

Rain keeps weather cool for Goodland triathlon

By Tom Betz
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Light rain was falling Saturday morning as contestants and volunteers gathered at Steever Water Park for the second annual Goodland Activity Center Triathlon, but rain stopped before start time and the sun was out when the runners crossed the finish line.

The event began with a one-half mile swim at Steever Water Park and then the contestant got on a bike and rode 20k and then finished with a 5k run that finished at Steever Park.

Grady Bonsall, who helped organize the event, said the overnight rain of about half an inch had filled the pool to the top and cooled the water down some for the swimmers. He said the rain was not a problem as long as there was no lightning that might pose a threat.

The event was broken up into two sections between individuals who did all three legs and teams of three who took turns doing one segment. All of the individuals and teams started at the same time.

Swimmers began at 8 a.m. and individual winner Michael King of Lubbock, Texas was the first out of the pool and onto a bike for the ride. King won the triathlon with a time of 1 hour, 14 minutes and 29 seconds.

The fastest team was from Goodland with Holton Whitman doing the swimming, Harry Bishop handling the bike riding and Mick McGuire doing the running. The team finished with a time of 1 hour, 21 min., 9 seconds.

The swimming section was 17 laps of the pool at Steever Water Park. The next leg was a bike ride that went north on Arcade Ave. to Eighth and turned west going out of town across K-27 and out past County Road 16 to include the big hill to the west, and then back east up the hill and back to town. When the bikers reached K-27 they continued east on Eighth to Main Ave., turning south to 16th and then east to Steever Water Park. The running leg was up Arcade Ave. to Second then west to Main Ave., and down to 16th where they turned east for the finish line at Steever Water Park.

Second in the individual division went to Jeremy Colip of Aurora,

Colo. Third was Ian Bonsall. Fourth Russel Avalon of Papillion, Neb. Fifth Grady Bonsall. Sixth Ace Arteaga. Seventh Brian Fugleberg. Eighth Loren Schnabel.

Second in the team division went to Alisha McKee, swimming, Patrick Keltner of Houston, bike riding, and Aimee Stoffel, running. Third was Chloe Goodwin, swimming, Gloria Bustillos, biking, and Chantel Coates, running. Fourth was Alec Hamilton, swimming, Dallas DeLaRosa, biking and Tammy DeLaRosa, running. Fifth was Tim Paterniti, swimming, Roxanne Paterniti of Simla, Colo., biking, and Kate-Lynn King, running. Sixth was Heidi Avalon of Papillion, Neb., swimming, Lindsey Emig, biking, and Nathan Emig, running.

The non-competitive team was Shannon Cure, swimming, Sara Linton, biking, and Jennifer Cure, running.

Sarah King, administrator of the Goodland Activity Center, said it was cool to have participants from four different states. She said it was a good turnout, and the GAC plans to do the event again next year.

She said the event was a success with the help of the City of Goodland for the use of Steever Water Park, Grady and Janice Bonsall, Mike Hamilton and the amateur radio operators who provided communications from check points around the course.

Police Chief Ray Smee (NONM call sign), president of the Sherman County Amateur Radio Enthusiasts, said the event went smoothly, with eight HAMS helping keep track of the bikers and runners as they made their way around the course.

Others helping were Mike Gregory (K0MC) of Stratton, Colo., Greg Guillot (KD0HEA), David Floyd (N5DBZ), Jeremy Skrdlant (KD0HEE), Jim Gillespie (NA0V), Armando Aguirre (WB5TRK) and Tom Betz (K0JEI).

Being early on Saturday morning, the triathlon kicked off the first big day for the Northwest Kansas District Free Fair with the parade that afternoon and the Kiwanis Demo Derby that night, and the opening of the Sherman County home-owned carnival.



Triathlon winner Michael King of Lubbock, Texas



Biking for winning team Harry Bishop of Goodland

NORTHWEST TECH

NORTHWEST KANSAS TECHNICAL COLLEGE

EVENING & ON-LINE CLASSES

Northwest Tech's evening and on-line class listing as follows.

For more information or to register:

Call 1-800-316-4127 or go to www.nwktc.edu.

Register for classes soon!

