

# Rocky Mountain Running

## Parkston Native Muntefering Finds A Home At Colorado State

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EDITOR'S NOTE: This is the second of three stories from Press & Dakotan sports editor James D. Cimburek's trip to Colorado State University in Fort Collins, Colo.

FORT COLLINS, Colo. — Parkston native Alex Muntefering would be the first to tell you that his first season of competition for Colorado State did not go as planned. This school year, though, he's more than making up for it. Muntefering enters his junior track and field season after a cross country season in which he led the Rams in all five of their races, including a top-five finish in the Mountain West Conference. The former state track and cross country champion in South Dakota started his collegiate career at the University of Oklahoma where, despite earning all-Big 12 academic honors, he didn't feel comfortable. "It didn't feel quite right at OU," he said. "I came here, and it feels like I have found a home. That's what you want when you are looking for a college."

Muntefering headed west to Fort Collins, drawn by some of the same things that have made the city popular with cyclists and triathletes, as well as distance runners. "There are a lot of endurance athletes here, between cyclists, triathletes, runners," he said. "It's probably one of the best altitudes to train at. It's one of the ideal places to train."

In his first season of competition for CSU, Muntefering finished in the top-five for the Rams three of his final four races, including placing third among the CSU runners at the Roy Griak Invitational. In track, he helped the Rams' distance medley relay earn all-MWC honors. "I can't deny that last year was very hard," he said. "It was the first time in my career that I took a step back."

His coach, though, blames the slip in performance on getting used to the mountains. "It took him a little time to get used to training at altitude," said Art Siemers, CSU's head cross country and assistant track coach. "This year he's broken through."

Muntefering led the Rams in all five of his races this season, including two top-five finishes: The Colorado State Open (3rd) and the MWC (5th). He finished 79th in the NCAA Regional.

And, while Muntefering has enjoyed great success in cross country, his first love has always been track. "I enjoy cross country," he said. "But track is by far my focus."

Siemers also likes what Muntefering can do on the track.



JAMES D. CIMBUREK/P&D

Parkston native Alex Muntefering is in his second season of competition for the Colorado State University track and cross country programs after transferring from the University of Oklahoma. He was the Rams' leading runner during the 2012 cross country season, and hopes to do big things for the track and field squad this spring.

## Canton Powers Past EPJ Illinois Beats Huskers To End Losing Streak

ELK POINT — The Canton C-Hawks started and finished strong on the way to a 57-16 victory over Elk Point-Jefferson in Class B wrestling action on Tuesday.

Canton scored two pins and a technical fall before EPJ scored its first win of the night. After the Huskies won four of the next five matches, including three wins with bonus points, the C-Hawks scored five pins and a forfeit victory to close out the match.

John Lemer (113), Zach Beitzel (120), Jaydn Broughton (160), Josh Lasley (170), Ryley Ostbye (195), Chase Beitzel (220) and Tanner Broughton (285) won by pin for Canton.

For EPJ, Nick Weis (152) won by technical fall. Alex Norby (126) and Jared Hueser (138) won by major decision.

106 — Jordan Sehr C tech, fall Matt Ambrose 3:12 16-1; 113 — John Lemer C pin, Bailey Wisavill 0:56; 120 — Zach Beitzel C pin, Logan Donelan 0:39; 126 — Alex Norby EPJ maj, dec. Anthony Torrez 10-2; 132 — Tristen Gill EPJ dec, Colton Laubach 6-2; 138 — Jared Hueser EPJ maj, dec. Derek Dilts 9-0; 145 — Alex Davies C maj, dec. Jared Limoges 12-2; 152 — Nick Weis EPJ tech, fall Dylan Krejs 3:39 16-0; 160 — Jaydn Broughton C pin, Cody Davis 0:5; 170 — Josh Lasley C pin, Justin Broekemeier 1:23; 182 — Kase Jacobs C by forfeit; 195 — Ryley Ostbye C pin, CJ Geary 1:08; 220 — Chase Beitzel C pin, Andrew Teyla 4:54; 285 — Tanner Broughton C pin, Jeff Leitru 0:32.

Tea Area Quad  
TEA — The Parkston Trojans rolled to three

victories in a wrestling quadrangular at Tea on Tuesday.

