

# State Track

## Girls Compete in 3 Relays

## Boys Win 4x800m Relay

The Cardinal girls performed well in their three relays at the state meet, getting season-best times in all three of them.

4x100

From the beginning to the end of the Cardinal season, the 4x100m team probably made the most progress. Lexi Voss, Lily Dixon, Avrie Fagan, and

similar to that of the 4x100 team—Olivia Spurling, a junior, Hannah Frank, a sophomore, and freshmen Amanda Smith and Mackenzie Harger. The older girls tried to help the freshmen adjust to the environment, but they could have used some help calming their own nerves.

“The whole time we were telling the freshmen,

Oval. She was near the back of the pack on her first lap, then moved into 5th place as she handed off to Frank. Frank moved the Cards up one spot by the time she passed the baton to Spurling. Spurling got passed early, but eventually went by three runners to put the Cards into 2nd place.

“When that girl passed

The Cardinal boys had every reason to feel sorry for themselves coming into this year’s state track meet. The team was without sophomore Caleb Smith, who injured his hip at the state qualifying meet on May 11. Smith’s injury probably kept the Cards from qualifying in two additional events for state—and, after establishing himself as the leadoff runner in the 4x800m relay, he would not be available at the Blue Oval.

But Carson Maly, Dallas Canoyer, Blake Tiemeyer, and Malakai Hale got right to work the week leading up to state. When they won the 4x8 at Drake Stadium last Thursday, they may have surprised a few people—but not themselves and not their coaches.

“They work so hard and they practice so hard and they do everything the coaches tell them to do,” said Coach Caskey. “It’s totally different when you get in this atmosphere (at state). You run at a district meet where there’s 600 people watching, and when you get here, kids have a tendency to go one way or the other in the moment. To have the guys respond the way they did, that was great.”

Maly had been running the second leg for most of the season, but he drew the assignment of the opening leg for state. That’s an entirely different mindset, and he had to adjust on the fly.

“(The field) all went out sprinting, like the first 300 meters,” said Maly. “It was hard to keep up with them. But after

a lap, they started slowing down, and it was easier to find a spot and sit there.”

Maly was near the back of the pack for the first lap. He worked his way through traffic on the back stretch of his 2nd lap and moved to 4th at the end of the far turn, then handed off to Tiemeyer.

Tiemeyer has been consistent all season—and he delivered again.

“I just tried to stay at my pace and keep close, and then I gave it all I had the last 300,” he said.

He was 5th at the end of his first lap, but made up a lot of ground in the home-stretch of his 2nd lap, hand-

ing off to Canoyer in 2nd place.

Overall, depth wasn’t a strength of this year’s Cardinal track team. But the Cards do possess plenty of good runners at 800m. After Smith’s injury, Coach Caskey needed a substitute, and Canoyer was the easy choice. The coach said that Canoyer could have been chosen for the team for the qualifying meet had things gone a little differently during the season.

“He was the odd man out, but then he gets in it,” said Coach Caskey. “He

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Mackenzie Harger outleaves a competitor at the finish line in the 4x800m relay. (Photo by Shannon Payne.)

Ava Harris came into the state meet seeded #22, then nearly qualified for the finals. They finished 4th in the 3rd heat with a time of 51.84—just .43 of a second out of 8th place. Their execution was smooth, and everyone ran fast and relaxed.

With one senior, a junior, and two freshmen, the team members experienced a variety of emotions competing at venerable Drake Stadium in front of thousands of fans.

“It’s kind of a different experience every time,” said senior Dixon. “Especially experiencing different events, it’s a different feel every time I come out on the track. But it’s always really exhilarating.”

“You get nervous, but it’s a great experience,” said Voss, a junior. “It’s a good competition for us. It pushes us. It was great for the younger ones to see how it is and how they can push themselves from here on out.”

Freshman Harris and Fagan didn’t seem intimidated by the environment.

“I had no clue what to expect,” said Harris. “I heard different stuff from different people. But I liked it. I want to come back for sure.”

Fagan added, “It was very nerve wracking, but I had a lot of fun.”

4x800

The makeup of the Cardinal 4x800 team was

“Just run your race. We’re going for our own time, Stay calm. Deep breaths,” said Frank. “Trying to keep them as calm as possible, even though I’m pretty sure we were both pretty nervous ourselves.”

As freshmen, Harger and Smith have already experienced the ‘big time’ as parts of a state championship cross country team last fall, but there’s still nothing like the state track meet.

“It’s just very busy and kind of overwhelming,” said Harger. “But it’s exciting because there are so many more people. Even if they don’t know you, they cheer you on.”

