

July 25, 2006

NEWS FOR IMMEDIATE RELEASE

From: Nebraska Sports Council

Contact: Dave Mlnarik 800-304-2637

Lincoln—A former Husker Volleyball All-American, a father-son volunteer/athlete duo and a well-known senior competitor who shattered a national record, have been chosen as the best of the best in the 2006 Cornhusker State Games.

The 22nd annual sports festival for Nebraskans wrapped up Sunday with a final total of 12,066 athletes participating, which represents an increase of more than 600 over 2005 numbers. Athletes came from 81 different counties and participated in 58 sports at more than 70 venues in and around Lincoln.

Laura Pilakowski, a 25 year-old Columbus native whose CSG teams earned gold medals in the top two adult volleyball divisions, was named 2006 Female Athlete of the Year. Pilakowski participated in the Cornhusker State Games throughout her youth, usually in track and field or basketball, before starring for the University of Nebraska in both basketball and volleyball.

Carol Frost, 61 of Ashland, well-known as an athlete and coach in Nebraska, earned the E. Lee Todd Senior Athlete of the Year award by shattering a national age-group record in the discus, with a throw of 106' 11". The previous record was 97' 9". She also won gold in the shot put. Frost once served as the CSG Opening Ceremonies Parade Marshal, and has participated for many years. This year, she did so alongside son Scott, who played quarterback for the 1997 national championship Husker football team. Scott won gold for his age group in the shot put and long jump.

The 2006 Male Athlete of the year is Scott Bredehoft of Lincoln, another long-time multi-sport CSG participant. Scott was the overall winner of the CSG Triathlon, the biggest in Nebraska history with 376 entries, in a time of 1:10:09. Bredehoft, 22, also earned a bronze medal in the Adventure Race a week earlier, competing on a two-man team with his father, Gary. The two also volunteered together as lead bikers for the CSG 10K Road Race known as Footstock.

It was volunteer commitment that earned the elder Bredehoft, Gary, the 2006 Joe Neal Memorial Volunteer of the Year Award. Besides directing the Triathlon to record numbers at a new venue and serving as a key volunteer for Footstock, Bredehoft, 49, also directed the CSG Masters Track and Field meet and his business sponsored the Games. He has also spent countless hours the past four years constructing tips for the N-Lighten Nebraska program and participated and medalled, once again with son Scott, in the Link-Urban Adventure Race this spring.

Other statistics and notes from the Games: Volleyball was the largest sport with 1,233 athletes, basketball was second with 1,093. Sidda Hagedorn, a Volkswalk participant from Lincoln, was the youngest participant, at 159 days. Clarence Osborn, who ran Footstock and Track & Field was the oldest, at 88 years. Average age was 26.5 years and 61% of the athletes were male, 39% female. Athletes came from 81 different counties.

Medal results, and other statistics and information, can be found at CornhuskerStateGames.com.

###