

Cross country team runs in Goodland

By Kayla Cornett
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The Colby High cross country teams finished fifth for the boys and sixth for the girls at its first meet of the season Thursday in Goodland.

The Eagles had 102 team points for fifth and the Lady Eagles had 75 for sixth.

Coach Chris Giersch said 22 runners ran in the meet.

"The running conditions were tough because of the temperatures," he said, "but we did not see any lack of effort by our runners."

Last year, Giersch said, only nine team members ran at Goodland.

"Despite very hot conditions, from these nine runners on the team," he said, "seven improved their times over last year's by as much as two minutes."

Freshman Andrea Browne posted a time of 17 minutes, 4 seconds.

"Andrea Browne had a great race for her first race as a Colby

High School cross country runner," Giersch said. "Andrea was our only varsity girl's medalist, placing fourth overall."

He said sophomore Bridget Bickner, a first-time runner, ran well, placing 17th in 18:39. Sophomore Taylor Lemman, the only varsity runner who had any experience on the Goodland course, finished in 25th place with 19:25.

Junior Maura Hansen took seventh overall with 24:38 and senior Cameron McLaughlin ninth with 25:41 for the junior varsity.

On the varsity squad, freshman Makayla Hoffman came in 35th with 21:37, senior Gabby Browne 38th with 22:13 and junior Katie Elias 39th with 22:16.

"The boy's varsity team managed to have a smaller time gap between runners than the girls team and placed fifth as a team," Giersch said.

Senior John Faber led the boy's team with an 11th-place finish, just one position off of his placing from last year, he said, with 18:57.

Junior Marc Bremenkamp, se-

nior Matt Dickman, sophomore Aaron Faber, senior Blake McNinch, senior Brady Rose and senior Brad Schroeder all had improved time over last year, Giersch said.

Overall, Rose (junior varsity) finished seventh with 22:01, McNinch (junior varsity) took 12th with 23:06, Dickman (junior varsity) 13th with 23:19, Bremenkamp (varsity) 37th with 21:58 and Schroeder (varsity) 39th with 22:11.

"The only two sophomores on the boy's team both posted strong performances," he said. "Alex Onstad, a first-time runner for us, placed 16th, and Aaron Faber placed 18th."

Onstad had a time of 19:15 and Aaron Faber 19:18. Other runners were junior Josh Lemman (junior varsity), who took 21st with 26:40, junior Connor Schwanke (junior varsity) 22nd with 27:14 and senior Zack Stones (junior varsity) 23rd with 27:22, senior Austin Rogers (junior varsity) 24th with 28:13, junior Michael Schiferl 27th with 20:25 and senior Wiatt Binder (varsity) 36th with 21:40.



PAT SCHIEFEN/Goodland Star News

Senior Cameron McLaughlin ran Thursday during the cross country meet in Goodland. McLaughlin finished the race in ninth place with a time of 25:41.



JUDY ROGERS/Golden Plains High School

Sophomore Dominic Luna power cleaned to raise money for the liftathon while Joseph Koerperich spotted him. Luna also did the bench press and squat for a total of 600 pounds.

Golden Plains team holds fund raiser

By Hailee Spresser
Golden Plains High School

The Golden Plains High School football team held a week-long team camp and liftathon in late July to get the men pumped and primed for the upcoming football season.

The football team held its an-

nual Liftathon to raise money for football gear and equipment. For the event, each player does three lifts: bench press, power clean and squat.

Senior Andrew Luna came out on top, lifting a total of 725 pounds. All together, the team lifted 8,235.5 pounds, raising around \$500.

"The liftathon was a success," Luna said. "I have been in the weight room since day one this summer and it is paying off now and will in the season. I am excited to see what the last season of my high school football career has in store for us..."

The team played its first game Friday in Quinter.

K-State expert at closing games

MANHATTAN (AP) — One week after piling up a school-record 35 fourth-quarter points, No. 21 Kansas State is preparing for a rematch of the game where it first earned a reputation for winning late.

Miami is coming to town on Saturday.

Wildcats coach Bill Snyder refuses to give the Hurricanes credit for being a turning point last season, but linebacker Arthur Brown is much more convinced that a dramatic goal-line stand — and an assist from a video review — changed the entire mentality of the team.

Kansas State wound up winning that game 28-24 in Miami and parlayed the mental toughness that it earned on the road into a 10-win season and a trip to the Cotton Bowl.

"That established who we were as a defense," said Brown, one of the Wildcats' captains. "It really helped build our confidence not only as a defense, but as a team, that we could play with anyone in the country, so I really think that was the defining moment not only for that time, or for that game, but for the whole season."

Along with a narrow win over Eastern Kentucky to start the season, Kansas State's triumph against Miami started a trend. The Wildcats went 8-1 in games that came down to one touchdown or less — the most amassed by a team from the Football Bowl Subdivision in more than a decade.

The last team to come close was Washington, which won seven by that margin in 2000.

Kansas State's late-game success in 2011 stood in stark con-

trast to the previous year, when the team went 4-5 in games decided by fewer than 10 points.

"When Coach first got here, that was his big thing: 'Finish, finish, finish,'" tight end Travis Tannahill said. "We couldn't finish any games."

It was not as if the Wildcats did not position themselves for success.

In 2010, Kansas State outscored its opponents in the fourth quarter seven times, going 3-4 in such contests. All four of those losses — to Baylor, Syracuse and former Big 12 members Missouri and Colorado — were by 10 points or fewer.

Perhaps that is why Snyder spent so much time during spring drills, fall camp and throughout the season trying to get across the message of finishing strong.

Memorial golf tourney set in Ellis next week

Friends of Developmental Services of Northwest Kansas is sponsoring the Esther McMurtrie Memorial Golf Tournament on Saturday, Sept. 15, at the Ellis Golf Course.

The four-person scramble will begin at 10 a.m. The event will include a chance to win a 2012 Freedom RXV Golf Cart with a hole in one.

Other activities will include a hot-dog lunch on the course, an auction following the tournament, flight

prizes for the top three teams and dinner in the clubhouse with entertainment provided.

This year, the tournament will be raising money to support Developmental Services' group homes in Hays. If you would like to form a team, be a hole sponsor or support the tournament with a prize or contribution, call Belinda DeWerff at (785) 621-2230.

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Moving is the best medicine. Keeping active and losing weight are just two of the ways that you can fight osteoarthritis pain. In fact, for every pound you lose, that's four pounds less pressure on each knee. For information on managing pain, go to fightarthritis.org.

