

North Dakota State Takes Two From Coyotes

BY JEREMY HOECK
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VERMILLION — The cream of the crop in the Summit League proved to be too much for the conference newcomers.

North Dakota State, the three-time defending league champion, showed why it has dominated the conference as the Bison swept the University of South Dakota 4-1 and 9-1 in a softball doubleheader Friday in Vermillion.

In nearly every area on the field, the Bison (27-14, 11-3) frustrated a Coyotes team that had otherwise fared well in its first season in the Summit League.

“We can be at their level when we come out strong,” said Christine Broders, the USD freshman first baseman and Yankton native. “We know we can beat most of these teams, we just didn’t come out very well today.”

Three years removed from a

NCAA Super Regional appearance, the Bison rode the right arm of freshman pitcher Krista Menke to control both games.

Menke, a native of Friend, Neb., wasn’t exactly friendly to the Coyotes.

The conference leader in wins, ERA, shutouts and complete games, Menke went the distance in both games and allowed nine hits — two runs — in 14 innings on the rubber.

“She was tough,” USD freshman catcher Allie Daly said. “We knew her outside pitch was what she likes, and we prepared for that. We had that mental preparation going in.”

Along that same line, the Bison were the ones who seemed most prepared for the doubleheader, according to USD head coach Amy Klyse.

“All the teams we’ve seen



DAVID LIAS/VERMILLION PLAIN TALK

An unidentified North Dakota State player is safe at home when the throw to South Dakota catcher Allie Daly arrives too late for her to apply the tag during the second game of a double-header hosted by the Coyotes Friday afternoon in Vermillion.

Kraning Headed To Northern

BY JAMES D. CIMBUREK
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When Viborg-Hurley’s Zach Kraning went down with a knee injury during his senior season, some of the schools that were recruiting the 6-9, 220-pound center backed off their efforts.

Northern State was one that did not, and now Kraning has rewarded the team with his commitment.

Kraning was one of five men’s basketball recruits announced by the NCAA Division II program on Friday. While the big man will not play next season as he recovers from the ACL tear for which he had surgery a week ago, the opportunity to play sooner was one of the factors that brought Kraning to the Wolves.

“I see Northern as a place where I’ll play early,” he said. “Aberdeen is a great basketball town, and Northern is a great basketball school.”

Kraning tore his ACL during a matchup with eventual state champion White River during the Hanson Classic in January. When he went down, some of his potential suitors shied away, but NSU did not.

“That showed my that they really wanted me to be there,” Kraning said. “It was nice to have that kind of commitment from their coaches.”

For NSU head coach Paul Sather, sticking with Kraning made perfect sense.

“Zach is a kid that doesn’t rely purely on his athleticism. He’s big and strong, and he knows the game,” Sather said. “An injury like this is something that he really can come back from. So much of it will be how he approaches his rehab.”

Kraning could have had his surgery right away, but opted to wait until after basketball season. He came back to help the team during the post-season, including a rematch with White River in the title game.

“Having Zach helped us out,” Viborg-Hurley head coach Galen Schoenefeld said. “Most kids who

were looking to go play college ball would have gone ahead had had the surgery, rather than come back and play.”

Kraning finished his senior season averaging 12.7 points and 7.1 rebounds a game. He finished his career with 1,093 points, 769 rebounds and 367 blocked shots, numbers that were hampered by a couple of injuries during his career.

Yet Sather wasn’t looking just at the numbers when he went after Kraning.

“I’ve watched him play a lot, from the summer after his freshman year on. I saw a lot of flashes of the kind of player he can be,” Sather said. “He has very good size, good hands and good footwork. He’s comfortable with his back to the basket, something that is getting harder and harder to find.

“He’s a highly intelligent kid with a good feel for the game.”

Northern State also has an air of familiarity for Kraning.

“I already know a couple of the guys. I played with them on the Dakota Schoolers,” he said. “I have some friends on the team.”

While five of the seven recruits Northern State has signed for the 2012-13 season are from South Dakota, getting home-grown talent isn’t as important as getting kids that want to be there.

“The biggest thing we’ve tried to push is getting young people who want to be here for all the right reasons,” Sather said.

