

# Two area teams play tonight

Two of the three area teams in the third round of the state playoffs are in action tonight and the third plays Saturday afternoon.

The fifth-ranked and unbeaten Sharon Springs Wildcats (11-0) are at home tonight at 6:30 p.m. Mountain Time against second-ranked Victoria (10-1) in the semifinals of the 8-man Division II playoffs.

Sharon Springs, from the Western Kansas Liberty League defeated, Bucklin 38-24 to reach the semifinals, and ran over Palco 60-12 in the first round.

The Victoria Knights from the 8-man Freelance League defeated Wilson 52-48 in the second round, and knocked out Brewster-Tripplains out in the first round with a 50-30 win.

The third-ranked Class 2-1A St. Francis Indians (10-1) will face Ellis (7-4) at 6 p.m. Mountain Time tonight in Ellis.

St. Francis defeated Meade 36-0 on Saturday, and WaKeeney-Trego 30-6 in the first round.

Ellis defeated Moundridge (3-7) on Saturday 28-0. In the first round, Ellis ran over Lincoln (5-4) 61-20.

St. Francis has averaged 43.2 points in 11 games while Ellis averages 28.4 points per game.

The MaxPreps web site predicts St. Francis will win 35-19.

The Sharon Springs game will be broadcast at 6:30 p.m. tonight on KWGB FM 97.9, and the St. Francis game will be broadcast at 6 p.m. on KKCI FM 102.5.

Undefeated Class 3A Scott City

(11-0) will face Garden Plain (10-1) at 3 p.m. Mountain Time on Saturday in Scott City.

The third-ranked Beavers handed Class 4A Ulysses its only defeat.

Garden Plain, of the Central Plains League, defeated Hesston 21-14 in the second round, and beat Medicine Lodge 21-0 in the first round.

Scott City, of the Mid-State League, defeated Southeast of Saline 28-22, and Lakin 45-12.

The Beavers are the 10th-ranked high school team in Kansas by MaxPreps, but the web site predicts that Garden Plain will win 27-24 on Saturday. Garden Plain averages 37.7 points per game to 32.4 points for Scott City.

In Class 4A, top-ranked Andale (11-0) faces Rose Hill (10-1) at home tonight. Andale is the fourth-ranked high school team in Kansas by MaxPreps, while Rose Hill is fifth.

Fourth-ranked Ulysses (10-1) will face Andover Central (8-3) at 6 p.m. tonight at Andover. The Tigers are the 15th-ranked high school team in Kansas by MaxPreps, and Andover Central is 20th.

The web site predicts Andale will beat Rose Hill 28-21, and Ulysses will beat Andover Central 31-21.

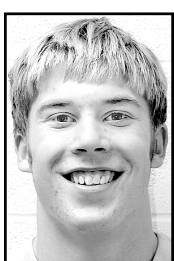
Andover Central has averaged 22.6 points per game while the Ulysses Tigers averaged 48.7.

If Andale and Ulysses win tonight, they will face each other in the semifinals on Friday, Nov. 17.

# Two graduates play for Dodge City teams

A pair of former Goodland High School basketball players are once again playing for the same school.

Former Cowgirl Jessica Osborn, a sophis in her second season at Dodge City Community College while former Cowboy Jase Herl is a freshman guard for the Conquistadors.



Herl



Osborn

Osborn, a 2004 graduate of Goodland High, was a member of the women's golf team her first year at Dodge City. Last year, she made the transition to basketball, playing in 16 of 31 games, scoring nine points and grabbing 14 rebounds.

Herl, who graduated last May, started his first season of college basketball on Nov. 1, playing in the

Conquistadors 92-51 home win over Clarendon College of Texas. Last Sunday in WaKeeney, the team

lost to Brown Mackie College 85-72. In those games, Herl scored five points and grabbed 11 rebounds.

The Lady Conqs play tonight and Saturday in the Odessa College Classic in Texas. The next action for the men will also be in Texas on Monday for a rematch against the Clarendon Bulldogs.

