



Norton freshman Zach Bainter is shown competing in the national junior college cross country meet in East Peoria, Ill. where he and his teammates at Garden City Community College placed third

- Photo courtesy of Vicki Bainter

Local runner takes abilities to college

By DICK BOYD

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After a tremendous cross country, track and wrestling career at Norton Community High School, Zach Bainter has taken his running ability to the next level as a freshman at Garden City Community College.

Zach was a varsity member of this year's Garden City cross country team who won the Regional championship on Sat., October 24 in Kansas City before placing third in the National Junior College Athletic Association Cross County Meet on Saturday, Nov. 14 in East Peoria, Ill.

Zach placed 60th in the 5 mile national race in 27:24 and was the seventh place finisher for Garden City. There were 260 runners on 48 teams in the race.

He also placed 30th in the regional in 28:20.

How's he doing? Head coach Dan Delgado was ecstatic in describing how well Zach did in the national race as well as all season.

"Zach performed beyond his capabilities," said coach Delgado. "We expect all our runners to give 100 percent and Zach went above and beyond, as Zach will always do."

"We ask him to lay it out every day and he does that. Something is going to pop for him someday and, when it does, they'd better watch out!"

"You want to see guys practice hard and race hard and that's Zach Bainter!"
How did his team perform in the national race?

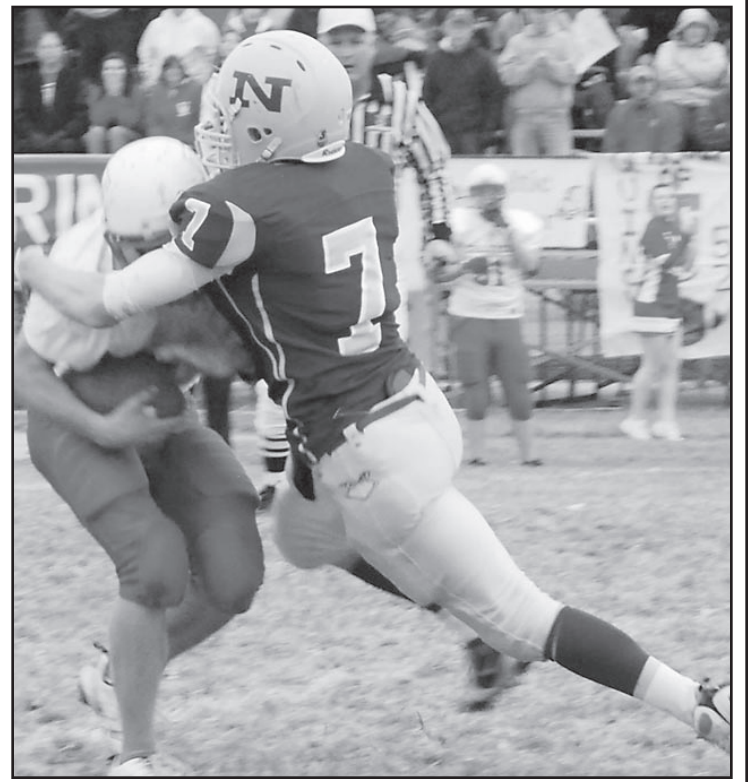
"We knew winning it all would be tough," said coach Delgado. "We wanted to be competitive and compete well against runners who had beaten us earlier in the season. And, we did that. Our freshmen and sophomores were able to beat those people but just didn't have enough to win it all."

An exceptional athlete, Zach was a 2009 state champion in both wrestling and track while competing for the Norton Blue Jays. In the 2009 season, he was a state champion in both the 3200 meter run and 1600 meter run and runner-up by .08 of a second in the 800 meter run in the Kansas State Track & Field Championships in Wichita.

A week earlier, he won gold medals in all three events in the Regional Meet in Cimarron. Zach's winning time of 9:48.13 in the 3200 meter run at the state meet was also a new Norton school record!

Zach is the son of Vicki and David Bainter. His grandparents are Rose and Bill Bainter and Frieda and Bernie Goetze and Victor Ritter.

Great defense



Norton junior defensive end Spencer Shirk sacked Hutchinson Trinity's quarterback for a 10-yard loss during the Blue Jays' 17-7 Sectional championship win in Norton last Saturday. The Norton defense had a great pass rush, dropping the Celtics for 56 yards in losses. The Blue Jays will have another challenge this Saturday in Norton when Wichita Collegiate will bring a pass-happy offense to Travis Field for a 2 p.m. Sub-State game.

