



KAYLA CORNETT/Colby Free Press

Harley Beck rode his bike on Fifth Street in the 12-mile bike course during the Iron Athlete Triathlon last July. He had won the whole race with a time of 1:10.22. The triathlon this year begins at 8 a.m. and will be held on Saturday, July 21,

Triathlon courses released by director

The Colby Recreation Department Iron Athlete Triathlon will be held on Saturday, July 21, beginning at 8 a.m. at the Colby Aquatic Park.

The competition will begin with a 400-meter swim (the lap pool is 25 meters long), then go to a 12-mile bike course and end with a 5K (3.1-mile) run. All events will begin and end at the Colby Aquatic Park, said Recreation Director Stacy Lee.

The bike course will begin in the parking lot of the aquatic park.

"From there you will head north on Franklin Avenue all the way to Veteran's Memorial Drive," Lee said. "Turn right (east) on Vet's Memorial to Country Club Drive and then turn right (south). Continue south on Country Club Drive until College Drive. Turn right (west) until you've reach the intersection of Franklin where you will then turn left (south) and head back to the Aquatic Park parking

lot.

"Go into the lot and leave through the south entrance and repeat the course, as one lap is six miles. Once you've completed the two laps, you can park your bike in the aquatic park lot and begin the 5K run," she said.

The running course will begin heading north on Franklin Avenue.

"Turn left (west) on College Drive until you reach the first right, turning at Maize Avenue," Lee said. "Continue on Maize until you reach Poplar Street, where you will turn right (east) and head toward Franklin Avenue. Turn left (north) on Franklin and head to Plum Street. Turn right (east) on Plum (a big hill) and head toward Kings Court where you will turn right (south).

"Continue to Walnut Street where you will turn right (west) until you've reached Franklin Avenue. Turn left (south) and go

head back to the aquatic park to the finish line at the second (south) entrance. This will conclude the competition," she said.

All courses, Lee said, will be marked at the turning corners to help participants stay on track. This race is open to all ages and can be run individually or by a three-person team. Cost is \$20 per participant.

"I will take registrations up through race day; however, if you do not register by Monday, you will not be guaranteed a T-shirt," she said. "Medals will be awarded to the top two individuals and the top three-person team. In the past, this race has generally taken two to three hours to finish."

If you have course questions or would like to register, call or e-mail the department, 460-4440 or colbyrecreation@gmail.com.

"This is a great event to cross off your bucket list!" Lee said.

Kansas City's all-star game cleanup efforts rankle some

By Bill Draper
Associated Press

KANSAS CITY, Mo. — Kansas City's efforts to make a good impression for the rest of the world are bittersweet for residents of some inner-city neighborhoods who are asking why it took a baseball game to get city officials to do something about blight they say has been ignored for decades.

For months, city workers and volunteers have been cleaning up areas before Major League Baseball's All-Star Game activities were scheduled to begin Friday. Code enforcement officers have been hounding residents since early spring to tidy up their properties, and dozens of dilapidated homes were hastily being torn down ahead of the Midsummer Classic on Tuesday night.

Hosting its first All-Star game in nearly 40 years, the city has been scrambling to present a positive image not just to TV viewers but thousands of out-of-town fans expected to be in Kansas City over the next several days. The event will provide a much-needed financial boost and city officials

acknowledge there's a lot at stake for a community struggling to establish itself as a Midwestern entertainment and business hub.

The spotlight brings a special challenge for Kansas City. Super Bowls and All-Star Games are often held in arenas or stadiums that are either near downtown or next to tightly controlled developments of hotels and restaurants, usually within walking distance.

That's not the case in Kansas City, where Kauffman Stadium is miles from downtown and many of the city's entertainment districts and events associated with Tuesday's game. Some events are being held in the city's toughest ZIP codes, prompting the city-sponsored demolitions and pleas from city officials.

"Clean up your property," City Manager Troy Schulte said of the message to residents. "They've had no qualms about it. Kansas City residents are putting their best foot forward."

While many are glad the work is being done, some take it as an insult that the improvements are more for the benefit of out-of-towners.

On Monday, as a demolition crew was tearing down an abandoned house near Cleveland Park — one of four community ballparks where the RBI Classic youth baseball and softball tournaments will be held over four days — Clarke noted the home's history.

"For years, drugs were run out of that house," he said. "Also in that one across the street, and in a vacant lot a few blocks over, with the Boys Club right behind it."

Schulte said 32 homes in neighborhoods near the ball complexes and along the route to Kauffman Stadium are being torn down ahead of the game. They are among the roughly 125 abandoned homes the city plans to tear down this year, he said.

Overall, there are about 800 structures on the city's list of dangerous properties that need to be fixed or torn down. Partially as a result of preparing for the All-Star activities, Schulte said, the city is moving from a scattershot approach in dealing with blighted homes to one that is more neighborhood-based.

Sunflower State Games first deadline is today

The first deadline to register for the 23rd Annual Sunflower State Games is Friday.

Participants interested in archery, baseball, bicycle motocross, disc golf, dodgeball, Governor's Cup 5K/10K, horseshoes, judo, martial arts, powerlifting, soccer, swimming, tennis, track and field, trap and skeet, volleyball and wrestling must register by today. The deadline for all other sports is next Friday.

This marks the 11th year for the annual sports festival in Topeka. Events begin next Friday with track and field at Hummer Sports Park and will wrap up on Sunday, July 29, with the finals of the

youth soccer tournament.

Kansans of all ages and skill levels are invited to participate in a record 47 sports. Girls fast-pitch softball joins the lineup for the 2012 Games. All athletes and volunteers are invited to attend the Athlete Festival at 6 p.m. July 13 at Hummer Sports Park.

Register online at www.sunflowergames.com, by mail or in person at 820 S. Kansas Ave., Topeka, Kan., 66612.

The games are a nonprofit, amateur sports festival for all Kansans. For information, go to www.sunflowergames.com.

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