Dodge City's men were picked to win the Western Division of the Kansas Jayhawk Community College Conference in the coaches' preseason poll. The women ranked fourth.

# bowling results

**Wednesday Night Mixed League**  
October 25

The Pits over S&L 3-1  
D,G&M Clan tied JanSon UWK 2-2  
Odd Couple over Phillip's Brothers 3-1  
Fun Lovers over Blind in Eyes 4-0  
Amack's Trucking over Shear Dimensions 4-0  
Guzzlin' Socializers over 4 Stars 3-1

**Team high score game:** Guzzlin' Socializers 739

**Team high scores series:** Guzzlin' Socializers 1977

**Men's high score game:** Travis Gillihan 212  
**Men's high score series:** Travis Gillihan 581  
**Women's high score game:** Sharon Gray 203  
**Women's high score series:** Sharon Gray 530

November 1  
4 Stars over Fun Lovers 4-0

Odd Couple tied Amack's Trucking 3-1  
S&L over Shear Dimensions 3-1  
D,G&M Clan over Guzzlin' Socializers 3-1  
JanSon UWK over Blind in Eyes 3-1  
Phillip's Brothers over The Pits 3-1

**Team high score game:** 4 Stars 640  
**Team high scores series:** Shear Dimensions 1834

**Men's high score game:** Ervin Elfman 203  
**Men's high score series:** Larry McClung 575  
**Women's high score game:** Rita Elfman 175  
**Women's high score series:** Bobbie Rehor 459

**Standings**  
1. D,G&M Clan  
2. JanSon UWK, 4 Star's - two way tie  
3. Odd Couple

**Monday Afternoon Ladies League**  
November 6

McClure Plumbing & Heating tied Callahan 2-2  
Wheatridge Farms over Clawsons 3-1  
Alcorn/Shelter Insurance over Bowladium Lanes 4-0

**Team high score game:** Alcorn/Shelter Insurance 685

**Team high score series:** Alcorn/Shelter Insurance 1892

**Individual high score game:** Calli McDaniel 204  
**Individual high score series:** Calli McDaniel 585

**Standings**  
1. Alcorn/Shelter Insurance 30-14  
2. Wheatridge Farms 28.5-15.5  
3. Clawsons 21.5-22.5

## Here goes the ball



A student pitched during a wiffle ball tournament at Max Jones Fieldhouse on Wednesday afternoon. The Family, Career and Community Leaders of America sponsor the tournament during the athletic "buffer week" between the end of fall sports season and beginning of winter sports practice.

Photo by Pat Schiefen/The Goodland Star-News

# Man runs to improve his life

By Pat Schiefen

The Goodland Star-News

A Goodland banker says he started running to improve his life and feel like he was accomplishing something. Now Dan Hayden does marathons.

"I started running to try and lose weight at first," Hayden, 33, said. "I realized that running a couple miles a day was not really helping me lose any significant amount of weight, so I kept pushing myself to run farther. I continued until I could run 10 miles in one time."

"I promised myself if I could run over 15 miles at one time, I would sign up for a marathon. So I did just that. My first marathon was in the spring of 2005 in Steamboat Springs, Colo."

Hayden, an internal auditor for Bankwest, said he finished his first race in just under four hours. He ran in Steamboat Springs again this year.

Hayden's latest race was the Denver Marathon on Oct. 14. He came in 13th in his age bracket. Denver's first marathon, with a course of 26.2 miles, started in front of the state Capitol and ending up at the Museo de las Americas on Santa Fe. Runners had six hours to finish the course. Hayden said the Denver Marathon is a qualifying race for the Boston Marathon.

"I would like to qualify and run in the Boston Marathon just to

prove to myself I can," he said, "but to do this I need to finish a marathon in 3 hours 10 minutes. My fastest time so far has been 3 hours, 23 minutes and 11 seconds at the Denver Marathon.

"Running a marathon is hard because of the challenges it presents in terms of both physical endurance, but also mental commitment. To run a marathon, you have to first commit yourself to preparing for the marathon.