Parkston beat host Tea Area 78-3, Harrisburg 75-3 and Sioux Falls Lincoln 66-12.

In the event, Kyler Holzbauer (106/113), Dawson Semmler (120), Myles Bialas (138/145), Aaron Weber (152), Mitch Heisinger (160), Miles Semmler (170), Andrew Semmler (195), Brady Reiff (220) and Austin Bertram (285) each went 3-0. Aaron Weber and Brady Reiff won all three by forfeit.

PARKSTON 78, TEA AREA 3: 106 — Kyler Holzbauer P pin, Gage Matzen TA 1:18; 113 — Logan Mahoney P by forfeit; 120 — Dawson Semmler P pin, Tyler Phelps TA 5:32; 126 — Ethan Murtha P pin, Trayce Ruotsalainen TA 4:24; 132 — Tanner Fridrich TA dec, Austin Ripp P 9-8; 138 — Jake Weber P by forfeit; 145 — Myles Bialas P by forfeit; 152 — Aaron Weber P by forfeit; 160 — Mitch Heisinger P pin, Garrett Welsh TA 1:17; 170 — Miles Semmler P pin, Chris Kuhl TA 5:15; 182 — Lonn Stadlman P by forfeit; 195 — Andrew Semmler P by forfeit; 220 — Brady Reiff P by forfeit; 285 — Austin Bertram P pin, John McLaughlin TA 0:15.

PARKSTON 75, HARRISBURG 3: 106 — Logan Mahoney P pin, Nick Schirado H 1:48; 113 — Kyler Holzbauer P pin, Ben Ostebae H 1:16; 120 — Dawson Semmler P pin, Lane Schreurs H 1:47; 126 — Ethan Murtha P pin, Logan Warzecha H 2:22; 132 — Zach Gross H dec, Austin Ripp P 7-4; 138 — Jake Weber P pin, Peyton Sim H 3:55; 145 — Myles Bialas P pin, Kennedy Cumberland H 0:46; 152 — Aaron Weber P by forfeit; 160 — Mitch Heisinger P pin, Lane Warzecha H 0:57; 170 — Miles Semmler P by forfeit; 182 — Lonn Stadlman P by forfeit; 195 — Andrew Semmler P dec, Matt Schirado H 6-4; 220 — Brady Reiff P by forfeit; 285 — Austin Bertram P pin, Kyle Hanson H 0:46.

PARKSTON 66, LINCOLN 12: 106 — Hunter O'Connor L dec, Logan Mahoney P 2-0; 113 — Kyler Holzbauer P pin, Mikko Kurovova L 0:34; 120 — Dawson Semmler P pin, Logan Simmons L 2:55; 126 — Ryan O'Connor L pin, Ethan Murtha P 3:53; 132 — Austin Ripp P pin, Skyler Castillaja L 1:53; 138 — Myles Bialas P pin, Omar Baas L 0:30; 145 — Cameron Fanning P pin, (not listed); 128; 152 — Aaron Weber P by forfeit; 160 — Mitch Heisinger P pin, Ben Hanson L 1:16; 170 — Miles Semmler P pin, Ibrahim Diamond L 3:18; 182 — Matt Wagner L dec, OT Lonn Stadlman P 10-8; 195 — Andrew Semmler P pin, Tavvin Tankowski L 1:38; 220 — Brady Reiff P by forfeit; 285 — Austin Bertram P pin, My ah Cummings L 1:22.

LINCOLN, Neb. (AP) — D.J. Richardson scored a career-high 30 points, Brandon Paul added 14 and Illinois ended a three-game losing streak with a 71-51 victory over Nebraska on Tuesday night.

Illinois (15-5, 2-4 Big Ten) held Nebraska without a field goal for the last 8:51 of the first half and led 35-23 at the break. The Huskers got no closer than six points the rest of the way.

Dylan Talley had 16 points and Brandon Ubel added 10 for the Cornhuskers (10-10, 1-6).

John Groce, in his first year at Illinois, recorded his 100th win in five seasons as a head coach.

The Illini shot 45 percent and committed 14 turnovers, but they had more offensive rebounds (12) than Nebraska had total rebounds (10) in the first half and finished with a 40-28 advantage on the boards.

