordance with the terms of the Note and Mortgage including advances in payment of ad valorem taxes, insurance premiums, assessments, weatherization, and preservation of the Real Property. Also, Judgment for attorney's fees, title abstract and title update fees paid, or agreed to be paid, to its counsel for prosecution of this matter.

MASTER COMMISSIONER'S NOTES
All prospective purchasers are advised to fully understand and consider the following:
1. All properties are sold strictly "as is with no warranties expressed or implied". Properties shall be sold at the Judicial Center. No prior inspections are arranged by the Court or the Commissioner in that properties are often occupied as of the day of sale.
2. Risk of loss to improvements to real estate shifts to purchaser as of the date of sale. Insurance should be placed immediately by successful bidder.
3. All properties sold for less than two-thirds the appraised value are subject to current owner statutory right of redemption pursuant to Kentucky Revised Statutes.
4. Rights of possession given to purchaser with deed, but hold-over occupants of real estate may require additional Court action by purchaser to obtain actual possession.
5. Master Commissioner's deed warrants title only so far as authorized by the judgment, order, and proceedings of the Court, but no further. Independent title examination by successful purchaser is recommended prior to confirmation of sale.
6. If the successful purchaser is an LLC, a certificate of good standing must be presented with a resolution allowing member to sign.
7. Third Party Surety must be presented at sale. Any questions about the surety must be directed to the Master Commissioner prior to sales date.

**CHARLES S. TICHENOR, MASTER COMMISSIONER
SHELBY CIRCUIT COURT
P.O. BOX 509
TAYLORSVILLE, KY 40071
PHONE (502) 477-6412/ FAX (502) 477-2169**

LEGAL NOTICE

NOTICE TO CREDITORS
ADMINISTRATION HAS BEEN GRANTED TO THE PROBATE DIVISION OF THE SHELBY DISTRICT COURT IN THE ESTATE OF **Sarah Jane Rutledge**, DECEASED, WHO RESIDED IN SHELBY COUNTY, KENTUCKY. **Teresa Lynn Parker and Lisa Carol Shelton** WAS APPOINTED **Co-Executors** OF THE ESTATE ON **June 9, 2025**. ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE ARE NOTIFIED TO PRESENT THEM TO **Teresa Parker 1144 Ditto Road, Waddy KY 40076 / Lisa Carol Shelton 661 John Henry, Taylorsville, KY 40071** NO LATER THAN **December 9, 2025**. SAID ATTORNEY FOR SAID ESTATE IS **Joshua Berkley 77 Mack Walters Rd, Suite 200, Shelbyville, KY 40065**.
25-P-00167

ADMINISTRATION HAS BEEN GRANTED TO THE PROBATE DIVISION OF THE SHELBY DISTRICT COURT IN THE ESTATE OF **Barbara R Smith**, DECEASED, WHO RESIDED IN SHELBY COUNTY, KENTUCKY. **Gregory Martin Smith** WAS APPOINTED **Executor** OF THE ESTATE ON **June 9, 2025**. ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE ARE NOTIFIED TO PRESENT THEM TO **Gregory Martin Smith, 2601 Charlston Way, Shelbyville, KY 40065** NO LATER THAN **December 9, 2025**. SAID ATTORNEY FOR SAID ESTATE IS **Joshua Berkley 77 Mack Walters Rd, Suite 200, Shelbyville, KY 40065**.
25-P-00165

ADMINISTRATION HAS BEEN GRANTED TO THE PROBATE DIVISION OF THE SHELBY DISTRICT COURT IN THE ESTATE OF **Tina Lee Howard**, DECEASED, WHO RESIDED IN SHELBY COUNTY, KENTUCKY. **Lisa Lee McDowell** WAS APPOINTED **Administratrix** OF THE ESTATE ON **June 9, 2025**. ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE ARE NOTIFIED TO PRESENT THEM TO **Lisa Lee McDowell, Administratrix, 650 Veechdale Road, Simpsonville, KY 40067** NO LATER THAN **December 9, 2025**. SAID ATTORNEY FOR SAID ESTATE IS **William H. Hayes, Jr., 521 Main Street, Shelbyville, KY 40065**.
25-P-00161

ADMINISTRATION HAS BEEN GRANTED TO THE PROBATE DIVISION OF THE SHELBY DISTRICT COURT IN THE ESTATE OF **Connie Bolin**, DECEASED, WHO RESIDED IN SHELBY COUNTY, KENTUCKY. **Spenser Webb** WAS APPOINTED **Executrix** OF THE ESTATE ON **June 9, 2025**. ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE ARE NOTIFIED TO PRESENT THEM TO **Spencer Webb, Executrix, 1529 Martin Nethery Lane, Waddy KY 40076** NO LATER THAN **December 9, 2025**. SAID ATTORNEY FOR SAID ESTATE IS **William H. Hayes, Jr., 521 Main Street, Shelbyville, KY 40065**.
25-P-00160

ADMINISTRATION HAS BEEN GRANTED TO THE PROBATE DIVISION OF THE SHELBY DISTRICT COURT IN THE ESTATE OF **Bennie Ray Bailey**, DECEASED, WHO RESIDED IN SHELBY COUNTY, KENTUCKY. **Thomas Ray Bailey** WAS APPOINTED **Executor** OF THE ESTATE ON **June 9, 2025**. ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE ARE NOTIFIED TO PRESENT THEM TO **Thomas Allen Bailey, Executor, 11507 Spring Heath Court, Louisville, KY 40223** NO LATER THAN **December 9, 2025**. SAID ATTORNEY FOR SAID ESTATE IS **William H. Hayes, Jr., 521 Main Street, Shelbyville, KY 40065**.
25-P-00152

ADMINISTRATION HAS BEEN GRANTED TO THE PROBATE DIVISION OF THE SHELBY DISTRICT COURT IN THE ESTATE OF **Stalla K. Lee**, DECEASED, WHO RESIDED IN SHELBY COUNTY, KENTUCKY. **Anita Lee** WAS APPOINTED **Executrix** OF THE ESTATE ON **June 9, 2025**. ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE ARE NOTIFIED TO PRESENT THEM TO **Anita Lee, Executrix, 366 Coors Drive, Shelbyville, KY 40065** NO LATER THAN **December 9, 2025**. SAID ATTORNEY FOR SAID ESTATE IS **William H. Hayes, Jr., 521 Main Street, Shelbyville, KY 40065**.
25-P-00146

ADMINISTRATION HAS BEEN GRANTED TO THE PROBATE DIVISION OF THE SHELBY DISTRICT COURT IN THE ESTATE OF **Sally K Jelsma**, DECEASED, WHO RESIDED IN SHELBY COUNTY, KENTUCKY. **Franklin Jelsma** WAS APPOINTED **Executor** OF THE ESTATE ON **June 9, 2025**. ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE ARE NOTIFIED TO PRESENT THEM TO **Franklin Jelsma, 400 West Market St, Ste 2000, Louisville KY 40202** NO LATER THAN **December 9, 2025**. SAID ATTORNEY FOR SAID ESTATE IS **Lane M Thompson, 400 West Market St, Ste 2000, Louisville KY 40202**.
25-P-00159

FINAL NOTICE OF PROBATE SETTLEMENTS
THE FINAL SETTLEMENT HAS BEEN FILED AND SET FOR HEARING ON **July 21, 2025** AT 10:30AM. ESTATE OF Alan Dwight Honaker. ATTORNEY **Bridget Papalia**. EXECUTRIX **Bridget Papalia**.
16-P-00220