

Track & Field | Mount Marty Twilight

Monson Finds His Stride

MMC Holds Lone Home Event Of Season

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During the summer months, it's not an uncommon sight for drivers on a lonely stretch of Highway 28 in northeast South Dakota to see a young man running along the side of the road.

They may have done a double-take in confusion, but for Josh Monson, runs like those 14-mile journeys to and from his home town in Bryant are a way of life now.

As improbable as it might have been six years ago, the 24-year-old Mount Marty College student is now a dedicated distance runner.

"The furthest I ever raced was a mile," Monson said during Wednesday's Mount Marty Twilight track meet at Williams Field in Yankton.

Monson, once a basketball and football player at Hamlin High School, is now one month away from competing in the marathon at the NAIA Outdoor Track & Field Championships in Alabama.

also

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The prospect of a 26-mile run is nothing new to Monson, but he laughs when looking back to his initial conversations with Mount Marty coach Randy Fischer.

"When coach recruited me, he was saying, 'We'll have you try cross country,'" Monson said. "I hated it my first year. That was the most running I'd ever done in my life."

Even when Monson began his cross country journey at the small college in Yankton, he still considered following his true athletic passion — basketball.

"I got here and thought about walking on for basketball," Monson said. "Then I saw how much time it took."

"It was like, 'Nah, I'll stick with cross country.' That's only an hour a day."

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ABOVE: Mount Marty's Abbey VanDenBerg kicks up sand as she hits the pit in the women's long jump at the Mount Marty College Twilight track and field meet on Wednesday at Williams Field in Yankton.



LEFT: Mount Marty's Logan Ulmer wins his heat in the men's 110-meter hurdles.

BELOW: South Dakota's Kayla Johnson competes in the women's hammer throw.

JAMES D. CIMBUREK/P&D



Track & Field: CWC Boys, St. Mary's Girls Win St. Mary's Inv.

O'NEILL, Neb. — The Chambers-Wheeler Central boys and O'Neill St. Mary's girls earned top honors at the St. Mary's Invitational track and field meet, held Wednesday in O'Neill, Nebraska.

Mackenzie Wecker won the pole vault (9-6) and both hurdle races to lead the St. Mary's girls. She clocked a 16.73 in the 100 hurdles, and a 49.75 in the 300 hurdles.

Also for the Cardinals, Alexandra Vergara-Kersenbrock won the 800 (2:36.06) and helped St. Mary's to victory in the 1600 relay (4:33.07) as the Cardinals scored 155.6 points on the day.

Runner-up Riverside, which finished with 126.3 points, was led by Karen Schmeits, who won the 100 (12.89) and 200 (26.73), and helped the team to victory in the 400 relay (52.0).

The Niobrara-Verdigre girls scored 13 points on the day.

The CWC boys scored 157 points, led by the throwers' sweep by Jayle Hinkle (129-9 discus, 50-7.5 shot put) and wins in the 800 (2:09.66) and pole vault (10-0) by Connor Croxen. The squad also won the 1600 and 3200 relays).

Boyd County was a distant second with 107 points. Niobrara-Verdigre scored 45 points on the day.

Tri-State Inv.

GAYVILLE — The Canton girls ran away with team honors and the Bridgewater-Emery boys claimed a tight team race in the inaugural Tri-State Invitational, held on Tuesday in Gayville. It was the first

high school event held on the recently-completed Raider Track Complex.

Camron Herrick won the high jump (6-2) and long jump (18-11) for the Bridgewater-Emery boys, two of the Huskies' six victories on the day. Canton's Jesse Lohan, who won the 100 (12.2) and 200 (23.7), was also a double-winner in the boys' division.

Among area athletes, Centerville's Christian Gruschin (discus, 151-0) and Tyrell Martz (pole vault, 10-9) won titles, as did Elk Point-Jefferson's Hunter Paulsen in the 1600 (4:55.5), Freeman Academy's Ryan Haggerty in the 3200 (10:52.0), Irene-Wakonda's Matt Nelson in the 300 hurdles (44.6) and Menno's Austin Handel in the shot put (44-9.5). Gayville-Volin won the medley relay (4:22.1). The Canton girls won six titles on the way to 233 points, well ahead of host Gayville-Volin's 123.

Laura Nelson won the 1600 (5:50.5) and 3200 (12:14.5) to lead Gayville-Volin, which also got victories from Genevieve Clark in the 800 (2:45.0) and from its 3200 relay (10:45.9).

Irene-Wakonda won the 400 (54.1) and 800 (1:52.7) relays, and got a 100-meter hurdle victory from Lauren Sokolowski (15.0) and a high jump win from Andrea Sokolowski (5-3). Elk Point-Jefferson got a win from Josie Heeren in the 400 (1:02.8) and from its medley relay squad (4:43.6). Centerville's Rebecca Hybertson won the pole vault (7-9).

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MMC Softball Drops Two At Concordia

SEWARD, Neb. — The Mount Marty College softball team was swept at Concordia on Wednesday in Great Plains Athletic Conference action.

In the opener, pitcher Michaela Woodward helped her own cause, going 2-3 with three RBI to lead Concordia to an 8-2 victory.

Julia Tyree doubled and singled, and Diana Mendoza had two hits for Concordia.

Cassidy Janicek had two of MMC's five hits. Amber

Krause, Sophia Lopez and Lauren Orwig also had hits.

Woodward struck out six to pick up the win. Katie Groteluschen took the loss, with Krause pitching 2 2/3 innings of shutout relief.

In the nightcap, Woodward picked her second win of the day in a 7-2 decision.

MaKenna Tracy had two hits and Tyree homered to lead Concordia. Woodward tripled, and Molly Madsen and Shelby Schacher each

doubled in the win.

Olivia Rodriguez, Janicek and Orwig each had two hits for MMC, with Janicek recording a double. Jennifer Mitera also had a hit for MMC, driving in both runs.

Woodward struck out two to pick up the win. Brooke Becker took the loss.

MMC, now 10-23 overall and 3-15 in the Great Plains Athletic Conference, plays at NCAA Division I South Dakota State on Friday.

Rangers Extend Lead On Pens

PITTSBURGH (AP) — Kevin Hayes scored at 3:14 of overtime to give the New York Rangers a 2-1 victory over the Pittsburgh Penguins on Wednesday night in Game 4 of the Eastern Conference first-round series.

The Rangers lead the series 3-1 heading back to New York for Game 5 on Friday night.

In overtime, Martin St. Louis started a goalmouth scramble when he threw the puck in front on a wrap-around attempt. The puck pinballed to Carl Hagelin and went across the crease for Hayes to flip it past fallen goalie Marc-Andre Fleury. The point was Hayes' first in the postseason.

SENATORS 1, CANADIENS 0: OT-TAWA, Ontario (AP) — Mike Hoffman scored midway through the third period and Ottawa beat Montreal to avoid elimination.

Craig Anderson made 28 saves to help the Senators' cut Montreal's lead to 3-1 in the Eastern Conference first-round series. Carey Price stopped 31 shots for the Canadiens. Senators coach Dave Cameron

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