Mitchell’s Maxwell twins, Brady and Brian, Miller’s Darin Peterka and Mack Arvidson of Grand Forks, N.D. were the other Northern State recruits announced on Friday. They join Skye Warwick of Rapid City and Michael Schreiber of Rogers, Minn., who signed during the NCAA early signing period.

Warwick led St. Thomas More to a second straight Class A title this past season. He was also a key member of the team that beat Viborg-Hurley in 2011 Class A final.

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P&D FILE PHOTO

Viborg-Hurley’s Zach Kraning (right) goes up for a layup past St. Thomas More defender Kilby Rech during the 2011 State Class A Tournament championship game. Kraning, who helped Viborg-Hurley to the Class B title game this past March, has signed a national letter of intent to attend NCAA Division II Northern State University and play basketball for the Wolves.

Yankton Doctor Set To Run Monday’s Boston Marathon

BY CHRIS RILEY
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Amateur baseball players do not get a chance to play against the Yankees in the Bronx. Ordinary men and women are not invited to the Super Bowl to try and intercept an Eli Manning pass.

Elite athletes and those of us that make up the normal heartbeat of America simply do not cross paths in the competitive arena.

Except for each third Monday in April.

For on every Patriot’s Day since 1897, anyone who meets a certain qualifying criteria gets to line up against the best distance runners in the world on the most famous course ever mapped.

On this Monday, a Yankton resident will begin a 26.2 mile journey from Hopkinton, Massachusetts to the center of Boston in the most famous and longest-running footrace in the world, the Boston Marathon.

“My brother-in-law ran Boston about 15 years ago and I heard him talk about what a great experience it is. There are not many times where the average joe can be in an event with world class athletes if they are willing to put in the hours and the mileage.”

DAN JOHNSON, YANKTON

Dan Johnson, a physician with Orthopedic Institute in Yankton, finished the Marine Corp Marathon in Washington D.C. in the fall of 2010 in three hours and 42 minutes to earn a entry into the 116th running of the prestigious event.

Johnson, who needed at least a 3:45 effort to qualify for Boston, lowered his time to 3:27 in Duluth, Minnesota last June at the annual Grandma’s Marathon.

“I’ve been training to get to Boston for three years,” Johnson said. “I logged 55-60 miles a week with weight lifting and core

strength workouts to run a faster qualifying time.”

Because the Boston Marathon caps its entries at about 25,000 runners, qualifying standards are in place according to age group and gender just to have a opportunity to register for the race.

The further below your qualifying standard that you run, the sooner you are able to register for the race.

Johnson’s clocking in Duluth, nearly 20 minutes under his standard, virtually guaranteed a spot for him in the 2012 race.

Johnson, 56, competed in

races on and off since his days of junior and senior high track, including the original Yankton River Rat Half-Marathon in 1980. Following the completion of that race, Johnson remembers wondering how anyone could ever run a marathon.

“I thought there was just no way that I could run that race twice (the half-marathon),” Johnson said.

Johnson left running behind once again, but about four years ago his oldest daughter wanted to run the Twin Cities Marathon in Minneapolis. Upon completing that race in 2008, Johnson was once again a runner.

He has since competed in six more marathons, many with his daughters, with Monday’s race being number eight.

“It has been fun to do as a family,” Johnson said. “It’s fun to see how our races have gone.”

One of those “family” runs included a stop at the Big Sur Marathon on the Pacific coast near Monterrey, California on his

twin daughter’s 21st birthday.

So how does a runner decide to go after a BQ (Boston qualifier, a sacred term for the distance runner)?

Johnson found motivation from his extended family.

“My brother-in-law ran Boston about 15 years ago and I heard him talk about what a great experience it is,” Johnson added.

“There are not many times where the average joe can be in an event with world class athletes if they are willing to put in the hours and the mileage.”

Rather than setting his sights on another PR (personal record), Johnson wants to spend his 26.2 mile journey soaking up the atmosphere in this race.

“I just want to finish sub-4 (hours),” Johnson said. “I want to be able to enjoy the sights.”

Other local residents also have Boston Marathon connections.

BOSTON | PAGE 9

Track: Laurel-Concord-Coleridge Girls Claim Homer Invitational

HOMER, Neb. — Ellie Arduser had a hand in four victories and Kelsey Dietrich was part of three wins as Laurel-Concord-Coleridge ran away with the girls’ division at the Homer Invitational Thursday.

