

Kansas downs Baylor in
Big Monday matchup
Details B2

Iola High's Libby Shay
out for year with injury
Details B2

Sports



Register/Richard Luken
Above, Iola High's Taelyn Sutterby (30) is surrounded by Chanute High defenders Sumer Jacobs, from left, Shayla Phillips and Emily Slansky Monday. The Blue Comets stifled the Fillies offense in a 41-10 win. At right, Iola's Kohl Endicott, left, drives against Chanute defender Aaron Haviland in the Blue Comets' 53-29 victory.



Freshman squads drop pair

By RICHARD LUKEN
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Offensive struggles plagued both of Iola High's freshman squads Monday as they opened a ninth-grade tournament.

The ninth-grade Fillies managed only 10 points worth of offense in a 41-10 loss to the visiting Chanute High freshmen. The Mustangs, meanwhile, dropped a 53-29 decision to the Blue Comets.

Both squads will wrap up tournament play next Monday at home. The Fillies will take on Fort Scott at 3 p.m., then Prairie View at about 6 o'clock. The Mustangs play Fort Scott at about 4:30, and Prairie View at 7:30.

CHANUTE'S BOYS opened the contest with Iola with offensive

explosions.

The Blue Comets erupted for 21 points in the first period, then scored 20 in the fourth quarter.

Curiously enough, Iola held the Blue Comets scoreless in the second quarter, but could close the lead only to 21-8 at the break. Chanute's lead stood at 33-14 after three quarters.

Iola more than doubled its score in the fourth quarter, scoring 15 points of its own in the final eight minutes.

Gus Hopkins scored all seven of his points in the fourth quarter and wound up as the Mustangs' leading scorer. Travis Hermstein and Adam Peterson both scored six points, while Dodger Beckham scored five, Kohl Endicott three and Sager Patel two.

Aaron Haviland paced Chanute

with 18 points.

IN THE GIRLS contest, Chanute took a 16-5 lead after one quarter and effectively ended any suspense with a 17-2 second-quarter run. The Blue Comets outscored Iola 8-3 in the second half.

Olivia Bannister scored four points to lead the Fillies. Ashlie Shields and Hannah Ingle each added two points. McKayli Cleaver and Micaiah Larney had one point each.

Paige Kidwell scored 15 to lead the Blue Comets.

In other tournament action Monday, Fort Scott's boys downed Prairie View 55-22. The Prairie View girls defeated Fort Scott 38-25.

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Ultrarunners gear up for Prairie Spirit 100

By RICHARD LUKEN
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Amid the exploding popularity of "extreme" sports comes an extreme form of running — ultramarathons.

No longer content to settle for those puny 26-mile jaunts, Eric Steele is among the growing legion of runners who have taken to running upward of 100 miles or more per trip.

Steele plans to introduce eastern Kansas to the world of ultramarathons March 23 with the Prairie Spirit 100.

The race will start at the Ottawa end of the Prairie Spirit Trail, make its way to Iola, then double back to Ottawa.

"As soon as I heard about the plans to extend the trail all the way to Iola a few years ago, I knew the trail would be perfect," said Steele, the race's chief organizer and founder of Epic Ultras, an organization that plans and organizes ultrarunning events.

The race will be offered in two lengths — 50 miles for about half of the expected 100 or more



Eric Steele

participants, and the full 100 miles for the heartiest of souls.

Those who race the 50 miles will be given 28 hours to complete their trek; the 100-milers will get 30 hours.

The close deadlines for the two distances was done intentionally, Steele noted.

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Armstrong comes clean about doping

By JIM LITKE and JIM VERTUNO
AP Sports Writers

AUSTIN, Texas (AP) — Lance Armstrong has finally come clean.

Armstrong confessed to doping during an interview with Oprah Winfrey taped Monday, just a couple of hours after a wrenching apology to staff at the Livestrong charity he founded and has now been forced to surrender.

The day ended with 2½ hours



Lance Armstrong

of questions from Winfrey at a downtown Austin hotel, where she said the world's most famous cyclist was "forthcoming" as she asked him in detail about doping allegations that followed him throughout his seven Tour de France victories.

