By Trent Rose

Colby Community College The Colby Community College men's and women's cross country teams begin their season on Thursday, Aug. 28th at a meet in Arkansas City, Kan., this season. hosted by Cowley County Community College.

The squads will host the Col-Monday, Oct. 27.

Women's Cross Country Outlook

team, under the direction of Berndt, is coming off a top 15- team. season and a squad that had two ners in the nation.

the University of Alabama, but nation again this year." the squad returns Tonya Nero, who finished 12th in the nation last year.

"I believe the 2008 team has

but we do have a strong group of ladies.'

That group is led by Tonya Nero, a sophomore from Trinidad and Tobago. Berndt said Nero looks to be even tougher

Tonya will be joined this year by her sister Scarla Nero, who Berndt said looks to be their by Invitational at 7 p.m., Friday, second runner. The remainder of Sept. 5. The Trojans also have the squad features Kayla Zodthe opportunity this year to host row of Oberlin, Tatiana Bartruff the Jayhawk West Region VI of Loomis, Neb., Maria Rodrimeet, which will be at 10 a.m., guez of Lexington, Neb., Nicole Clark of Lamar, Colo., and Autumn Preston of Tribune.

"All of these ladies have a The Colby Community Col- strong background in running lege women's cross country and look to be a tough group," Berndt said. "I am very excitsecond year head coach Crystal ed about the prospects of this

The key for this season is team ladies finish in the top 12 run- unity and staying strong and healthy throughout the season. One of those ladies, Betty If we can do these two things, Rotich, has since moved on to we should be in the top 15 in the

Men's Cross Country Outlook The Colby Community College men's cross country team begins its season Thursday night a chance to do even better than with a meet at Cowley County last year," Berndt said. "Sure, Community College in Arkansas we don't have Betty anymore, City. The men's squad is led by

son, who takes over for Richard Canole.

"I am excited to be given the opportunity to be a part of the looking forward to the start of the season," Stewardson said.

"This year we have maxed out man.

first year coach Lige Steward- the cross country roster with 10 men who want to work hard and I believe this will be the major key to our success."

The squad features three na-Colby Community and I am tives of Colby in sophomores omore transfer Albert Mong'ony Darren Sporing and David Bar- and freshman Chisom Spencer, num and freshman Ryan Baal- Joel Scott, Roberto Romero and

Other returning sophomores are Anthony Whiteman of Colorado Springs and Harley Beck of

Burlington, Colo. The newcomers include soph-

Lendon Hartshorn.

"We have a good mix of talented veterans and newcomers to make this an exciting year," Stewardson said.

"(These individuals) are expected to contribute significantly to the teams bid for an appearance at the NJCAA national cross country championships.'

Cardinals to start Warner

TEMPE, Ariz. (AP) - Kurt Warner will be the Arizona Cardinals' starting quarterback Friday night in their preseason finale against Denver, but coach Ken Whisenhunt says no decision has been made yet about who will start the opener at San Francisco.

Warner has been battling Matt Leinart for the starting job.

"We all want to know," Warner said after practice Wednesday in a story posted on the Cardinals' Web site. "For Matt and myself, it'd be nice knowing what the situation would be and be able to move forward with it. The way I look at it more than anything, the sooner it can happen, the sooner we can get past the (interviews and media coverage) that goes with it and you can prepare for the game."



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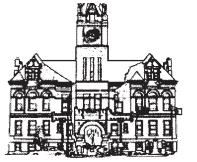
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