

Marathon man

Virginia runner coming to Des Moines as he runs 52 marathons in 52 weeks, 8C

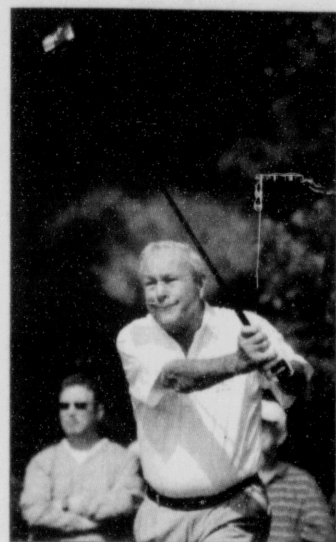
SPORTS

P R E P S ■ C O L L E G E S ■ P R O S

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SIDELINE



AP

Arnold Palmer tees off on the seventh hole during the first round of the Administaff Small Business Classic on Friday in Spring, Texas. Palmer said it was his last competitive round of golf.

PRO GOLF

Golf legend Palmer plays final competitive round

SPRING, Texas — Arnold Palmer tearfully said it was time to stop playing competitive golf after withdrawing from a Champions Tour event early in the first round.

The 77-year-old Palmer hit two balls into the water on the fourth hole Friday, then said he was withdrawing because of a sore lower back. He continued playing with his threesome of Lee Trevino and John Mahaffey but did not keep score the rest of the round.

Story, 3C

COLLEGE FOOTBALL

C.R.'s Cantrell will start for Colorado

BOULDER, Colo. — Former Cedar Rapids Washington standout Maurice Cantrell has gone from backup linebacker to starting fullback on the Colorado football team.

A 6-foot, 235-pound sophomore, Cantrell makes his first start today against Texas Tech in a Big 12 home game. Cantrell switched positions midway through preseason camp and played considerably last week in a 34-31 loss to Baylor. He has yet to carry the ball.

PREP FOOTBALL

Years of futility cease for Trojans

WATERLOO — Waterloo East defeated Dubuque Senior in a high school football game last night, snapping a losing streak that stretched back to the last game of the 1999 season.

The Trojans' 9-6 victory ended a losing streak that had grown to 60 games last week with a loss to Cedar Rapids Jefferson at Kingston Stadium.

East and Senior are 1-6 in the Mississippi Valley Conference.

Gazette staff and wire reports

Meet the Riders

Introducing the 2006-07 Cedar Rapids RoughRiders:

■ **Name:** Scott Mathis

■ **Position:**

Defenseman

■ **Ht/Wgt:**

6-2, 200

■ **Age:** 18

■ **Hometown:**

Crystal Lake, Ill.

■ **Last team:**

Team Illinois

Midget AAA

■ **Notable:** A 19th-round draft choice in 2006. Played with Riders teammate Tommy Wingels for Team Illinois Midget team last winter.



Mathis

Rigorous start to McDermott's era at ISU

Busy weekend ahead for players, coaches

By Jim Ecker
The Gazette

AMES — The Greg McDermott era at Iowa State University officially began last night with the first day of practice at Hilton Coliseum, and a

IOWA STATE BASKETBALL

few things are clear already.

First of all, these Cyclones are going to work hard and be very disciplined on the basketball court.

And secondly, there's more talent on this club than people might realize.

McDermott, hired in April after taking the University of Northern Iowa to three straight NCAA tournaments, put the Cyclones through a tough 2 1/2-hour workout. They'll practice twice today, once at 8:30 a.m. and again at 4 p.m. as they rush to get ready for the season.

"We're going to be a little tired by the time the weekend is

over," McDermott said after practice last night, "but that's OK."

McDermott has only four returning scholarship players with Rahshon Clark, Ross Marsden, Jiri Hubalek and Jessan Gray. He could have had six more, but Will Blalock and Curtis Stinson left school a year early to turn pro and four others transferred to other schools.

Blalock is a rookie with the Detroit Pistons, trying to make the club after being drafted in the second round. Stinson is playing in Croatia.

McDermott brought in six new players, and five of them will be counted upon to help immediately.



Greg McDermott
ISU coach

The sixth new player is Alex Thompson, a transfer from Iowa who will be red-shirted this season due to NCAA transfer rules.

Junior college transfers Mike Taylor and Corey McIntosh give ISU a much-needed dose of talent and experience in the backcourt. Dodie Dunson, a good-looking freshman from Bloomington, Ill., will join them as the top three guards.