Speaking on "CBS This Morning," Winfrey said today she had not planned to address Armstrong's confession before the interview aired on her OWN network but, "by the time I left Austin and landed in Chicago, you all had already confirmed it."

"So I'm sitting here now be-

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Wildcats fall to St. Paul

CHEROKEE — The second time was most definitely not the charm for Marmaton Valley High's girls.

The Wildcats took on St. Paul High's Indians for the second time in a week.

After defeating Marmaton Valley 55-27 six days earlier, St. Paul erased any suspense in Monday night's contest by racing to a 25-2 lead.

The 60-15 Indian victory brings a sour note for the Wild-

cats in the opening round of the Southeast Lancer Classic.

Marmaton Valley (4-5 overall) wraps up tournament pool play at 8:30 p.m. Thursday against Columbus.

Results of the first two rounds will determine matchups in Friday's final rounds.

"We just didn't run our offense or defense the way we should have," Wildcat coach Kent Houk said. "That sums it up right there."

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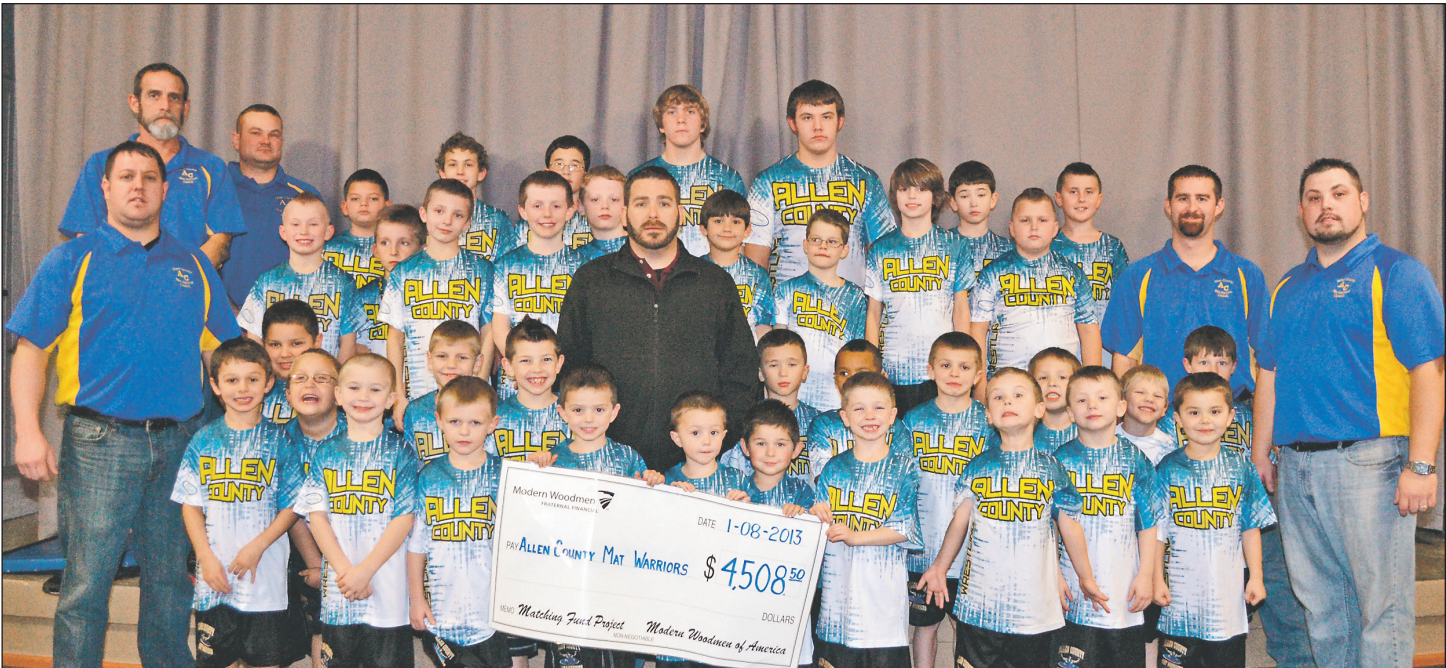
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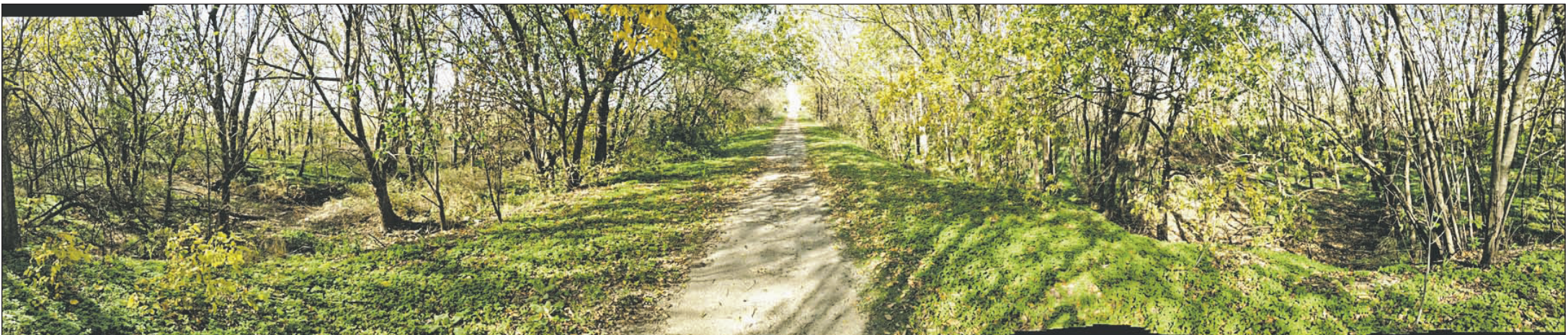
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Big bucks

