



The Goodland High cross country team (above) took off for a timed run in practice Tuesday. They are (from the front of the pack) Dallas Price, Ben Waugh, Michael Pettibone, Stephen Buller, Kirsten Dutton, Simon Grunfeld, Justin Verlinden, Cassie Cooper and Cory

Davis. Verlinden (left photo) kept a good pace through the run. He is one of the two returning seniors on the team as is Price. Grunfeld is a senior but new to the team as an AFS student from Sweden.

Photo by Sharon Corcoran/The Goodland Star-News

# Runners to open season at home

**By Sharon Corcoran**  
*slcorcoran@nwkansas.com*

The time for distance running on hilly courses is just around the corner, and the runners have been busy preparing.

The Goodland High School cross country team has nine members out so far, seven boys and two girls, but may have several additions soon. Coach Richard Schwasinger said he expects to have three more boys and three more girls once those who have talked to him have had their physicals.

This week, the team is practicing twice a day, he said, 6 a.m. and 4 p.m., and should be ready for a good season. The team met to practice during the summer, he said, and three members went to Camp Isaiah, a Christian youth running camp near Fort Collins, Colo.

"I can't see why we couldn't be a major improvement over last

year," he said.

The team lost Talison Crosby, a freshman last year, the coach said, since the family moved but has gained Simon Grunfeld, a senior AFS student from Sweden. Grunfeld is a soccer player, Schwasinger said, but everything he does is natural. Once he is taught cross country, the coach said, and sees where he wants to run, he is going to be an awesome runner.

The team has five returning members, seniors Dallas Price and Justin Verlinden, junior Ben Waugh and sophomores Stephen Buller and Michael Pettibone. The Cowboys have another new addition in freshman Cory Davis.

For the girls, senior Cassie Cooper returns, and senior Kirsten Dutton joins the team.

"She is new for us," Schwasinger said, of Dutton, "but she ran track last year. She struggled in track,

but when we teach her some pace, she'll be fine."

The team really needs to get a few more kids out, he said, and probably will, as several have shown interest. It would be nice to have seven varsity and seven junior varsity boys, he said; if the girls who have expressed interest come out, there will be five to count for a team score for varsity.

This year, he said, the school is offering dual participation in sports, which may help. A young lady has expressed interest in playing tennis and running cross country, he said, and a young man has said he may want to play football and run.

The team will show their stuff for the home crowd at the Soap Scrimmage, which begins at 6 p.m. Friday at Cowboys Stadium.

"We'll see some of where we're at," Schwasinger said. "Our meet will be a nice test."

The Cowboys and Cowgirls open the season with their home meet at 4 p.m. Thursday, Sept. 4, at Sugar Hills Golf Club. The team will compete at the Greeley County Invitational meet Saturday, Sept. 13, in Tribune and the Oakley Invitational meet Thursday, Sept. 18. The junior high squad will go to McCook, Neb., on the 18th.

The team will travel to Ulysses Tuesday, Sept. 23, Ogallala, Neb., Thursday, Sept. 25, and Oberlin Tuesday, Sept. 30. They close out the regular season in October, competing at Lakin Saturday, Oct. 11, and the Northwest Kansas League meet Saturday, Oct. 18, at Colby.

The regional meet will be Saturday, Oct. 25, and state Saturday, Nov. 1. Regional sites have not been named, but state competition for classes 1A through 4A will be in Wamego.

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