"It's going to be a learning curve," McDermott said. "The good news in regard to Mike Taylor and Corey McIntosh, they've come from very

► ISU, PAGE 6C

HIGH SCHOOL FOOTBALL

Shonka shakes J-Hawks

Cougar standout has 2 big plays in 28-10 victory

By Jeff Dahn
The Gazette

CEDAR RAPIDS — Teddy Shonka is certainly no Key-shawn Johnson in terms of arrogance, but he just might share Johnson's attitude.

Just give him the darn ball and good things will likely happen for his Cedar Rapids Kennedy Cougars.

Shonka returned the game's opening kickoff for a 90-yard touchdown and caught a 23-yard "jump ball" touchdown pass from quarterback Guy Martino to help opportunistic Kennedy down Cedar Rapids Jefferson, 28-10, last night at cold and wind-whipped Kingston Stadium.

Kennedy improved to 5-2 with the win and positioned itself nicely for a late season playoff run. The Cougars will be favored in their remaining games against Dubuque Senior and Waterloo East.

But all Kennedy Coach Tim Lewis saw was 12 penalties for 85 yards, a statistic that burns seven weeks into the season.

"In the seventh game of the season you can't be making the mistakes we made tonight," Lewis said. "I'm talking as a happy coach for winning in the MVC . . . but I'm really, really frustrated from the standpoint that it just wasn't very pretty football for the seventh game of the year."

It was special teams and defense that ruled for the Cougars, starting with Shonka's blockbuster that gave the Cougars a 7-0 lead just 18 seconds into the game.

He fielded the kick on his own 10, faked a three-way handoff to a couple of teammates and was off to the races.

"That was huge," Shonka said. "Coach has been telling us we got to get the momentum started right away and get the tempo up. He said if



Leila Navidi/The Gazette

Cedar Rapids Kennedy's Teddy Shonka (left), with Cedar Rapids Jefferson's Anthony Trosky in pursuit, returns the opening kickoff 90 yards for a touchdown in a high school football game last night at Kingston Stadium in Cedar Rapids. Kennedy won, 28-10.

we hit our blocks there's going to be a seam open, and I hit it and I got a good block from Timmy Johnson and that's what got me in the end zone."

Johnson played a pivotal role in Kennedy's next touchdown when he smacked into Jefferson punt returner Anthony Trosky, forcing the ball loose. Johnson fell on it on

the Jefferson 14 and three plays later Herve Cantrell ran in from 3 yards out to give Kennedy a 14-0 lead with 2:33 left in the first quarter.

Jefferson (4-3) was in a

deep hole early and couldn't overcome the outstanding field position the Cougars enjoyed all night.

"Field position is kicking

► COUGARS, PAGE 4C



Liz Martin/The Gazette

Iowa City High's Travis Gobush (24) makes his way up the field as Cedar Rapids Washington's Ricky Mellor (21) closes in during the first quarter of last night's 35-0 City High win at Bates Field in Iowa City. Gobush carried 19 times for 209 yards and two touchdowns.

Little Hawk pride on display

Iowa City High rolls past C.R. Washington, 35-0

By John Riehl
The Gazette

IOWA CITY — Iowa City High senior Ryan Quigley conceded he is not a great interviewee.

He may want to reconsider his self-assessment, because he perfectly summed up the Class 4A ninth-ranked Little Hawks' 35-0 blanking of Cedar Rapids Washington last night at Bates Field.

"It's Little Hawk pride. It's Little Hawk football," said Quigley, a 6-foot, 164-pound defensive back.

City High is a proud program that has made 17 playoff appearances and won three state titles, and the 2006 team is carrying on the school's tradition of excellence with a dominating defense and dynamic offense.

The Little Hawks (6-1) pitched

their second straight shutout last night, holding a wide-open Washington offense, led by quarterback Barney O'Donnell, to only 138 total yards. The Warriors (4-3) also committed four turnovers.

Last week, City High blanked the ground-oriented attack of Prairie, 23-0.

"That's a good offensive club that we were able to shut down tonight," City High Coach Dan Sabers said. "They have athletes, and we have all the respect in the world for O'Donnell. He's special, and we were able to get them out of their rhythm."

"I like the way our team is starting to accept coaching and buying into what we're doing."

On offense, senior tailback Travis Gobush was so special that Rob Thein's single-game school rushing record of 313 yards was in serious jeopardy.