The Allen County Wrestling Club received a \$1,500 donation from Modern Woodmen in matching funds from a recent Spirit Cup fundraiser. Combined with the matching funds, the group will have \$4,508.50 to spend on new equipment. Shown with the wrestlers and coaches is Modern Woodmen agent Josh Oberley, center.

Submitted photo



Sights such as this one along the Prairie Spirit Trail — minus the still-to-sprout foliage — will greet ultramarathon runners March 23 when they embark on the Prairie Spirit Trail 100, from Ottawa to Iola and back.

★ Runners

Continued from B1

“If you can power walk, you can probably do a 50-miler,” he said.

Those who run the full 100 miles can be joined by a “pacer” or companion runner for different segments of the return trip to Ottawa.

AS OF last week, runners from 12 states have registered — 33 doing the 50-mile path; 34 during the 100-mile path.

Registration will remain open through March 20, Steele said, and can be completed online at prairie-spirit100.com. Registration costs \$125 for those doing the 50 miles and \$175 for the 100-mile participants. The prices will go up \$25 after Feb. 9, plus early registra-

tion will guarantee participants will get a shirt and buckle on the day of the race.

“Everybody who races will get a buckle, but we’d like to make sure we have enough that day,” Steele said.

RUNNING ultramarathons became a natural progression for Steele, 47, Wichita, who admitted he was hardly a bastion of good health as a young adult.

“I was overweight, smoking a pack of cigarettes a day and not really happy with where my life was headed,” he recalled.

He started running — poorly, it turns out — as a quick route to physical fitness.

“I had run a little in high school, but I was in pretty bad shape,” he said. “I couldn’t even run a mile when I started.”

Plus, he continued his smoking habit the first two years as a runner.

“It’s almost easier to do it that way,” he said with a laugh. “Most people would try to stop smoking before they start running, but what forced me to quit was that after running more and more, I figured out that smoking was making me sick. That’s when I finally stopped.”

Steele has a tie to Iola. His paternal grandfather, Horace Glen Steele, was born in Iola in the early 1900s.

WHAT PROMPTS a

runner to go 100 miles in one excursion?

“You mean what makes us a special breed of crazy?” he replied with a laugh.

Steele compared ultramarathoners to college students who have already earned a bachelor’s degree in a certain course of study, yet still want to do more in that area.