"This means altering diet, sleep and making choices that will allow you to be prepared for the marathon. You have to get up at 4 a.m. and run in wind and rain. You have to be willing to find the time to run but still do all the equally important things in life like taking care of family, visiting with friends and being good at your career.

"When you run for an extended period of time, your mind wanders. You have to find ways to stay positive and stay focused. Then there is the physical challenge of actually running the marathon. You push your body as hard as you can, muscles cramp, sweat runs into your eyes and your feet hurt from pounding down on the road. All this and still you have to focus and keep pushing yourself to be your best.

"Marathons are hard, but through it all you learn about who you were, who you are, and who you can be.

"The nice thing about never hav-

ing run a course before is it is an adventure. You don't know when you will hit a hill or how many hills there are. It is just like life in many ways. You never know when you will face a challenge or how long the challenge will last, but you just keep pushing yourself to make it through the challenge, and you hope that when all is said and done, you will be proud of your accomplishment."

Hayden said he runs an average of 30 to 40 miles per week, running one to 10 miles a day, six days a week. One day, he tries to run 15 to 20 miles at one time. He also tries to jump rope for 15 minutes a day

and work out five days a week. He has been running four to five years.

Hayden, son of Richard and Joy Hayden, graduated from Goodland High School in 1992.

"He really has tenacity and purpose to get out there everyday," said his mother. "We're really proud. At Denver, there were more people running than there are people in Goodland."

"Running for me is not really about the race, or having people acknowledge what I do," Hayden said. "Running to me is just one way I try to be a better man today than I was yesterday."

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# SPORTS TELEVISION SCHEDULE

**Saturday**  
10 a.m. ESPN College Football Teams TBA  
10:30 a.m. FXSP College Football Baylor at Oklahoma State  
11 a.m. CBS Golf Merrill Lynch Shootout  
1:30 p.m. ABC College Football Teams TBA  
ESPN College Football Teams TBA  
NBC NASCAR Racing Busch Series in Phoenix  
5 p.m. ESPN2 College Football Teams TBA  
FXSP College Football Teams TBA  
5:45 p.m. ESPN College Football Teams TBA  
6 p.m. ABC College Football Teams TBA  
6:30 p.m. WGN NBA Basketball Indiana Pacers at Chicago Bulls  
8 p.m. HBO World Championship Boxing Klitschko vs. Brock  
8:15 p.m. FXSP College Football Oregon at Southern California

**Sunday**  
11 a.m. CBS NFL Football Teams TBA  
ESPN PBA Bowling 2006 Etonic Championship from Cheektowaga, NY  
ESPN2 Women's College Basketball State Farm Tip-Off Classic Georgia Bulldogs vs Rutgers Scarlet Knights  
UNIV F'tbol Liga Mexicana UANL Tigres at UNAM Pumas  
1 p.m. ESPN2 Women's College Basketball State Farm Tip-Off Classic DePaul Blue Demons vs Oklahoma Sooners from Norman, Okla.  
1:30 p.m. NBC NASCAR Racing Nextel Cup in Phoenix  
6 p.m. ESPN NBA Basketball Houston Rockets at Miami Heat  
6:15 p.m. NBC Sunday Night Football Bears at Giants  
4 a.m. ESPN2 ATP Tennis Masters Series 2006 Tennis Masters Cup

# Goodland Wrestling Club SIGN-UP



Our high school wrestling team has experienced great success through the years. These high school placings reflect the time and effort that these wrestlers put in during their participation in the USA Kid's Wrestling program. The Goodland Kid's Wrestling Club would like to invite you and your youngsters, grades K-6, to join the success of our future GHS wrestlers. **We will be holding our annual 'sign-up' meeting on November 13, 2006, at North Elementary, at 6:30 p.m.** You will need to purchase a USA card for \$30 and view the 'At Risk' video before practices begin on December 27, 2006. Please bring a copy of your birth certificate, if this is your

first sign-up, with you. We will be signing up for the first 2 tournaments that night as well. We will have our 'old' uniforms on display at the sign-up and end of year meetings only. These uniforms may be purchased for \$5 each piece. **For details please contact Terry Bahe at 890-6393 or 821-2844.**