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## News Release

### FOR IMMEDIATE RELEASE

August 18, 2009

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### **Koehn and Kowitz Named 2009 Sunflower State Games Athletes of the Year**

TOPEKA, KAN. – Former Kansas State and WNBA star Laurie Koehn from Hesston has been named the 2009 Sunflower State Games Female Athlete of the Year. Koehn, who played with the X-Women, a team comprised of former college basketball standouts from Kansas, hit the winning shot in the women’s basketball championship game to win the gold medal. South Hutchinson’s Cory Kowitz, 31, was selected Male Athlete of the Year after taking home two medals in the 2009 Sunflower State Games as well as a Gold Medal in the 2009 State Games of America.

Looking for a chance to keep her skills sharpened over the summer, Laurie Koehn decided to participate in the 20<sup>th</sup> Anniversary of the Sunflower State Games. “I thought it sounded fun to be able to compete with my friends” Koehn says, “I love the fact that this event allows people of all ages to participate.”

A third degree black belt in Karate, Kowitz has won 86 medals since 1984 competing in local, regional and national tournaments. Now a Martial Arts instructor himself, Kowitz encourages his students to compete each year at the Sunflower State Games. “This event gives Kansas athletes a rare opportunity to take part in something special and to be recognized for their special talents” said Kowitz.

Koehn and Kowitz have been nominated for National Congress of State Games Athlete of the Year Awards, which will be presented at the NCSG Annual Banquet in Ames, Iowa in October.

The 2009 Sunflower State Games were held July 10-26 in Topeka with 7,165 athletes participating in 40 sports. Medal results for all sports are available at [www.sunflowergames.com](http://www.sunflowergames.com). The Sunflower State Games is a non-profit organization headquartered in Topeka. The Mission of the annual games is to promote physical fitness, personal health and well-being for Kansans of all ages and skill levels.

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