

Runner still going in college

By MAGGIE SEBELIUS
Kansas State journalism student

Drew Sebelius, a 2001 Norton Community High School graduate, has been keeping busy.

A junior at Kansas State University, he studies architectural engineering and is in Beta Theta Pi fraternity, Greeks Advocating the Mature Management of Alcohol, and Chimes junior honorary.

He also works with Habitat for Humanity, Adopt-A-School, Up "Til Dawn, Circle K service group and Relay 4 Life.

He was active in high school and running was his passion. He enjoyed track and cross country.

Even with his busy schedule at college he has kept running.

"It's something I love to do, and you find time to do the things you love," said Sebelius.

As a member of the high school track team, Sebelius ran two miles in 9 minutes and 56 seconds.

There wasn't a cross-country team at Norton for almost 20 years.

In the summer of 1999, before his junior year, Sebelius managed to convince officials of a need for one. At the state Cross Country meet his senior year, he ran the 5K course, in Wamego, fast enough to earn sixth place.

Now, he runs six times a week to keep in shape, and has started to bicycle, as well.

"Eventually I want to try and do a triathlon," he said. "I've been



Drew Sebelius still loves to run.

integrating bicycling into my workouts. It's an easy way to keep motivated and mix it up.

He said he works his practices in whenever there is time.

"Whenever I can find time," he said. "Nine a.m. to midnight. I've taken runs at midnight before. Manhattan is a safe place, generally."

He competes in college and has competed in many races. He has won several five-kilometer races sponsored by philanthropies and

other Manhattan-area groups.

He has won the two-mile cross-country intramural race at K-State three times. He led his fraternity team to winning the meet three times, as well.

His has won the two-mile track interamural race for the last two years, and he is gearing up for the next one, which will take place at the end of the spring semester.

Sebelius has kept his enthusiasm for running, and he shows no sign of slowing down.

Track team to open season at own invitational Friday

By DICK BOYD

Coach Bruce Graber's Norton Community High School track team will open their 2004 season on Friday as hosts of the annual Norton Invitational Track Meet on the Jep Byrum Memorial Track at Travis Field in Norton.

Field events will begin at 3 p.m. and preliminary running events at 4 p.m.

In addition to Norton, competing teams will be from Colby, Goodland, Logan, Northern Valley, Phillipsburg, Scott City and Smith Center.

Plaques will be awarded to the first and second place teams in both the boys and girls divisions. Medals will be awarded for the first three places in each event. Scoring will be 10-8-6-4-2-1 for individual events and relays.

Girls team

Twenty-three girls have reported for the Lady Jays track and field team. Twelve of them are returning letter winners. They are: Angela Henderson, Amy Myers, Jessica Nielsen, seniors; Amber Engelbert, junior; Whitney Newell, Karlie Jones, Amber Overlease, Chelsea Cox, Amanda Antrim, Chelle Donovan, Alyssa Kaus, Naomi Streck, sophomores.

Other squad members are Elise Engelbert, senior; Kylee Witt, Crista Rhoades, juniors; Danee Payne, Danielle LeClair, Rachel Lentz, Klaire Mann, sophomores; Brianna Nelson, Hannah Mills, Lacey Roe, Laura Delimont, freshman.

Henderson is a three-year letter winner who has competed twice in the state meet and medaled once. She was the high point Lady Blue Jay both her sophomore and junior season.

Henderson was Norton's "Track Athlete of the Year" last season when she won the 100 meter high hurdles in the Mid-Continent League meet, placed second in the regional and seventh in the state. In the 300 meter intermediate hurdles, she was third in the league and fifth in the regional meet. She was also a member of the 4 x 100 meter relay team which was third in the regional.

In her sophomore year, Henderson also won the 100 meter hurdles and placed third in the 300 meter hurdles in the league meet. She was also named "Track Athlete of the Year".

Jones received the Gatorade "Rookie of the Year" Award as a freshman last season. She was a member of the 4 x 800 meter relay team which placed fourth in the league, fourth in the regional and

12th in the state meet. She was also a member of the 4 x 100 meter relay team which placed second in the league and fourth in the regional and ran on the 4 x 400 meter relay team.

Kaus, Newell and Overlease were also members of the 4 x 800 meter relay team. Cox was also a member of the 4 x 400 meter and 4 x 100 meter relay teams.

Donovan placed second in the league and second in the regional meet in the pole vault.

Myers is a distance runner who has lettered all three years. She qualified for the state meet in the 3200 meter run in her freshman and sophomore years. Nielsen is also a three-year letter winner who should add strength to the distance races.

"We lost our record-holder Megan Hillebrand to graduation but still have two good pole vaulters in Donovan and Antrim," said Coach Graber. "Delimont will be a good newcomer in the shot. She did well in junior high. Elise Engelbert is our only returner in the throws. It's good to have our entire 4 x 800 meter relay team that competed at the state meet returning this season. We have more 800 meters and longer runners than we've ever had. Lentz is really looking good in practice in the distance races as is Myers.

"Henderson will be solid in the hurdles again and Amber Engelbert is improving in the hurdles.

