

# Capitol harriers end winning season

**By Jeanne A. Bailets**

The 1983 Cross Country team finished its second varsity season with 12 wins and one loss, and succeeded in recapturing the Keystone Athletic Conference title.

"It's tough to top a 12:1 record," said Coach Bud Smitley.

**"...the morale was very good with this year's team, and they had a lot of spirit...it was a joy to work with them."**

**Bud Smitley  
Cross Country Coach**

This year's harriers included seven seniors: team captain Dave Wicks, Jerry Trently, Dave McNamara, Mike Markle, Brian Gauger, Al Fiertag, Jeff Carroll; and four juniors: Greg Nisley, Dan Miller, Joel Hager and Brian Bachman.

"The runners were faster this year and enjoyed running more. They had more spirit...and psyched each other up for the runs. It was just a pleasure to be around them," said team captain Dave Wicks.

Departing senior Jeff Carroll said, "My reason for joining the

team was to find someone to run with, which would also give me the drive to run. Running with the team improved my time by almost a minute."

Senior Dave McNamara agreed: "We were not getting any benefit for being on the team other than the enjoyment of running. We all wanted to run, and that was the most important thing."

Although the team will be losing its seven senior runners, the four junior members returning next season "...are all quality and represent four of the five top runners on this season's team," Smitley said.

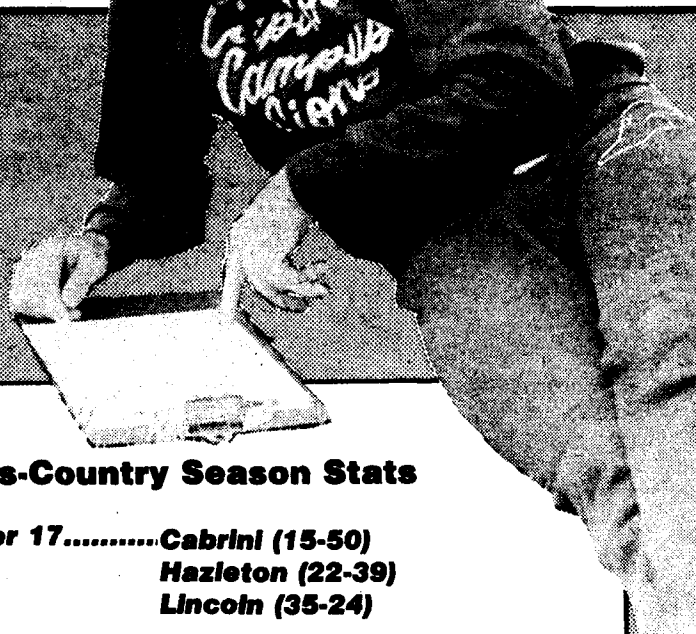
Even though the team performed exceptionally well this year, the coach has goals for next season's cross country.

"I would like to see them do better in overall Districts next year. They placed fourth this year, but I would like to see them challenge for the top spot," Smitley said.

He also expressed the desire to see one of next year's runners qualify for the National Association of Intercollegiate Athletics competitions, held every November in Wisconsin.

For the runner interested in joining next year's team effort, Coach Smitley has a training program which should be followed between now and next August. Formal team training begins in August, but the runner should be in top condition and ready to run.

"It is a mistake to stop running in the winter months," Smitley



**Cross-Country Season Stats**

**September 17.....Capitol (15-50)**  
**Hazleton (22-39)**  
**Lincoln (35-24)**

**September 24.....Alvernia (15-38)**  
**Eastern (17-46)**  
**Philadelphia (24-36)**

**September 28.....Elizabethtown (22-38)**

**October 1.....Northeast Christian(15-50)**  
**York College (27-28)**

**October 8.....Alvernia (17-45)**  
**Baptist Bible (24-35)**  
**Elizabethtown (20-42)**

**October 29.....Beaver (15-50)**

Capitol finished with a 12-1 season record. Capitol's score appears first in each case above. Lowest score wins.

said. "You need to run all year round to develop the conditioning necessary for training in August." Smitley said of this year's

team, "...the morale was very good with this year's team, and they had a lot of spirit...it was a joy to work with them."



Runners line up for the Keystone Athletic Conference championships held October 29 at Capitol Campus. The Lions won the meet.

Photo by Al Newhart