Ponca edged Dakota Valley 103-84 for the boys’ title. Homer finished third with 81.5 points.

For LCC, which finished with 164 points to nearly double up Homer’s 89 points, Ar-

duser won the 100 (13.1) and 200 (27.4), and helped the Bears to victories in the 400 (55.1) and 1600 (4:24.3) relays. Sammie Camenzind was also part of both relay wins. Dietrich helped with the 1600 relay win, and claimed both the 100 (17.8) and 300 (50.5) hurdle events.

The Bears also had a double-winner in Amy Pritchard, who claimed the long (15-2 3/4) and triple (32-5) jumps. Erika

Hochstein won the high jump (4-8) and was part of the 1600 relay win for LCC.

Allen’s Olivia Schneiders was also part of four victories on the day. She won the 800 (2:36.6), 1600 (5:52.6) and 3200 (12:40.1), and helped the Eagles to victory in the 3200 relay (11:08.1).

The Ponca boys had a pair of double-winners. Sam Burki claimed the discus (146-0) and shot put (48-5). Jesse Walsh

claimed the long (19-11 3/4) and triple (38-6 3/4) jumps.

Homer’s Clay Kramper was a three-event winner, claiming the 100 (11.5) and 200 (23.5), and helping the Knights to victory in the 400 relay (46.5).

Allen’s Kyle Finnegan won the 800 (2:10.9) and helped the Eagles to victory in the 3200 relay (9:31.3).

Ladwig Leads USD On First Day Of Sioux City Relays

BY CHRIS RILEY
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SIOUX CITY, Iowa — A cold and rainy morning gave way to a sunny afternoon and calm and cool evening for the opening of the 48th annual Sioux City Relays at Olsen Stadium on Friday.

While high school athletes will join the action today (Saturday), Friday was all about the collegiate competition at the relays.

The University of South Dakota Coyotes had good showing throughout the afternoon and evening with numerous outstanding individual performances.

No athletes stood out more than Coyote mid-distance stand-out Emma Ladwig. The former Gayville-Volin star led wire to wire in the 800 meter run with a clocking of 2:12.95.

Other standout performances for the Coyote women included Jessica Brandli and Ali Gress finishing 1-2 in the 10,000 meter run earlier in the afternoon.

The South Dakota men’s and woman’s 400 meter relay teams also each finished first in their preliminary rounds, advancing to Saturday’s final.

Also qualifying for today’s finals were USD’s Jared Clement (100 meter dash), Analisa Huschle (100 meter dash), and Haley Juhnke (100 meter hurdles).

Freshman Erik Hill placed third in the 400 meter hurdles for the Coyote men.

Ashley Sveum placed second in the 400 meter dash for USD, with a clocking of 57.73.

Cody Snyder paced South Dakota in the field events, winning the shot put by over six feet with a throw of 54-11.25.

Mount Marty freshman Abbey VanDenBerg was second in the triple jump and qualified for the NAIA outdoor national meet with her jump of 37-05.25.

“Everything just clicked for her (VanDenBerg) tonight,” Lancer assistant coach Justin Olson said.

“She’s been working hard all year and tonight was just one of those magical nights where things came together,” Olson added.

“Hopefully we can some more people qualified for nationals. The Mount Marty track program is definitely on the rise.”

The men’s 800 meter run also had some local flavor. Yankton-native Travis Brenner placed third for USD with a clocking of 1:54.69. Just behind him was Mount Marty’s Sam Lopez with an eighth place finish.

“I just tried to test out the pack on the first lap and took off with 200 to go,” Lopez said. “It was a good time (1:57.05) but I have to keep working at it.

Lopez later ran the 1200 meter leg on the Lancer distance medley team that placed sixth.

Morningside’s Megan Gilsar cleared 5-11 in the high jump to set a new meet record and give her the best jump in the nation this year for the NAIA.

Chris Heezen, a former MMC assistant coach and All-American at Dakota State won the men’s 10,000 meter run at Sioux City for the sixth consecutive year.

“I didn’t really put a big emphasis on time,” Heezen said. “My goal was just to win.”

Action continues this morning (Saturday), with the high school girls’ 3200 meter run starting things off at 8 a.m.



Ladwig

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