“So you complete your master’s courses,” he said. “That might be like doing a 50-mile race. Is there further study from a master’s? Of course; you have your doctorate. Runners have their doctorates in the form of 100-mile runs.”

He notes one significant difference between ultramarathoners and those dedicated to shorter distances.

“Serious runners who do marathons or half-marathons are the type who hate to have to walk at any point,” he said.

Ultramarathoners, on the other hand, are perfectly willing to slow to a brisk walk — some will even stop to rest or take a

quick nap — to ensure their body stays charged enough to complete the course.

Steele follows a simple philosophy.

“Just run until it feels too hard, then walk until it feels too easy,” he said.

THE PRAIRIE SPIRIT trail should be attractive to veterans and newcomers alike for its forgiving gravel surface, its relatively flat course from end to end and its limited exposure to traffic, Steele said.

“This is a great course for runners to try to get their personal best marks,” said Steele, who ran the trail shortly after it was extended to Iola about three years ago.

The trail’s proximity to U.S. 169 and then U.S. 59 — it runs virtually parallel to the highway corridor from Ottawa to Iola — is another benefit.

“It makes it very easy for runners to have support teams at the ready if needed.”

Several manned and un-

manned aid stations will be set up along the route, close enough together that runners will go no farther than six miles between stations. Most will be about five miles apart, Steele said.

STEELE helped form the Kansas Ultrarunners Society in 1995.

One of the first races he conceived was the famed Flatrock 50K race in rural Montgomery.

The name is something of a misnomer. Following the Elk River Hiking Trail, the course is anything but “flat” with scenic climbs along rolling hills just west of Independence.

The Prairie Spirit Trail will be far less challenging, as far as ultramarathons go.

“Plus, the runners will get to visit some great little towns along the way,” he said. “It should be a tremendous event. That’s why I’m calling this the ‘Inaugural’ Prairie Spirit 100. I want to come back year after year and do this again.”



Register/Richard Luken
Above, Iola High’s Taylor Sell, top, scrambles for a loose ball with Chanute High’s Jordan Schoenberger Monday.



Iola High freshman Travis Hermstein (15) is fouled by Chanute High’s Trey Lind (11) while Hermstein puts up a field goal attempt Monday. Hermstein scored five points for the Mustangs in a 53-23 defeat to open Iola’s freshman tournament. Tournament play wraps up next Monday.

★ IHS

Continued from B1

Chanute girls (16-17-4-4—41)
Iola girls (5-2-1-2—10)
Chanute (FG/3pt-FT-F-TP): Thompson 4-0-2-8, Umbarger 0/2-1-0-6, Jacobs 0-0-1-0, Barrick 2-0-2-4, Schoenhofer 2-0-1-4, Jackett 2-0-1-4, Schoenberger 2-0-0-4, Kidwell 7-1-1-15. TOTALS: 17/2-1-9-41.

Iola (FG-FT-F-TP): Cleaver 0-1-2-1, Delich 0-0-1-0, Larney 0-1-0-1, Bannister 2-0-0-4, Shields 1-0-4-2, Sell 0-0-3-0, Ingle 1-0-0-2. TOTALS: 4-2-10-10.

Chanute boys (21-0-12-20—53)
Iola boys (4-4-6-15—29)
Chanute (FG/3pt-FT-F-TP): Allen 0-4-0-4, Lind 0-0-5-0, Krusich 1/1-0-2-5, Lewis 1-0-4-2, Haviland 3/3-3-1-18, Manbeck 4-1-2-9, Gilmore 0-1-2-1, Triplett 0-0-1-0, Richards 3-0-2-6, Taylor 0/2-2-3-8, Cooper 0-0-2-0. TOTALS: 12/6-11-25-53.

Iola (FG-FT-F-TP): Endicott 0-3-1-3, Works 0-0-2-0, Taylor 0-0-1-0, Hopkins 3-1-5-7, Jacobs 0-0-2-0, Hermstein 0-6-1-6, Peterson 2-2-2-6, Beckham 1-3-0-5, Patel 0-2-4-2. TOTALS: 6-17-18-29.



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