"Someone will have to step up for us in the sprints and high jump. We've got some good young talent. I'd like to be more spread out; we'll have to do some experimenting."

Boys team

The Norton Community High School boys track and field team consists of 25 members, seven of whom are returning lettermen. Letter winners from a year ago are Jared Sloan, Jared Foley, Derek Volgamore, Eric Burton, Joel Griffiths, seniors; Justin Shirk, Seth Mills, juniors.

Other squad members are: Tom Graham, Nick McKee, Charlie Kohfeld, seniors; Blake Hillebrand, Jason Green, Lucas Wiseman, juniors; Dan Cummings, Andrew Ales, Josh VanSikke, Lance Roe, Heath Vincent, sophomores; Corey Rutherford, Logan Keiswetter, Blake VanEaton, Nathan Broeckelman, Jared Engelbert, Jared Bebb, Kent Mann, freshmen.

Sloan is a three-year letterman who earned the most points for the boys the past two seasons and also the "Track Athlete of the Year" the past two seasons.

Last season, Sloan was the Mid-Continent League champion in both the 110 meter high hurdles and the 300 meter intermediate hurdles. He set the league record of 39.18 in the 300 hurdles. He also won the regional and state gold medals in both hurdles events. He was also third in the league, second in the regional and fifth in the state meet in the high jump.

Sloan broke the Norton Community High School school

records in both hurdles events last season when he ran the 110 meter hurdles in 14.26 and the 300 meter hurdles in 38.15

As a sophomore, Sloan also won both hurdles events in the league and qualified for the state meet in both the hurdles and high jump.

Volgamore is a two-year letterman who was named "Most Inspirational Track Athlete" and won the Gatorade Will to Win Award last season. He was third in the league and fifth in the regional meet in the 1600 meter run and third in the league in the 3200 meter run.

Foley was a member of the 4 x 400 meter relay team which placed second in the league and ran with the 4 x 800 meter relay team which placed fourth in the league. Burton is also a two-year letterman who was a member of the 4 x 800 meter relay team. Mills was on the 4 x 400 meter relay team.

Griffiths was named "Field Event Athlete of the Year" his sophomore season. Also a two-year letterman, Griffiths placed fifth in the discus and sixth in the shot put in the regional meet last season.

"With Sloan, Volgamore, Foley and Griffiths returning, we should be very competitive," said Coach Graber. "We have some new athletes competing this season so we have some unknowns now but we'll be okay.

"We should make a run at the Mid-Continent League title again but will have to get points from our throwers and in the sprints. We should have the best 4 x 400 meter relay team that we've had since I've been in Norton. Our 4 x 100 meter relay team could be good, as well.

"We're the deepest we've been for awhile in the distance races. We've got some young guys who can help. Roe returns in the vaults and should do well. McKee is new to the squad but brings some ability in the sprints, hurdles and as a jumper."

Assistant coaches this season will be Doug Reusink, Todd Fulton, Dale Engelbert and Anne Otte. The student manager is Sarah Ward.

"Our girls and boys are working hard in practice and we have some outstanding assistant coaches," said Coach Graber. "We'll see some good performances by Norton Blue Jay track and field athletes this season."

2004 Norton Community High School Track Schedule: April 2, Norton Invite (H) 3 p.m.; April 5, JV Smith Center (T) 4 p.m.; April 13, Smith Center (T) 3 p.m.; April 19, 9/10 WaKeeney (T) 4 p.m.; April 20, Plainville (T) 3:30 p.m.; April 23, Phillipsburg Invite (T) 3:30 p.m.; April 26, 9/10 Hill City Invite (T) 4 p.m.; April 30, Goldsmith Relays (WaKeeney) 3:30 p.m.; May 3, 9/10 Atwood (T) 3 p.m.; May 4, Oberlin (T) 3 p.m.; May 7, Russell Invite (T) 3 p.m.; May 14, MCL Track Meet (Ellis) 3 p.m.; May 21, Regional Track Meet (TBA) 3 p.m.; May 28-29, State Track Meet (Wichita).

Golf team hits green Friday

By DICK BOYD

Coach David Stover's Norton Community High School golf team will open their 2004 season on Friday by hosting the annual Norton Invitational Golf Tournament on the PDRA grass greens course south of Norton.

Tee off time is 9 a.m. Team medals will be awarded to the members of the top three teams and to the top six individuals.

Plaques will be awarded to the top two teams.

Competing teams, in addition to Norton, will be Colby, Goodland, Hill City, Hoxie, Northern Valley, Oakley, Phillipsburg, Quinter, Stockton, Smith Center and Victoria.

Coach Stover has 37 young men and women on this year's Blue Jay golf team. The six returning letter winners are Joel Nielsen, Tyler Rutherford, Keith Ward, seniors; Corey Look, Jared Windrup, juniors and Dane Krizek, sophomore. Rutherford, Ward, Look and Krizek were on the Norton team that won the regional championship and placed tenth in the state tournament last season.