Smith added, “It’s real-

me, I was like, ‘I have to put some pep in my step,’” she said. “So at the 400 mark, I said, ‘I gotta kick. I don’t care if I feel the pain.’ That goes away at some point.”

Harger had the team’s best split, 2:30, running against some other excellent anchors. She got passed by a couple runners, but held off another strong charge by a competitor and the Cards got 5th in the heat in 10:11.75.

“I knew I was almost finished and I was like, ‘I gotta kick. I can’t let her pass me,’” she said. “I was kind of nervous about that.”

The Cards ended up in 15th place overall in a fast field. Ten teams broke the 10-minute mark.

4x400

The state track meet is one of the best-run events of anything that the boys’ or girls’ associations host. Hiccups are rare, but they do happen. This year, all of them seemed to occur right before the Cardinals’ 4x400m heat. There had been problems with the on-field PA system—and

they intensified right before the Cardinals’ race. Several times the starter got the runners on their marks and set, only to tell them to stand up because the signal from the mic to the sound system kept breaking up. The situation was unnerving for

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Dallas Canoyer passes a runner on the Blue Oval backstretch. (Photo by Todd Weber.)

## Malakai Hale Gets 2nd in the 800m

Malakai Hale concluded his excellent career with a 2nd-place finish in the 800m run on the final day of the state track meet last Saturday.

Malakai came in with the 13th fastest time from the qualifying meets, which meant he had to run in the first heat. So, he needed to alter his typical strategy. Normally he likes to bide his time and then just chase everybody down. This time, he needed to beat everybody in the field, of course, but also put down a time that would stand up after the second heat.

“I was trying to go out hard, 58-, 60- (seconds on the first lap)—somewhere in there,” said Malakai. “And then instead of kicking at the 300 (meter mark), start the kick at the 400. Really, make it two 400s. That’s what I was going for.”

Malakai was in the middle of the pack after one lap—at around 60 seconds. He passed everybody in the middle of the back stretch and pulled away, finishing with a PR of 1:57.44.

All that was left was to wait and watch the second heat. St. Edmond’s Aaron Lursen went out hard, separated from the pack, and stayed fast, finishing in a time of 1:56.64.

Malakai—and everyone in the stadium, really—were left wondering what might have been had he run in the second heat. What a



Malakai Hale crosses the finish line in the first heat of the 800m run last Saturday. (Photo by Shannon Payne.)

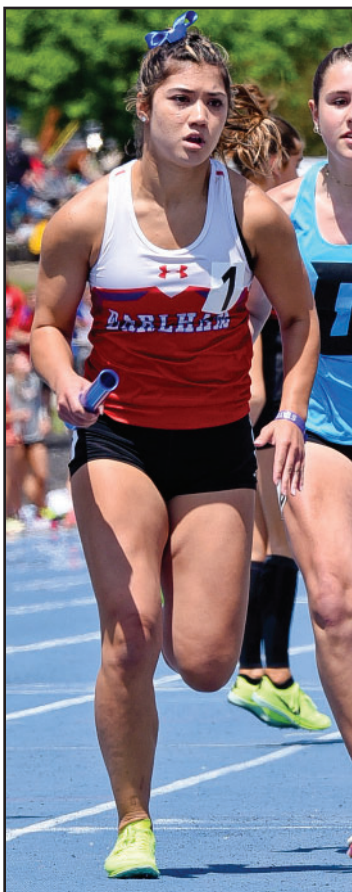
race that would have been. But all in all, it was a pretty good weekend for the Earlham senior.

“It’s been fun,” he said. “Especially getting to run with those guys in the

4x8—to hand it off to them so they can go win it next year. And getting 2nd place here. I wish I could have got 1st, but it’s still fun. Still exciting.”



Seniors Taylor Jensen (L) and Lily Dixon ended their Cardinal careers at Drake Stadium last Saturday. (Photos by Shannon Payne.)



# Golf, Soccer Seasons End

## Golf

## Soccer



Ryan Stiles chips onto the green at the district tournament in Anita last week. (Photo by Todd Weber.)

The Cardinal golf teams concluded play last week.

**Boys**  
The Cardinals finished 7th at the sectional meet in Anita. Ryan Stiles led the Cards with 79 to finish 11th overall. Next for the Cards was Sam Goodrich with 87, followed by Emmett Hagen (91), Davis Doud (92), and

Kaden Kasal (93). The scores by the Cards weren't bad at all, but the competition was stiff—and plenty of golfers had really good days.