Gobush, who missed two games

More prep football

- C.R. Xavier stays unbeaten, 4C
- Hempstead downs Linn-Mar, 4C
- Marion blanks DeWitt Central, 4C
- Williamsburg wins wild one, 5C
- Montezuma shocks Regina, 5C
- Linn County, area roundups, 5C

this season with a knee injury, rushed for 209 yards on 18 carries — highlighted by a 74-yard touchdown scamper in the second quarter.

But he didn't return to the game after City High scored a touchdown on the first possession of the second half to take a 29-0 lead.

With a safe lead, there was no point in keeping Gobush in the game to go after the record and risk getting hurt.

"There's no doubt it's fun

► CITY HIGH, PAGE 4C

C.R. Xavier clinches first division crown

By Casey Owens

News correspondent

CEDAR RAPIDS — After a sluggish first half, Cedar Rapids Xavier took control in the third quarter to defeat Waterloo West, 35-6, in a Mississippi Valley Conference football game last night.

Xavier (7-0) clinched its first Valley Division title and its first playoff berth since 2003. The Saints finished second in their division in 2001, 2003 and 2005.

West dropped to 2-5.

“It feels great being 7-0 and hopefully we keep getting better each week.”

Joe Bedard

Xavier senior

Xavier was led by seniors Will Martin and Joe Bedard with two touchdowns apiece.

Martin has 15 touchdowns this season, tying him with Justin Peck for the school record. Martin finished with 183 yards, giving him 993 this season.

Both players credited their teammates. Bedard's touchdowns came on interceptions returns of 35 and 57 yards.

“Without their blocking, I would have not been able to do what I have done this season,” Martin said.

Bedard would like to see the team build off its 7-0 start.

“It feels great being 7-0 and hopefully we keep getting better each week,” he said.

The Saints started quick with Martin scoring on a 63-yard run and Ryan Collins made the extra point kick.

Andy Murtha scored on a 4-yard pass from Dan Schmall.

Wahawk Coach Doug Gee was upset his team didn't do more in the second quarter.

“When you are 10, 20 yards away and don't score it hurts,” he said. “It should have been a 14-14 game at halftime.”

Jim O'Connell, the Saints' defensive coordinator, said West is a good team.

“They have a pretty good team compared to what their record shows,” he said.

Hempstead extends Lions' skid

MARION — A “nice talk” at halftime put Dubuque Hempstead in high gear last night in a Mississippi Valley Conference football game at Armstrong Field.

Ahead just 7-0 after the first two quarters, the Mustangs (6-1) scored three second-half touchdowns to keep Linn-Mar winless, 28-6.

“We had a nice talk at halftime and we started to pick things up after that,” said Ehlers, a former Linn-Mar assistant. “We started some new people tonight due to injuries and we weren't too happy with the way we started.”

Josh Lenz powered the Mustangs with two long touchdown runs. He scored the first TD on a 70-yard run in the second quarter and added a 46-yard scoring run in the fourth.

He finished with 124 yards on only four carries.

Karl Dolter and Jesse Burnes also scored for the Mustangs on runs of 12 and 10 yards.

“We're 6-1 but we have two great teams left to play,” Ehlers said. “So we've got our work cut out for us.”

“But I can't take away what we've done so far in this tough conference.”

Linn-Mar (0-7) scored on a 40-yard pass from Seth Cox to Joel Elgin in the third quarter. Cox completed 4 of 8 passes for 86 yards and Sean West rushed for 77 yards on 17 carries.

(Reported by news correspondent Eric Modracek)



Leila Navidi/The Gazette

Tim Johnson (top) of Cedar Rapids Kennedy recovers a fumble by Cedar Rapids Jefferson's Anthony Trosky (bottom right) during a Mississippi Valley Conference game last night at Kingston Stadium in Cedar Rapids. Trosky was receiving a punt when he was hit by Kennedy's Greg Easley (bottom left), knocking the ball loose for Johnson to recover.

Cougars/Field position hurts Jefferson in loss

► FROM PAGE 1C

game. That's the key,” Jefferson Coach Jim Womochil said. “We didn't perform well in the kicking game tonight and that got us in a hole, and of course, early on it was 14-zip and that makes it tough against a good football team.”

Statistically, the game was a dead heat. Kennedy finished with 236 total yards to Jefferson's 227, but the J-Hawks

were hurt by three turnovers and what was actually a pretty good Kennedy defensive effort. Jefferson's only touchdown came on a 19-yard half-back pass from Cal Faul to Ryan Bennett in the third quarter that brought the J-Hawks within 21-10.

