

Boot camp started this week

The Colby Recreation Department started its last session of boot camp on Monday at the Community Building.

The camp takes place three times a week: Monday, Wednesday and Friday from 5:45 to 6:30 a.m. Stacy Lee, director of the recreation department, will be leading the camp. The session is nine weeks long and costs \$45.

People have until Thursday to sign up for the recreation departments fourth annual Turkey Trot 5K. The race will start at 9 a.m. Saturday, Nov. 13, outside the Community Building. The cost to participate is \$15. The top three winners of the race will be based on predicted times instead of who finishes the fastest, Lee said. Each runner will predict how fast they will run and the three runners whose actual times come closest to their estimated times will win a prize.

If you have any questions call the recreation department at (785) 460-4440 or send an e-mail to recreation@cityofcolby.com.

Bulldogs lose two in Rexford

By Judy Rogers
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The Lady Bulldogs varsity and junior varsity volleyball teams each lost one against Wallace County on Oct. 15 in Rexford.

In the varsity match, Golden Plains jumped out to a 3-0 lead before turning the ball over to the Lady Wildcats.

They got the ball back on the next serve thanks to a spike from Jacy Moss. Wallace County eventually pulled away and won the set 25-18.

The second set was similar to the first. The Lady Wildcats won the set 25-19.

The junior varsity girls' team held the lead throughout the first set until the Lady Wildcats tied it up at 22. Wallace County pulled ahead and won the set 25-23. In the second set, the Lady Bulldogs kept it close for a while, but Wallace County won the set 25-18.

Seconds before impact



ANDY HEINTZ/Colby Free Press
Colby High senior Logan Middleton got ready to punt the ball during football practice at the football field behind the high school on Thursday. The Eagles wrap up their season tonight at Russell.

League honors Trojans' runner

Colby College freshman cross country runner Tim Cude was named a Kansas Jayhawk Community College Conference Verizon Wireless Runner of the Week in week eight.

He earned this honor for his performance at the Fort Hays Invitational.

Reed finished 33rd out of 156 runners on Saturday, Oct. 16, at the invitational with a time



Tim Cude

of 25 minutes and 33 seconds, shattering his previous personal best time by over a minute. He also was Colby's second finisher in the meet for the first time this season. Freshman Edward Limo, who was named to the Verizon Runners of the Week group in week three and five, was the first Trojans' runner to finish the meet, taking 10th with 24:18.

Colby finished seventh in the meet with 187 points, finishing ahead of the other three Jayhawk Conference teams in the meet, which included Garden City who the Trojans have never finished ahead of since becoming a Division I school and joining the Jayhawk Conference in 2004.

The Colby team is ranked No. 5 in the National Junior College Athletic Association Division I rankings.

Young teams achieve different results

By Judy Rogers
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The Golden Plains Middle School volleyball team lost one and won one against Triplains on Oct. 14 at Rexford in their last

home game of the season.

The A-team was swept by the Lady Vikings 25-16, 25-22. The B-team won in three sets. After a close 26-24 win in the first set, they lost to Triplains 25-13 in the second. They came back to win the third 15-9.

"The A-team had some trouble with their positions, but I think they did better returning serves," Shania Finley said. "I think we improved on the talking and not letting the ball hit the floor," added Daisy Holzmeister.

New coach debuts at open

By Andy Heintz
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Colby College wrestling coach Dave Nordhues will make his coaching debut Saturday when the Trojans' wrestling team holds the Daniel Cormier Open at 9 a.m. Saturday at the Community Building.

Nordhues, a native of Greeley, Neb., will be replacing long time coach Steve Lampe, who retired from the college after 35 years of coaching before agreeing to coach the new wrestling team at Northwest Kansas Technical College in Goodland. Lampe will also be the school's athletic director.

Nordhues was a team captain on the Trojans' 2002-2003 team and he was a two-time All-American and Rocky Mountain Athletic Conference Champion at Fort Hays State University. Nordhues was also a four-time state champion in high school. After graduating from Fort Hays State Nordhues served as an assistant coach at the college for five years.

Nordhues is coaching a freshmen-heavy squad this year with only two remaining sophomores - Jerad Schroeder from Oklahoma and Fabian Guerrero from Colorado.

The coach said he's been pleased with his team's work ethic so far this season.

"They are a hard-working group," Nordhues said. "They get after it on a daily basis."

The Trojans' squad mostly consists of wrestlers from Kansas, 5; Nebraska, 4, three of them from

Kearney; and Colorado, 4. He also signed wrestlers from Texas, 2; Oklahoma, 1; Louisiana, 1; and North Carolina, 1.

The coach said every wrestler on his roster has opened his eyes in practice. He said each wrestler can do one thing the rest of his team could learn from.

Many of the Trojans' wrestlers are in the same weight class. Nordhues said this factor makes practice more competitive because each student is battling for a spot in the duals and tournaments.

The coach said everyone of his wrestlers will compete on Saturday. Nordhues said he stresses competitiveness at practice and he added that his team always works hard when he challenges them.

The Trojans' roster features three wrestlers in the 125 pound class, Nathan Reed, former wrestler at Colby High School, Marco Tamayo, Texas, Damon Walls, Texas; one at 133, Kane Lovvorn from Kansas; two at 133 or 141, Collin Graham from Colorado, Jace Cambell, Kansas; one at 141 or 149, Levi Schneider, Kansas; three at 149, Schroeder, Clifton Whitfield-Griffin from North Carolina, and Dustin Brown from Nebraska; three at 157, Nick Rimpley from Nebraska, Lawrence Williams from Louisiana and Cody Stewart from Kansas; two at 165 or 174; Chase Hollenbeck from Nebraska, Brandon Neujahar from Nebraska; one at 174, Sean Cherry from Nebraska; two at 184 or 197, Jensen Foss from Nebraska and Blake Steiert from Colorado; two in heavyweight, Guerrero and Jered Rice.

Brewster High runners end season at regionals

Brewster High sophomore Michael Schmidt took 15th out of 40 runners at the Class 1A Regionals at Prairie Ridge Golf Course in Greeley County on Saturday.

Schmidt finished with a time of 19 minutes and 33 seconds.

Cole Gardiner of Ashland High School placed first with 17:51. Bulldogs' sophomore Will Allen completed his race in 21:32 and Brewster sophomore Ben Baird finished in 21:54.

Coach Danny Traub said Schmidt ran really well and Allen ran to the best of his ability. The

coach said he was pleased with the way the season had gone. He said his runners started to improve their times about halfway through the season. He said Baird really improved his time.

Traub said the Bulldogs' runners could have been where they were at halfway through the season at the start of the season if they would have ran more last summer. He said they will have to decide if they want to get serious about the sport or if they want to just run for fun.

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