Nebraska was 2 of 14 on 3s and shot 32 percent for the game.

HOUSTON BAPTIST 63, UMKC 61: KANSAS CITY, Mo. (AP) — Art Bernardi scored a career-high 25 points, including the game-winning free throws with 31 seconds left, and Houston Baptist rallied in the second half Tuesday night to beat UMKC 63-61 and snap an eight-game losing streak.

Bernardi, a senior, was 8 of 11 from the field and added eight rebounds and five steals for the Huskies (5-14), who recorded their first-ever win against UMKC.

Nelson Kirksey led the Kangaroos (6-15) with 14 points. Thomas Stalon added 12 but missed a layup with 12 seconds left that would have put UMKC in front. HBU's Rob Lewis added a free throw before UMKC's Estan Tyler missed a 3-pointer at the buzzer.

The Huskies took their first lead, 58-56, on Dauson Womack's jumper with 5:15 to play. That capped a 13-2 run.

Fred Chatman had 10 points and a career-high 17 rebounds for UMKC, which has lost eight in a row at home.

NÓ. 14 OHIO ST. 72, IOWA 63: COLUMBUS, Ohio (AP) — Deshaun Thomas, who missed part of the second half with a cut above his eye, scored 16 points and No. 14 Ohio State built a big lead and then held on to beat Iowa 72-63 on Tuesday night.

Thomas, the Big Ten's leading scorer at 21 points per game, sat out about 3 minutes while an open cut over his right eye was bandaged.

The Buckeyes (14-4, 4-2 Big Ten) led by 24 points with under 13 minutes left but watched as Iowa cut the lead to four with 1:30 remaining.

## McCook Central-Montrose Grounds Flyers In OT



JEREMY HOECK/P&D

James Kaiser of Hartington Cedar Catholic drives to the basket during Tuesday night's boys' basketball game against Ponca in Hartington, Neb.

## Boys: Kaiser Powers HCC Past Ponca 62-42

MONTROSE — McCook Central-Montrose outscored Freeman 9-5 in overtime to claim a 46-42 victory over the Flyers in boys' basketball action on Tuesday.

Freeman outscored the Fighting Cougars 16-10 in the fourth quarter to force the extra period.

Zach Bies scored 15 points and had three steals to lead MCM. Jacob Heumiller had nine points and Will Gottlob had 14 rebounds in the win.

For Freeman, Cole Paulson led the way with 18 points, 10 rebounds, three assists and four steals. Caleb Long added nine points and nine rebounds.

MCM, 8-4, hosts Parkston on Jan. 28 in Salem. Freeman, 6-4, hosts Dakota Christian on Thursday.

MCM won the JV game 36-18.

FREEMAN (6-4) .....11 13 21 37 42  
MCCOOK CENTRAL-MONTROSE (8-4) .....8 14 27 37 46

## Hartington Cedar Catholic 62, Ponca 42

HARTINGTON, Neb. — James Kaiser's 20 points led Hartington Cedar Catholic to a 62-42 victory over Ponca on Tuesday night in Nebraska boys' basketball action.

Logan Feilmeier added 16 points in the victory, which moves the Trojans to 10-6 this season.

For Ponca, 9-7, Patrick Watchhorn scored 10 points.

Hartington Cedar Catholic travels to Wagner (SD) on Thursday.

PONCA (9-7) .....12 25 38 42  
HARTINGTON CEDAR CATHOLIC (10-6) .....20 39 56 62

## Vermillion 63, West Central 43

VERMILLION — West Central hung with Vermillion in the first half but the Tanagers outscored the Trojans 31-21 after the break to secure a 63-43 Big Eight Conference victory on Tuesday night in Vermillion.

Senior Tanner Settles led the way for Vermillion with 12 points and five steals as the Tanagers improved to 9-3 overall, 5-0 in conference play.

Nick Jensen added 11 points while Tanner Anderson and J.T. Sorensen each scored 10. Sorensen added seven rebounds in the win.

Senior Drew Maras led the Trojans with 10 points. Vermillion also won the JV game, 45-20.

Both teams play Thursday as the Tanagers travel to Dell Rapids while West Central (2-10) hosts Harrisburg.