Evening and Online Class Schedule August 2010

Class Title	Credits	Start Date & Time	Days
PE 120-1 Aerobics	1	August 24th 5:45-6:45am	T/TH
PE 105-1 Weight Lifting	1	August 26th 6:00-7:30pm	TH
HUM 110-1 Stained Glass	3	August 25th 6:00-9:00	W
AL 150-1 Certified Nurses Aid	6	Sept 8th 6:00-10:00pm	M/W
BA 100-1 Intro to Business	3	August 12th 8:00-9:00am	M/W/F
CF 101- Computer Fundamentals	3	August 23rd 7:05-8:25am	
		or 9:05-10:25am or 10:35-11:55am	M/W
ENGL 105- Technical Writing	3	August 23rd 7:05-8:25am or 1:05-2:25pm	M/W
MATH 105- Tech Math	3	August 24th 9:05-10:25am or 10:35-11:55am	T/Th
PSY 176-1 Psychology	3	August 25th 12:00-3:00pm	W
HUM 105- Ethics	3	August 24th 9:05-10:25am or 1:05-2:25pm	T/Th
MATH 70-4 Prep Math	3	August 24th 9:05-10:25am	T/Th
BEH 105-1 Human Relations	3	August 24th 7:05-8:25am	T/Th
BA 120-1 Accounting I	3	10:00-11:30am	T/Th
BA 130-1 Leadership	3	8:00-9:30am	T/Th
MATH 100-1 Beginning Algebra	3	2:30-4:00pm	M/W
MATH 100-2 Beginning Algebra	3	1:05-2:25pm	M/W
BA 110-1 PC Software	3	11:00-12:00pm	M/W/F
ENGL 110-2 English Comp I	3	9:05-10:25am	M/W
COMM 140-1 Social Networking	1		T/Th
AL 212-1 & 213-1 Emergency Medical Technician	12	Oct 18th 6-10 pm	M/W
ENGL 110-1 English Comp I	3	Aug 26th 5-8 pm	Th
SCI 150-1 Earth Science	5	August 23rd 6:00-9:00pm	M/W
COMM 130-1 American Sign Language	3	August 23rd 4:00-5:00pm	M/W/F
MATH 115-10 College Algebra	3	August 23rd	Online
PSY 150-1 Psychology	3	August 23rd	Online
COMM 135-1 Conversational Spanish	3	August 23rd	Online
CF 101-10 Computer Fundamentals	3	August 23rd	Online
TNA 106B-3 Intro to Transmissions in Telecommunications	3	August 23rd	Online
TNA 156-3 Data Communications & LANs	3	August 23rd	Online
TNA 232-3 Voice Communications, A Technical Introduction	3	August 23rd	Online
TNA 162B-3 VoIP	4	August 23rd	Online
TNA 216B-3 SONET	3	August 23rd	Online
TNA 226-3 Code Division Multiple Access 2nd Generation	3	August 23rd	Online
TNA 260-3 IP Networking & VPN's	3	August 23rd	Online
TNA 265-3 CDMA 2000 & High Speed Mobile Internet 3rd Generation	4	August 23rd	Online
TNA 222B-3 Basics of Wireless Communication	4	August 23rd	Online
TNA 235-3 Fundamentals of Network Security	5	August 23rd	Online
TNA 220-4 Cisco Networking Academy I & II	3	August 23rd	Online
TNA 270-3 Cisco Networking Academy III & IV	3	August 23rd	Online
CNT 147B-3 Basics of Telecommunications	3	August 23rd	Online
TNA 280-3 Wireless LAN's	3	August 23rd	Online
CNT 131B-3 Digital Carrier, DSL, ADSL	3	August 23rd	Online
TNA 263-3 GSM	3	August 23rd	Online

Sunflower Contest

RULES

- Write down as many words (at least 3 letters) that you can think of using the word "Pericarp"
- Do not use proper names
- Bring your completed list to The Goodland Star-News

office at 1205 Main by 12:00 p.m. by Monday, August 16th
Winners will be announced in the Friday, September 3 edition.

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(If you have more than 50, please attach an additional sheet)

Name _____

Address _____

Phone _____ Age _____

Winner of the Sunflower Contest will receive a FREE 1 year subscription to:

The Goodland Star-News