"Golf is a humbling game and sometimes your best isn't quite good enough," said Coach Gilson. "Our district was

tough—when a 79 gets you 10th place. Our kids played well all season and it was a shame they couldn't get to the next level and go to state."

**Girls**  
Savannah Charlet played in the regional finals on May 17 in Lynnville. She struggled, shooting 126, but nevertheless had a fine season for the Cards.

"I think she learned a lot and realized she has a ways to go in terms of improvement on her game," said Coach Gilson. "But it was a good experience for her going into next year."



Logan Hupp dribbles through defenders.

**Boys**  
The Winterset/Earlham Huskies lost in the first round of the post season, falling to Bondurant-Farrar, 4-2, on the road on May 16. Kaeler Beebe had a goal and an assist for the Huskies. Tanner Morrison scored a goal and Logan Hupp had an assist.

**Girls**  
The Huskies lost in the regional quarterfinal to Glenwood, 5-0, on May 19. (Photo by Shannon Payne.)

# Cards win 4x800m

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very well could have gone another direction. But instead, he responds and says, "I deserve to be on this team." That says a lot about his mental makeup."

The confident Canoyer certainly performed like he belonged. He turned in an excellent split of 2:03, but he wasn't worried about watching the clock.

"I'm like, 'I just have to go out and run my race, try to get the team a win, keep it close,'" he said. "I have no clue what I ran but it felt pretty fast."

He slipped to 5th at one point during his leg, but when he handed the baton to Malakai, the Cards were in 2nd, just a half step out of 1st.

Midway through the near turn on the final lap, Malakai was in 4th, 4 seconds out of 1st place. For most runners, that's a precarious spot. But anyone that has seen the Cardinal senior run probably could foresee what was going to happen.

He reeled in the lead pack on the back stretch, and at the 200 mark, he left them in Blue Oval dust. As he entered the homestretch, the race was easily won. But the winning time in the first heat was a blazing 8:12.85 by St. Albert—and Hale had to get under that. He kept churning through the finish line and the Cards had a season-best time of 8:11.0—and the fourth 4x800m relay title in

a row for Earlham.

Malakai ran the final lap in 55 seconds. As he has done all season, he made his charge to the front at the right time.

"I save my energy—let the other people run for me," he said. "I stayed behind them, and when I knew I could win it, I went."

Malakai is currently weighing his college options and plans on running somewhere next year. Whoever gets him will be pleased. For all he has accomplished, Malakai still seems like an athlete with plenty of upside.

"I don't think he even knows how good he is," said Coach Caskey. "He ran a 55 (-second lap) because he had to run a 55. Tomorrow, if he has to run a 54, he might be able to run a 54. He's super talented, but also, there isn't any occasion that's too big for him. If he knows he has to do it, he does it."

With Malakai graduating, that will leave a big hole in the Cardinal lineup next year. But Earlham always has great runners that graduate. Then, the next season, somebody emerges, and the Cards barely miss a beat. Who will that be? It's hard to tell, but it's already on the minds of the guys returning.

Maly was in the city park later that Thursday evening and said, "We've already talked about doing it again next year."

## Other State Track Events

**High jump**  
Jeret Petersen competed. He did not clear the opening height of 5-11.  
**Long jump**  
Trevor Lane finished 23rd.  
**Distance medley relay**  
Lane, Brody Morrison, Dallas Canoyer, and Malakai Hale finished 23rd.  
**Shuttle hurdle relay**  
Cason Amsden, Walker Hale, Will Frommelt, and Petersen finished 23rd.

## Girls' Relays

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everyone, and eventually, Earlham leadoff runner Lily Conry false started. The officials decided not to charge her, and the crowd responded with a loud cheer and applause.

The starter finally shot the gun, and Conry and her teammates, Taylor Rodgers, Taylor Jensen, and Lily Dixon, ran well, finishing in 4:18.75, good for 21st place.

This would be the last race ever for seniors Dixon and Jensen, who have been running together since 7th grade. These four laps, and even the week leading up to them, were emotional for everyone on the team.

"We've been bonding so much these past couple weeks," said Dixon. "This

4x4 team—we've been inseparable this whole state week."

Jensen understood the finality of the event, also.

"Especially since this is the end of high school sports altogether," she said. "I wasn't feeling anything until a little bit before, and then right now."

Conry, a junior, was perhaps the most emotional Cardinal after the race. She returned to the track team this season after a year off and appreciated the response she got from her teammates.

"For me, not running last season and then coming back," she said, "and just being welcomed back by Lily and Taylor—being a part of this 4x4 team is so awesome."

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