

SPORTS

Athlete Spotlight: Andy Iams



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Penn State Behrend Junior Andy Iams (Harrison City/Penn Trafford) was named the ENTERPRISE RENT-A-CAR athlete of the week for October 6, 2008.† Iams was also named as the AMCC cross country runner of the week.

Iams, who grew up in Harrison City, Pennsylvania, started running in 7th grade. "It's been a passion of mine since then," he says. While he also runs the 5k and 10k in track and field, cross country is his primary sport.

When he graduated from Penn Trafford, he was recruited by several schools, including Grove City, Duquesne, and Penn State Behrend. He chose Behrend, he says, because of a "homey" atmosphere, the small class sizes, and their great engineering program.

He has been running for cross country and track since his freshmen year, and plans to run cross country until he graduates. At the end of last season, Iams said that his goals were to win the conference championship and send individuals to compete at higher levels. The way the team is playing so far, it appears that the goals can easily be met.

Iams, who is a mechanical engineering major planning to stay for the rest of his education at Behrend, says that consistency is the area where both he and his team can improve.

"It's all a matter of coming out and running a great race every time," he says. "Running a six minute mile one day and a five-minute mile the next... that's something to improve on."

This year, Iams has been the model of consistency for any athlete. He has finished in the top ten amongst male runners in all of his races this year. His race time at the Bobcat Invitational on Oct 4, put the Behrend Lions in first place, over nine other schools. He has taken almost a minute off of his time on the first race of the year, according to the sports department.

Iams contributes part of both his success and that of his team to the coaching staff, headed up by Dave and Greg Cooper.

"They are doing a great job this year," he says of the coaches. "They are doing awesome with the workout plan, and focusing on what we need to do, which is stay together."

As a cross country team, he explains, it is vital to stay as a team. The coaches realize this, and help the team try to achieve that through practices. "Sometimes it really doesn't matter if one person finishes way ahead, it's better

Iams and the Behrend cross country runners will travel to the Oberlin Inter-Regional Rumble on Oct 18, and travel to Penn State Altoona on Nov 1 for the AMCC championships. They have bright outlooks for the rest of the season, and hope to cap off the year with a championship for Behrend.



DANIEL SMITH / The Behrend Beacon

Andy Iams nears a tough incline running at the Behrend Invitational.

ENTERPRISE RENT-A-CAR
ATHLETE OF THE WEEK

Andy Iams
Cross Country
Junior

Pens and Sabres ready for successful seasons

By Nick Blake
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Football season is in full force, and it's time for broken noses, hard-hitting fights and highlight reel goals. It's October, and that doesn't only mean football and baseball playoffs. Hockey season is underway and fans are in for a good season.

The NHL opened the 2008-09 season with a series of games in Europe. The Pittsburgh Penguins opened their regular season with a two game series against the Ottawa Senators in Stockholm, Sweden. The NHL came up with the idea for the games in Europe as a way to promote the league overseas.

The Penguins split the series with the Senators 1-1: They won the first game 4-3 in overtime and the Senators won the second game 3-1. Both organizations were excited to be apart of the NHL series being played in Sweden's capital city.

"The Pittsburgh Penguins

organization is proud to help represent the NHL on the historic trip, and our players and coaches are looking forward to this tremendous experience," said Ray Shero, the Pens executive vice president and general manager prior to leaving for Sweden. This was the first time that the NHL has played regular season games in Europe.

Senators captain Daniel Alfredsson was born and raised in Stockholm, so this was an extremely special experience for the native Swede.

"It turned out to be everything I expected and more. We won [a] game and I scored a goal," said Alfredsson. "It was a lot of fun and a day I will always remember, there's no question."

The Penguins have upcoming games on October 11, 14 and 16. They will all be home games against the New Jersey Devils, Philadelphia Flyers and the

Washington Capitals. The Pens struggled with their power play in the Stockholm series going 1-14. They will be focused on getting things back in order.

"The power play has to be better. We just need to make sure we execute and that comes from practicing. If we can do it in practice and execute, make plays quick, that's going to transfer over to a game," said captain Sidney Crosby.

The Buffalo Sabres, unfortunately, were not one of the lucky teams to play an NHL series in Europe. However, they are eager to get their season started. The Sabres went 2-4 in the preseason, but usually the preseason means nothing when it comes to the regular season. The Sabres have a strong roster and newly named captain Craig Rivet are looking to have a strong season.

"I'm new to the team and new to the organization. There are a

lot of players who have been brought up together and it's a real tight family...I'm really happy to be apart of it right now," said Rivet. Rivet was traded to the Sabres this summer from the San Jose Sharks, so he wasn't expecting the honor.

Head Coach Lindy Ruff is proud of what Rivet has accomplished. "I've liked, and loved actually, what he's done in practice and games. But to come in and garner that much respect and trust from his teammates in such a short period of time...it says a lot," said Ruff.

The Sabres have upcoming games on October 10, 15 and 17. Their first game is on the road against the Montreal Canadiens. They then come home for two games against the New York Islanders and the New York Rangers. Watch out for the Sabres to be a force in the NHL East this season.



CONTRIBUTED PHOTO

Penguins and Sabres during the Winter Classic at Ralph Wilson Stadium in Jan. 2008.

This week's matchup



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