WEST CENTRAL (2-10) .....16 24 30 43  
VERMILLION (9-3) .....15 32 50 63

## Menno 56, Gayville-Volin 43

GAYVILLE — Dylan Lehr scored 18 points as the Menno Wolves defeated winless Gayville-Volin 56-43 on Tuesday night in Gayville.

Caleb Pressler added 16 points for the Wolves (3-7), who had a 27-21 lead at halftime. Menno also won the JV game 28-20.

In the loss for the hometown Raiders (0-13), Brandon VanOsdal scored 16 points, Ryan Adams had 12 points and Alex Taggart hauled in 10 rebounds.

Both teams return to action Thursday, with Menno playing Corsica-Stickney in Stickney and Gayville-Volin traveling to Bloomfield, Neb.

MENNO (3-7) .....11 27 46 56  
GAYVILLE-VOLIN (0-13) .....12 21 32 43

## Irene-Wakonda 57, Marion 40

WAKONDA — Gabe King scored 16 points and seven other players reached the score sheet for Irene-Wakonda in a 57-40 win over Marion in boys' action Tuesday night in Wakonda.

Chris Heirings added nine points and Kevin Hinseth had eight for the Eagles (8-5), who led 34-26 at halftime.

Ashur Wiedrich posted seven points and nine rebounds, while Garrett Anderson added five points, seven rebounds and three steals.

For the visiting Bears (1-10), Nick Gortmaker had 14 points, five steals and three assists, while Jacob Wuertz posted 13 points and 12 rebounds. Lincoln Langerock chipped in with 11 points and four rebounds.

Irene-Wakonda visits Freeman Academy on Thursday and Marion travels to Howard next Tuesday.

MARION (1-10) .....12 26 36 40  
IRENE-WAKONDA (8-5) .....17 34 49 57

## Mount Vernon-Plankinton 72, Wagner 57

MOUNT VERNON — Deric Denning hit nine three-pointers on the way to a game-high 42 points, leading Mount Vernon-Plankinton to a 72-57 victory over Wagner in boys' basketball action on Tuesday.

MVP outscored the Red Raiders 21-10 in the second quarter to pull away.

Jared Long had 16 points and eight rebounds. Kellam Karst added nine rebounds and six assists for the Titans.

Noah St. Pierre scored 23 points to lead Wagner and seven rebounds. Will Hollmann added 13 points and seven rebounds.

Mount Vernon-Plankinton travels to Stickney to face Corsica-Stickney on Friday. Wagner hosts Hartington (Neb.)

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## Cedar Catholic Girls Clip Ponca 58-51

HARTINGTON, Neb. — Hartington Cedar Catholic jumped out to a 35-26 halftime lead and held on for a 58-51 victory over Ponca in girls' basketball action on Tuesday.

Emily Schrempp scored 16 points and had six steals to lead Cedar Catholic, which had nine players reach the scoring column. Katelyn Dickes posted 14 points, 10 rebounds and four assists. Karly Noecker had eight points and seven rebounds, and Lexi Stefan added seven rebounds in the win.

For Ponca, Alexis Markworth led the way with 10 points.

Cedar Catholic, 10-6, travels to defending Class D2 champion Wynot on Friday.

Ponca, 5-11, is off until the opening round of the Lewis & Clark Conference girls' basketball Tournament on Saturday. The Indians, seeded 10th, will play at Winnebago, with the winner facing second-seeded Osmond on Tuesday, Jan. 29, in Allen, Neb.

PONCA (5-11) .....8 26 39 51  
CEDAR CATHOLIC (10-6) .....15 35 46 58

## Irene-Wakonda 47, Marion 42 OT

WAKONDA — The Irene-Wakonda Eagles snapped a three-game losing streak and picked up their third win of the season with an overtime victory over Marion on Tuesday in South Dakota Class B girls' basketball action.

Trailing 38-33 entering the fourth quarter, Irene-Wakonda held the Lady Bears to just two points in the fourth period to force overtime and eventually came away with the 47-42 win.

Freshman Kyleigh Melstad led the Eagles with 17 points and four rebounds. Bailey Hinseth added nine points while Dana Schenk scored eight as Irene-Wakonda improved to 3-8 this season.

