

Two Norton runners doing well

By DICK BOYD

Two Norton athletes, Drew Sebelius and Dr. Terry Crow, have turned in some outstanding performances in recent competition.

Both competed in the inaugural Flinthills Triathlon on Sunday at Tuttle Creek Reservoir north of Manhattan. Sebelius, 20, placed second in the 20-25 age group and Crow, who is nearly 43, placed fourth in his age group.

There were 125 individuals and six teams competing.

A triathlon is a timed event consisting of a swim, bicycle race and run of varying distances. This one had of a 500-meter lake swim, followed by a transition of about 150 yards to the bicycle parking lot, a 9.9-mile bike route on paved road and hilly terrain and a 5-kilometer run on paved, flat roads. The American Red Cross was the major sponsor.

Overall winner was Kevin Sampson, 32, who did the course in 54.29 minutes, beating his nearest competition by 2:23 minutes. The women's winner was 17-year-old Katie Barnoskie in 1 hour, 2.57 minutes.

Sebelius was competing in his first triathlon. Despite riding a mountain bicycle, he finished a respectable 28th overall with a total time of 1:07:11. His time breakdown was: swim, 9:10; T1, 2:57; bike, 36:44 (16 mph avg.); T2, :28; 5K run, 17:53 (4:47 mph pace). Sebelius' run was second best, only 13 seconds behind the overall winner.

Crow has competed in several shorter triathlons such as the one Sunday and a few ultra-long distance events.

He placed 34th with a total time of 1:08:29. His time splits were: swim, 10:38; T1, 1:40; bike, 32:44 (18 mph avg.); T2, :52; run, 22:37.

"I think Drew could have easily taken three or four minutes off his time just by riding a road bike, which would have placed him in the top 20 overall," said Crow. "He also told me that he had not been doing much swimming, yet he posted a swim time that was only 20 seconds slower than the overall winner's time. He did extraor-



Dr. Terry Crow, Norton, nears the finish of the Old Town Marathon in Fort Collins, Colo. on May 9.

dinarily well for his first triathlon and using an off road bike. He gave up only 33 seconds to the winner in the swim and run but lost a total of 10:38 in time on the bike portion.

"Riding almost 10 miles up and down the flint hills at an average rate of 23 mph as the overall winner did is hard to just jump on any

bike and do. After swimming hard for about nine minutes, then running the length of one and one-half football fields to your bike, it takes a few minutes to even get going well. Then, they have you run up something called Dead Dog Hill right off the bat just to make it even more interesting!

"After having just recovered

from running my eighth marathon in four years, I was competing just for fun and I accomplished that goal. I had run pretty hard at the Riverless Festival on Saturday and was still a bit sore in my hamstrings."

Riverless Festival

Crow placed first in the Riverless Festival two-mile race in Phillipsburg in the 40-49 age group with a time of 12:41 and was third place overall.

Drew Sebelius did not run but his father, Doug of Norton, placed third in the five-mile run in the 50-59 age group with a time of 40:55.

Others from Norton who competed in the five-mile run were: Pam Shelton, first, age 40-49, 46:29; Steve Streck, second, age 40-49, 39:14; Tom Baumann, third, age 40-49, 40:31.

Other runners from the Norton area in the two-mile run were Brian Pinkerton, Logan, first, age 11-14, 15:13; Kyle Merklein, Prairie View, second, age 15-19, fourth overall, 12:49; Kevin Pinkerton, Logan, third, age 15-19, 12:50; Angie Shellito, Stuttgart, first, age 20-29, 15:55; Jenny Braun, Norton, second, age 30-39, 19:18; Donna VanKooten, Long Island, first, age 60 and over, 30:18.

Jason McCulloch, Hays, the sports information director for Fort Hays State University and former Tiger cross country and distance runner, ran under-six minute miles in both the two-mile and five-mile races to easily win both events.