J-Hawk quarterback R.J. Schubatt completed 14 of 28

passes for 154 yards.

“I think we were ready for them,” Kennedy safety Ben Mere said. “It was tough because they were kind of throwing every trick in the bag at us but we were prepared.”

And then there was that field position.

The Cougars started their first half possessions on the

J-Hawk 33, 14, 44, 34 and 31 yard lines and twice on their own 46. By contrast, four of Jefferson's six first-half possessions started their own 20 and other two started on their own 21 and 24.

The result was a 21-3 Kennedy halftime lead.

Jefferson's lone first half tally came on a 26-yard field goal from Kyle McCauley

midway through the second quarter.

Johnson finished the scoring with a 39-yard TD run in the fourth quarter.

Jefferson hosts Xavier Thursday night at Kingston and Kennedy travels to Dubuque Senior next Friday night.

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Marion shuts out DeWitt Central

Allen Reisner caught two touchdown passes late in the first half to propel Class 3A sixth-ranked Marion to a 34-0 high school football victory last night at DeWitt.

The Indians improved to 7-0 overall, 5-0 District 5.

The Indians were facing a 4th-and-8 with 1:55 remaining in the first half when Josh Busenbark hooked up with Reisner for a 33-yard score.

Marion recovered a fumble on the kickoff and marched the ball down to the 2-yard line with two seconds remaining before halftime. The Indians faked the field goal and holder Alec Kiburz threw the ball to Reisner for another touchdown to make it 21-0 as time expired.

Brock Dabling scored two second-half touchdowns on a 2-yard run in the third quarter and a 12-yard reception in the fourth quarter.

Michael D'Hooge scored the Indians' other touchdown on an 11-yard pass reception in the first quarter, shortly after intercepting the Sabers on their first possession.

The Marion defense forced five DeWitt Central turnovers, three interceptions and two fumbles, and held the Sabers to 128 total yards on offense.

Central dropped to 5-2, 4-1 3A-5.

DUBUQUE WAHLERT 22, IOWA CITY WEST 20 — A failed two-point conversion with 1:06 left doomed the Trojans (1-6) in a Mississippi Valley Conference game in Dubuque.

Jon Dargitz scored on a 3-yard run to make it 22-20, but a bad exchange gave Wahlert (2-5) the win.

“It's amazing,” Wahlert's Tyler Willman said.

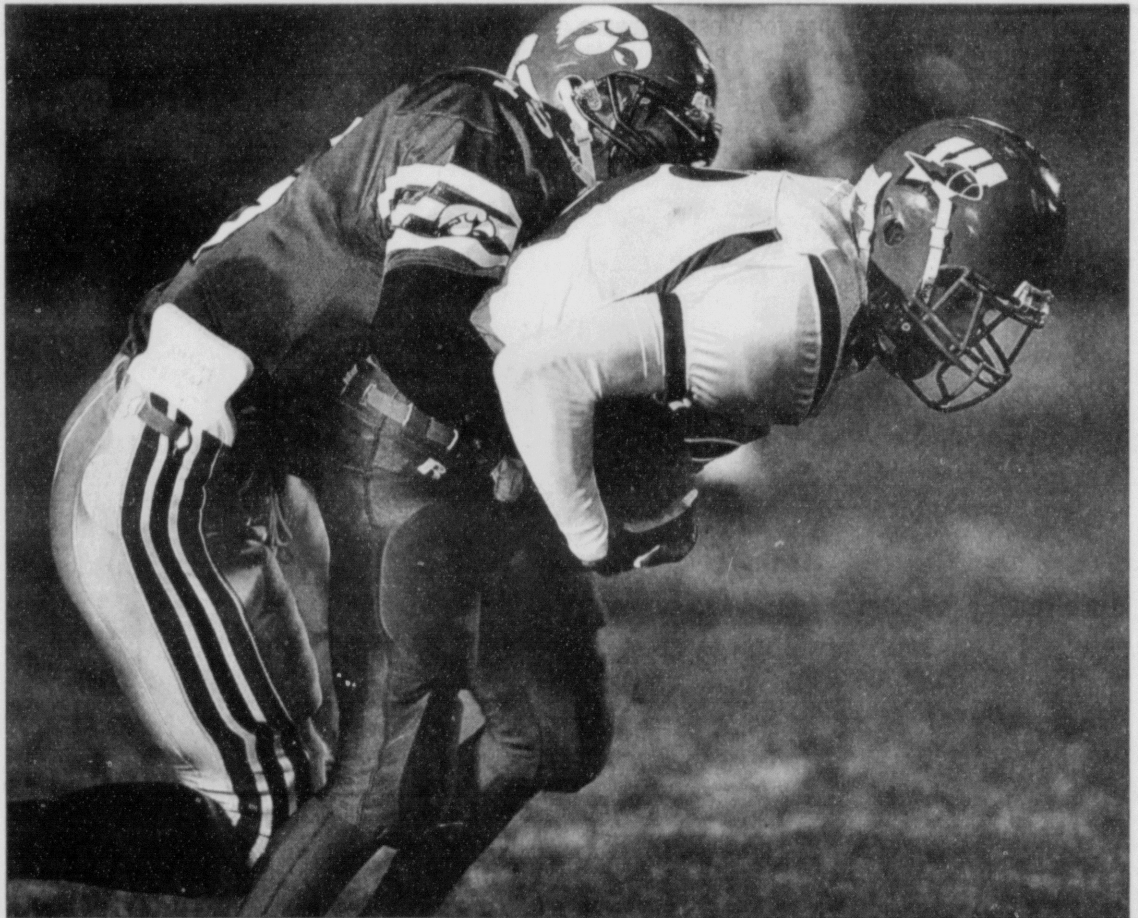
West totaled 241 yards of offense, including 210 on the ground. Dargitz finished with 140 yards on 30 rushes and also scored on a 3-yard run in the first quarter.