Marion, which scored 38 points in the first three quarters but managed just four points total after that, drops to 2-8 with the loss. Kylie Hughes scored 11 points to lead the Lady Bears while Katherine Luke added eight points and six steals.

Irene-Wakonda travels to Freeman on Thursday to battle Freeman Academy while Marion plays at Menno on Friday.

MARION (2-9) .....12 22 38 40 42  
IRENE-WAKONDA (3-8) .....11 24 33 40 47

## Crofton 63, Madison 30

MADISON, Neb. — Allison Arens recorded 24 points, nine steals and eight assists as Crofton remained undefeated with a 63-30 thrashing of Madison on Tuesday night in Nebraska girls' basketball.

Quinn Wragge added nine points for the Lady Warriors while Tiffany Tramp and Bre Allen scored seven points apiece.

Alayna Daberkow scored 19 points to lead Madison (7-10).

Crofton also won the JV contest.

The Lady Warriors are now set for a matchup of unbeaten squads as undefeated Pierce comes to town on Thursday.

CROFTON (15-0) .....21 35 50 63  
MADISON (7-10) .....9 12 20 30

## Scotland 60, Bridgewater-Emery 36

SCOTLAND — Aisha Abbink continued her strong season with 27 points as the Scotland Lady Highlanders rolled past Bridgewater-Emery 60-36 on Tuesday night in Scotland.

Carley Skorepa added 11 points, eight rebounds and three steals for the Lady Highlanders (9-3), who out-scored B-E 30-11 after halftime. Kennedy Asche chipped in with 10 points.

For the visiting Huskies (7-6), Justine Dye scored 15 points and grabbed four rebounds, while Kadra Kayser had 10 points.

Both teams are in action Thursday, as Scotland visits Wagner and Bridgewater-Emery hosts Alcester-Hudson in Bridgewater.

BRIDGEWATER-EMERY (7-6) .....8 25 30 36  
SCOTLAND (9-3) .....18 30 46 60

## Parker 62, Howard 43

PARKER — Parker outshot Howard 41-27 percent from the field in Tuesday night's contest to secure a 62-43 victory in Parker.

Micalanne Hanten led the Pheasants with 26 points and seven rebounds while Morgan Hay and Tessa Weeldreyer added nine points apiece.

Weeldreyer also grabbed eight rebounds and Amber Dysthe just missed a double-double with 10 rebounds and eight points to go along with four assists and four steals.

Parker led 33-14 at the break and maintained the 20-point lead throughout the second half to secure their seventh win of the season (7-5).

Jacqueline Haas and Mariah Noid each scored eight points for the Tigers, who fell to 1-11 with their seventh straight loss.

Both teams begin play in the Big East Conference Tourney on Thursday.

HOWARD (1-11) .....6 14 30 43  
PARKER (7-5) .....15 33 47 62

## Avon 53, South Central 37

AVON — Chesney Nagel scored 30 points for Avon as the Pirates shot 48 percent from the field on their way to a 53-37 win over South Central on Tuesday night in Avon.

The Pirates outscored South Central 19-11 in the fourth quarter to pull away and grab their fourth victory in a row after beginning the season 3-4.

In addition to Nagel, Ariana Oorlog recorded nine points and five rebounds while Heidi Cap grabbed a team-high six boards.

Senior Sierra Votaw led the Cougars with 10 points and eight rebounds.

Avon, 7-4, hosts Parkston on Friday in the third contest of a four-game homestand.

South Central, 7-7, hosts West Boyd (Neb.) on Thursday in Bonesteel.

SOUTH CENTRAL (7-7) .....15 19 26 37  
AVON (7-4) .....15 29 34 53

## West Central 46, Vermillion 31

VERMILLION — West Central outscored Vermillion in each period to pull away to a 46-31 victory over the Tanagers in Big 8 Conference girls' basketball action on Tuesday.

Hunter Mathieu led West Central with 15 points. Madison Kuehl added 13 points in the victory.

For Vermillion, Josie Huber posted eight points, three assists and three steals. Courtney Johnson had seven points and Mackenzie Huber

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JEREMY HOECK/P&D

Bailey Steffen, 33, of Hartington Cedar Catholic soars in for a layup around the defense of Ponca's Mattie Schweers during their girls' basketball game Tuesday night in Hartington, Neb.