Other squad members are Cody Moreland, Brandon Otter, Andy Enfield, Josh Green, Kayla Fahrenbruch, seniors; Kyle Kats, Aaron Overlease, Josh Jackson, Nick Evans, Tosha Lyon, Ryan

Maddy, Jessi Duscher, Stacy Reeves, juniors; Tyler Neff, Jordan Herman, Jeremy Harding, Tyler Burns, Blake Jacques, Clay Madden, Jon Harding, Amy Husted, sophomores; Nic Lewis, Brett Thomson, Shane Mapes, Michael Ward, Pat Burton, Jeremy Myers, Perell Stanley, Morgan Bailey, Maggie Nielsen, Annette Becker, freshmen.

Stover's assistant coach this season will be Roger Wahlmeier.

"I am excited about the upcoming season," said Coach Stover. "With six returning letter winners, four of whom have state tournament experience, we have a solid base upon which to build.

"One of our strengths this season will be the overall depth of the team. We will have many different people battling for varsity positions. I feel we have the opportunity to be competitive in all of our tournaments.

"As always, the Mid-Continent League is going to be balanced and very competitive, with no team standing out over the rest at the beginning of the season.

2004 Norton Community High School Golf Schedule: April 2, Norton Invitational at Norton, 9 a.m.; April 6, Smith Center Invitational at Smith Center, 3 p.m.; April 13, Goodland Invitational at Goodland, 2 p.m.; April 13, Ellis

Invitational at Ellis, 3 p.m.; April 20, Goodland JV Invitational at Goodland, 2 p.m.; April 23, Hill City Invitational at Hill City, 3 p.m.; April 27, Smith Center JV Invitational, 3 p.m.; April 29, Trego Invitational at WaKeeney, 9 a.m.; April 29, Logan Invitational at Logan, 3 p.m.; May 3, Thomas More Prep Invitational at Hays, 9 a.m.; May 4, Norton JV Invitational at Norton, 3 p.m.; May 6, Colby Invitational at Colby, 3 p.m.; May 7, Trego JV Invitational at WaKeeney, 9 a.m.; May 10, Phillipsburg Invitational at Phillipsburg, 1 p.m.; May 13, League Tournament at Osborne, 3 p.m.; May 17, Regional Golf at TBA, 9 a.m.; May 24, State Golf at Hesston, 9 a.m.

Northern Valley graduate places second at classic

Tim Luchinske, a world-class athlete who is a 1989 Northern Valley graduate, placed second in the McDowell Desert Classic Duathlon near Phoenix on Feb. 29 in 1 hour, 23.55 minutes, breaking the course record, which he held.

A two-time champion of the race, Luchinske held the record of 1:24.10 but was beaten this year by Armand Van Der Smissen who covered the race in the new record time of 1:23.45.

Set in the lush Sonoran Desert, the race takes place in the McDowell Mountain Regional Park. It consists of a 3.5-mile trail run, 22-mile bicycle race and 2.7-mile trail run. Both runs take place on groomed desert trails while the bike race travels over rolling terrain with one good climb.

The day was a little unnerving at the start for Van Der Smissen, second place finisher to Luchinske in 2003, as he stood in the transition area wondering how he could have left his front wheel back at the house. Luchinske came to the res-

cue with a back-up wheel he'd brought along. Luchinske's unselfish gesture was applauded by all in the supportive crowd and race field.

Once the gun went off, however, game faces came on and Van Der Smissen took the lead. He ran the 3.5 mile leg in 17:37 minutes, which was 28 seconds ahead of Luchinske. The bike leg belonged to Luchinske who covered the 21 miles in 51:12 to take the lead by five seconds. But, Van Der Smissen quickly took charge on the second run with Luchinske shouting, "Man, he's strong this year!"

Extending his lead at the top of the short, steep hill over Eagle Trail, Van Der Smissen broke the course record as he ran the 2.7 miles in 14:24. Luchinske crossed the line just 10 seconds behind.

Luchinske has competed in the World Championship Hawaiian Iron Man Triathlon five times.

He is the son of Pat Ambrosier, Almena.

4-H'ers shoot straight

Norton County 4-H'ers scored well in archery at Larned on March 20 taking two firsts, a second and a third place.

A Class

Jake Kramer scored 129, first place; Brock McChesney, 125, second; Shine Fischer, 120, third; Chase Braun, 118; Kyle Edgett, 117; Dana Hillebrand, 100; and Scott Arehart, 94.

B Class

Caleb Vanover scored 115, first; Jessica Arehart, 108; Kirby Brandyberry, 106; Casey Robison, 104; Kegan Vanover, 91;

Diedra Kramer, 86; and Mark Miller, 83.

C Class

Lane Vanover scored 59. The Kansas 4-H Shooting Sports State Match will be held at the Emporia fairgrounds on Saturday and Sunday, April 17-18, beginning at 8 a.m. Participating will be Casey Robison, Chase Braun, Jessica Arehart, Scott Arehart, Kyle Edgett, Kerby Brandyberry, and Diedra Kramer, junior division; and Brock McChesney, Dana Hillebrand, Jake Kramer, Shine Fischer, senior division.

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