- Telegram photo by Dick Boyd

Community Calendar



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Bowling

Ladies Inter City; Inter-City; Tuesday Night Men's

• LADIES INTER-CITY •			• INTER-CITY LEAGUE •		
November 2			November 5		
Team Standings	Won	Lost	Team Standings	Won	Lost
BEB & Assoc	27	13	Ram Roofing	58.5	31.5
Nelson Bros	27	13	Heartland Partners	47	43
Geezeretts	14	26	Select Seeds	46.5	43.5
Animal Health	12	28	Bailey Electric	45.5	44.5
Geezeretts			Jet SS	37	53
BEB & Assoc			Hawks Depot	35.5	54.5
Nelson Bros			HIGH SCORE GAME TEAM		
Animal Health			Ram Roofing	672	
HIGH SCRATCH			HIGH HANDICAP GAME		
Beth Reeves	186		Ram Roofing	860	
Donna VanKooten	179		HIGH SCORE GAME		
Jackie Wright	179		Rusty Miller	200	
Donna VanKooten	502		Bill LaSalle	193	
Jackie Wright	470		Stan Miller	181	
Beth Reeves	444		Chris Davis	176	
WITH HANDICAP			Bev Miller	176	
Donna VanKooten	247		HIGH HANDICAP GAME		
Beth Reeves	240		Dana Miller	235	
Jacie Wright	239		Rusty Miller	235	
Donna VanKooten	706		Chris Davis	231	
Jackie Wright	650		Bill LaSalle	230	
Beth Reeves	606		HIGH SCORE SERIES TEAM		
TEAM HIGH SCRATCH			Ram Roofing	1817	
BEB & Assoc	451		HIGH HCP SERIES TEAM		
Nelson Bros	420		Ram Roofing	2381	
BEB & Assoc	405		HIGH SCORE SERIES		
BEB & Assoc	1238		Rusty Miller	525	
Nelson Bros	1137		Bill LaSalle	512	
Geezeretts	964		Stan Miller	494	
TEAM HIGH SCRATCH WITH HANDICAP			Bev Miller	493	
Nelson Bros	631		HIGH HANDICAP SERIES		
BEB & Assoc	624		Rusty Miller	630	
Geezeretts	584		Stan Miller	629	
Nelson Bros	1770		Bill LaSalle	623	
BEB & Assoc	1757		Paul Nauer	617	
Geezeretts	1717		• TUESDAY NIGHT MENS •		
• LADIES INTER-CITY •			• INTER-CITY LEAGUE •		
November 9			November 12		
Team Standings	Won	Lost	Team Standings	Won	Lost
Nelson Bros	31	13	Ram Roofing	61.5	37.5
BEB & Assoc	27	17	Heartland Partners	55	44
Geezeretts	15	29	Bailey Electric	48.5	50.5
Animal Health	15	29	Select Seeds	47.5	51.5
Animal Health			Jet SS	43	56
Geezeretts			Hawks Depot	41.5	57.5
Nelson Bros			HIGH SCORE GAME TEAM		
BEB & Assoc			Ram Roofing	639	
HIGH SCRATCH			HIGH HANDICAP GAME		
Beth Reeves	152		Hawks Depot	852	
Laura Leidig	149		HIGH SCORE GAME		
Lynn Nelson	148		Bev Miller	201	
Lynn Nelson	410		Dennis Balderston	186	
Jackie Wright	399		Dennis Corbin	184	
Beth Reeves	399		Bill LaSalle	182	
Donna VanKooten	382		HIGH HANDICAP GAME		
WITH HANDICAP			Dennis Balderston	248	
Lynn Nelson	213		Chris Davis	237	
Vendla Tacha	209		Barb Burk	235	
Beth Reeves	205		Dennis Corbin	235	
Dawn Risewick	205		Bev Miller	235	
Donna VanKooten	205		HIGH SCORE SERIES TEAM		
Lynn Nelson	605		Ram Roofing	1755	
Jean Johnson	583		HIGH HCP SERIES TEAM		
Dawn Risewick	582		Jet SS	2361	
TEAM HIGH SCRATCH			HIGH SCORE SERIES		
Nelson Bros	402		Rusty Miller	516	
BEB & Assoc	399		Bill LaSalle	516	
Nelson Bros	385		Bev Miller	510	
BEB & Assoc	1124		Chris Davis	491	
Nelson Bros	1124		HIGH HANDICAP SERIES		
Animal Health	923		Chris Davis	659	
TEAM HIGH SCRATCH WITH HANDICAP			Bill LaSalle	624	
Nelson Bros	609		Rusty Miller	618	
Nelson Bros	592		Dennis Balderston	618	
Animal Health	586		• TUESDAY NIGHT MENS •		
Nelson Bros	1745		November 3		
			Team Standings	Won	Lost

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