

# ghghghhg

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., hosted by Cowley County Community College.

The squads will host the Colby Invitational at 7 p.m., Friday, Sept. 5. The Trojans also have the opportunity this year to host the Jayhawk West Region VI meet, which will be at 10 a.m., Monday, Oct. 27.

### Women's Cross Country Outlook

The Colby Community College women's cross country team, under the direction of second year head coach Crystal Berndt, is coming off a top 15-season and a squad that had two ladies finish in the top 12 runners in the nation.

One of those ladies, Betty Rotich, has since moved on to the University of Alabama, but the squad returns Tonya Nero, who finished 12th in the nation last year.

"I believe the 2008 team has a chance to do even better than last year," Berndt said. "Sure, we don't have Betty anymore,

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 this season.

Tonya will be joined this year by her sister Scarla Nero, who Berndt said looks to be their second runner. The remainder of the squad features Kayla Zoderow of Oberlin, Tatiana Bartruff of Loomis, Neb., Maria Rodriguez of Lexington, Neb., Nicole Clark of Lamar, Colo., and Autumn Preston of Tribune.

"All of these ladies have a strong background in running and look to be a tough group," Berndt said. "I am very excited about the prospects of this team.

The key for this season is team unity and staying strong and healthy throughout the season. If we can do these two things, we should be in the top 15 in the nation again this year."

### Men's Cross Country Outlook

The Colby Community College men's cross country team begins its season Thursday night with a meet at Cowley County Community College in Arkansas City. The men's squad is led by

first year coach Lige Stewardson, who takes over for Richard Canole.

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

"This year we have maxed out

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 natives of Colby in sophomores Darren Spring and David Barnum and freshman Ryan Baalman.

Other returning sophomores are Anthony Whiteman of Colorado Springs and Harley Beck of Burlington, Colo.

The newcomers include sophomore transfer Albert Mong'ony and freshman Chisom Spencer, Joel Scott, Roberto Romero and 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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