“I don't think we were ready to play,” West Coach Mike Cooper said. “We didn't play with any emotion or enthusiasm.”

CEDAR FALLS 31, C.R. PRAIRIE 30 (OT) — An extra point that bounced off the goal post cost the Hawks in a Mississippi Valley Conference game in the UNI-Dome.

Cedar Falls (6-1) made its PAT after tying the game at 30. Prairie, which led 10-3 at halftime, fell to 4-3.

Down 21-10 in the second half, the Hawks stormed back to take a 24-21 lead in the fourth quarter. The Tigers, however, tied the game at 24 in regulation with a late field goal.



Liz Martin/The Gazette

City High/Little Hawks clicking on all cylinders

► FROM PAGE 1C

running behind my O-line,” Gobush said.

Arcidius Robinson scored on a 1-yard run with 11:18 remaining, giving City High a 35-0 lead. There was a continuous clock the rest of the game.

While Gobush ran through big holes, quarterback Ted Schmidt did damage through the air. The junior completed 5-of-9 passes for 124 yards and two touchdowns — a 70-yarder to Jon Gilmore and a 15-yard strike to Shane Morelock.

Gobush's presence makes the entire City High offense dangerous.

“He's special. He builds up everybody's confidence level and it puts pressure on your defense,” Sabers said.

City High travels to 10th-ranked Cedar Falls Thursday, then hosts Jefferson Oct. 27 to conclude the regular season.

“Two consecutive shutouts, our defense is on top of its game. And our offense is putting up points.”

Travis Gobush

Iowa City High senior tailback

“Two consecutive shutouts, our defense is on top of its game. And our offense is putting up points,” Gobush said.

Washington hosts Waterloo West Friday and plays at Linn-Mar Oct. 27.

■ Contact the writer: (319) 339-3177 or john.riehl@gazettecommunications.com

Mississippi Valley Conference standings

Miss. Division	Conf	All
Iowa City High	6-1	6-1
Dub. Hempstead	6-1	6-1
Cedar Falls	6-1	6-1
C.R. Prairie	4-3	4-3
Dubuque Wahlert	2-5	2-5
Iowa City West	1-6	1-6
Linn-Mar	0-7	0-7
Valley Division	Conf.	All
C.R. Xavier	7-0	7-0
C.R. Washington	4-3	4-3
C.R. Kennedy	5-2	5-2
C.R. Jefferson	4-3	4-3
Waterloo West	2-5	2-5
Waterloo East	1-6	1-6
Dubuque Senior	1-6	1-6
FRIDAY		
Waterloo East 9, Dub. Senior 6		
Hempstead 28, Linn-Mar 6		
Wahlert 22, Iowa City West 20		
Kennedy 28, Jefferson 10		
Cedar Falls 31, Prairie 31 OT		
City High 35, Washington 0		
Xavier 35, Waterloo West 6		