Old Town Marathon

On May 9 in the Old Town Marathon in Fort Collins, Colo., Crow ran the 26.2 miles in 4 hours, 11 minutes, 4 seconds.

"I really suffered during the last five miles due to the heat and stomach problems," he said. "I ran the same course last year in 3 hours and 31 minutes and was hoping to better that by 11 minutes to qualify for next year's Boston Marathon. I will be trying to run a faster marathon this fall either in Chicago or somewhere else that offers a chance at cooler weather on a fairly flat course."



Alec Otter smashes a single for Adventures in Eating in their June 9 T-Ball game with All Clean Carpets at Ward Field.

—Telegram photo by Brandon Gay

The Bank wins in Division II

In Division II girls softball action on June 8, The Bank defeated Credit Union 8-7.

The Bank 8, Credit Union 7

Kaylen Rossi led off the game for The Bank with a single and came around to score to give The Bank an early lead.

Credit Union tied the game in the top of the second when Sady Keilig walked and scored. The Bank took the lead back in the bottom of the inning with a Rebekah Streck single and run.

Credit Union scored five in the top of the third to take a 6-2 lead. Alyssa Thomson and Ashley Millan singled and scored, Lacy Keilig doubled and scored and

Amber Kinderknect and Faith Davenport walked and scored. Erin Terrell singled and scored for The Bank in the bottom of the inning, cutting Credit Union's lead to 6-3.

The game was tied in the fourth when The Bank scored three runs. Rossi and Lindsey Tacha singled and scored, but the big blow of the inning was a home run by Dustyna Sprigg.

Credit Union grabbed the lead again in the top of the fifth with a single and run scored by Meagan Peterson and a single by Thomson. The Bank won the game in the bottom of the inning with singles by Rossi, Amanda Ray, Tacha and Heather Tibbetts. Tibbetts and Ray came around to score.

Cookie League gets underway

Division I baseball in Norton began May 24 and Cookie League baseball got underway May 25.

Cookie League

New Age 29, Valley Hope 15

Opening night at Ward Field of the Cookie League season began with New Age taking on Valley Hope.

The first inning started with Breven Sondergaard and Kyle Pakkebieer scoring runs for Valley Hope. In the bottom of the inning, New Age scored nine. Scoring were Christopher Chastain, Ethan Ross, Deric McKeever, Derick Campbell, Cole Renner, Andrew Smith, David Browne, Garrett Otter and Bryce Baker.

Valley Hope was held scoreless in the second and eight players rounded the bases for New Age. Scoring were Chastain, Ross, McKeever, Renner, Smith, Browne, Gavin Lively, and Kobie Unterseher.

Over the final three innings, Valley Hope got three runs from Alec Hager, two runs from Schmidt, Sondergaard and Pakkebieer and one from Temmel, McMullen, Mikey Cliff and Riley Hager.

New Age got two runs from Chastain, Ross and Baker and one from McKeever, Browne, Jordan Karnopp, Garrett Otter, Lively and Unterseher.

Almena 26, Prairieland Electric 14

In the second May 25 game, Almena met Prairieland Electric. Almena scored each inning to give it a 26-14 victory.

In the top of the first, Almena runs were scored by Brant Cox, Eli Lowry, Hunter Chandler, Ryan Thrailkill and Jordan Baird. Marc Miller rounded the bases for Prairieland Electric in the bottom of the inning.

Almena scored four runs in the second with Clint Cole, Laramie

Boyle, Carson Montgomery and Macy Kasson all crossing the plate.

In the third inning, Jordan Baird Stewart Whitney, Matt Stutsman, Ian Vincent and Cole scored for Almena.

Almena went on in the fourth and fifth innings to end the game with two runs from Chandler and Baird and one run from Kasson, Carlton, Lowry, Thrailkill, Whitney and Stutsman.

Prairieland scored 11 in the fourth and fifth with two runs by Marc Miller, Riley Hager and Alec Hager and one run from Nicholas Koch, Carlton, Derek Rowh, Drew Schrum and Tyler Kuhn.

New Age 20, Almena 11

On May 27, New Age took on Almena.

The fourth player to bat for New Age was Smith who hit a two-run home run scoring McKeever. Almena answered with seven runs in the bottom of the inning. Scoring were Kasson, Cox, Lowry, Chandler, Jordan Baird, Whitney and Ian Vincent.

Chastain crossed the plate in the second inning for New Age and Ame Baird made it home for Almena bringing the score to 8-3 in favor of Almena.

In the third inning, Ross, Baker and McKeever each scored for New Age. Chandler was the lone run for Almena.

The fourth and fifth innings broke the game open for New Age with two runs by Baker, Otter, Browne and Karnopp and one by Ross, McKeever, Chastain, Campbell, Unterseher and Lively.

Cox and Carson Montgomery scored for Almena making the final score 20-11.

Prairieland Electric 25, Valley Hope 7

On May 27, Prairieland scored 25 runs in five innings.

Miller scored five times for Prairieland Electric and Schrum, Koch and Carlton all scored four times. Alec Hager scored three times, Riley Hager and Rowh scored twice and Cox scored once.

For Valley Hope, Sondergaard scored three times, Cliff scored twice and Austin Hager, Pakkebieer, McMullen and Schmidt scored one run.

New Age 11, Prairieland Electric 10

On June 1, Prairieland started off by placing three runs on the board with Hager, Koch and Carlton scoring one run each. New Age answered with Ross and Browne each scoring a run.

In the second inning, Alec Hager, Koch, Carlton and Miller all scored for Prairieland. Baker and Chastain rounded the bases for New Age bringing the score to 7-4 in favor of Prairieland.

Prairieland's bats remained silent until the fourth inning when Carlton, Rowh and Miller. Stepping up for New Age and scoring two runs was Browne. Rounding the bases once for New Age were Ross, Campbell, Chastain, Untersayer and Lively.

Almena 21, Valley Hope 16

The bats were busy on June 1 in the matchup between Almena and Valley Hope.

Almena started hot with Kasson, Cox, Lowry, Chandler and Jordan Baird scoring in the first. The pace kept up in the second with Kasson, Cox, Montgomery and Thrailkill each adding another run. In the bottom of the second, Valley Hope got on the board with a run by Temmel.

Valley Hope rallied for 15 runs in the final three innings. Rounding the bases three times was Rhett Blecha. He was joined by Austin Hager, Sondergaard, Temmel, McMullen and Chris Richard with

two runs each. Cliff scored once.

The Almena bats were also busy over the final three innings with Whitney, Stutsman and Cole scoring twice and Cox, Lowry, Chandler, Jordan Baird, Vincent and Ame Baird scoring once.

Prairieland Electric 21, Almena 17

Prairieland began the game with one run by Carlton in the first inning and a scoreless second. Almena's Kasson and Cox each scored in the first and Cole scored in the second, giving Almena a 3-1 lead.

Prairieland rallied for eight runs in the third, six runs in the fourth and four runs in the fifth. Scoring two runs for Almena were Kasson, Cox, Ame Baird and Montgomery. Thrailkill, Jordan Baird, Whitney, Vincent, Cole and Boyle each scored once.

New Age 15, Valley Hope 8

In the first inning of the June 3 game, New Age crossed the plate five times with runs from Ross, Baker, Smith, Campbell and Chastain. Valley Hope answered with four runs in the bottom of the first when Sondergaard, Schmidt, Cliff and McMullen scored.

New Age was scoreless in the second, but Valley Hope's Chris Richard and Schmidt scored giving them the lead.

In the third New Age took the lead back 10-6, New Age's Campbell, Chastain, Lively, Unterseher and Browne scored.

New Age retained its lead in the fourth and fifth with two runs from Smith and Campbell and one from Ross. Valley Hope's Austin Duscher and Schmidt rounded the bases in the final two innings, but that was not enough and New Age won 15-8.

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