

# Sports

1984 Triathlon

## Back Mountain hosts gruelling event Sept. 2

### Motorists urged to use caution on Race Day

The 1984 Wyoming Valley Back Mountain Triathlon is set for Sunday, September 2, and will get underway at 8 a.m. with an 8/10 mile swim in Harveys Lake. The swim will be followed by a 40 kilometer bike race through the Endless Mountains and will conclude with a 10 kilometer run through the Back Mountain.

Race director Pat Kramer reports the triathlon committee expects a field of approximately 325 triathletes and hopes to add to the \$13,000 the event has raised over the past two years for the Wyoming Valley Unit of the American Cancer Society.

The bike portion of the triathlon concludes at College Misericordia, followed by the 6.25 mile run in Dallas Township. The overall event concludes on the campus of College Misericordia.

Kramer invites the public to come to the Back Mountain to witness this gruelling event, but, at the same time, encourages the cooperation of spectators is making this event as safe as possible for the participants.

Bikers and runners will be travelling on Center Hill Road from Route 309 (bikers) and Church Street (runners) to Lake Street where they will turn right toward the college campus. Motorists in these respective areas are urged to cause caution as athletes will be on these roads between approximately 9 a.m. to 1 p.m.

The triathlon committee will be restricting traffic on Lake Street between Center Hill Road and Country Club Road. Residents of College Manor are asked to exit onto Lake

Street at the other end of Circle Driver (closest to Elmcrest) and proceed toward Shrine Acres to reach their destinations. Residents leaving Elmcrest by the Lake Street exit are asked to follow the same procedure as this portion of Lake Street is the first part of the run course.

Access to the college campus will be as follows:

Enter campus via Center Hill Road onto Lake Street and then onto campus at the Mercy Center entrance road. If travelling from Shrine Acres, enter campus via tennis court road. If travelling from Shrine Acres, enter campus via tennis court road. Leave campus via the tennis court road and turn right only onto Lake Street.

Athletes will finish biking and begin their run on Lake Street between the College Misericordia campus and St. John's Cemetery. Runners will turn from Lake Street onto the campus through the stone arch and proceed up the hill and around the back of the administration building onto the grassy area to the finish line.

Kramer explains the traffic plan is designed to eliminate all automobile traffic on the bike finish area and has been developed with the assistance of the Pennsylvania Department of Transportation and local police authorities.

The triathlon committee appreciates the cooperation and support of the local community and apologizes for any driving inconvenience motorists may experience during these few hours.

## Race director lives and breathes 'triathlon'

By DOTTY MARTIN  
Editor

For every person who crosses the finish line after completing the 1984 Wyoming Valley Back Mountain Triathlon, there will be another person who will get no applause, no pat on the back, and virtually no recognition.

For every single person who participates in the gruelling event, there will be one volunteer working just as hard. The volunteer may not be sweating as much as the triathlete who finishes a 10 kilometer run (almost 6 1/2 miles), but the volunteer's role is extremely important to the success of the Triathlon. For, without the volunteers, the triathletes would not have the opportunity to prove to their opponents, and to themselves, they can finish the course.

This year's triathlon, the third of its kind in the Back Mountain, is set for Sunday, September 2, and will consist of an 8/10 of a mile swim in Harveys Lake, a 40 kilometer bike ride through the Endless Mountains and a 10 kilometer run through the Back Mountain. It is sponsored by the Wilkes-Barre Times Leader and will benefit the Wyoming Valley Unit of the American Cancer Society.

And, although the athletes are busy training for this year's event, the volunteers have been preparing much, much longer, having started their planning the day after last year's triathlon.

One such volunteer, Mrs. Pat Kramer of Shavertown, has forgotten the meaning of "spare time."

Kramer, who calls herself race director ("for lack of a better term," she says), has been steadily preparing for this year's triathlon since the last participant crossed the finish line in the 1983 event. Now that race time is drawing near, of course, Kramer finds herself sometimes near the panic button stage.

Managing to keep her cool, however, Kramer explains that her job is to coordinate the efforts of all those involved in the preparation of the event. Although hers sounds like one mammoth task, the race director is quick to point out the experience and qualifications of those working closest with her as she cites Maureen Judge, swim director; Tom Jones, bike director; Mike Jones, run director, and the hundreds of volunteers who will be in full force day of the event.

Kramer, who swears she is just a "novice runner" and will not be an active participant of the triathlon, laughs when asked how she got involved, and places all the blame on her brother.

Pat's brother is none other than Tim Bauman, a former Back Mountain resident and one of the founding fathers of the Annual Back Mountain Run which began nine years ago and has grown into a 10 mile run, a four mile run and a one mile fun run conducted every year in the Back Mountain area.

Bauman, who now resides in Santa Ana, California where he works for a telecommunications company, was very instrumental in the planning and preparation of the first Back Mountain Triathlon in 1982. Tim's enthusiasm for the event rubbed off on his sister and Pat seems to have

picked up right where her younger sibling left off.

"Sure, it's an enormous job," Pat admits. "And, I am a little

more involved than I thought I would be, but it has been an educational experience for me and I have met a lot of people."

Pat isn't alone with her triathlon work, however, as husband David, an independent "Snap-On" tools dealer, "can't help but be involved", according to his wife.

"I was always 'Dave's Slave' before and did most of his paper-back," Pat laughs. "Now, we're living in total uproar this summer because there's so much to do."

Kramer quickly acknowledges the cooperation the triathlon committee has received from the administration of College Misericordia and notes how the triathlon makes "heavy-duty use" of the facilities at College Misericordia.

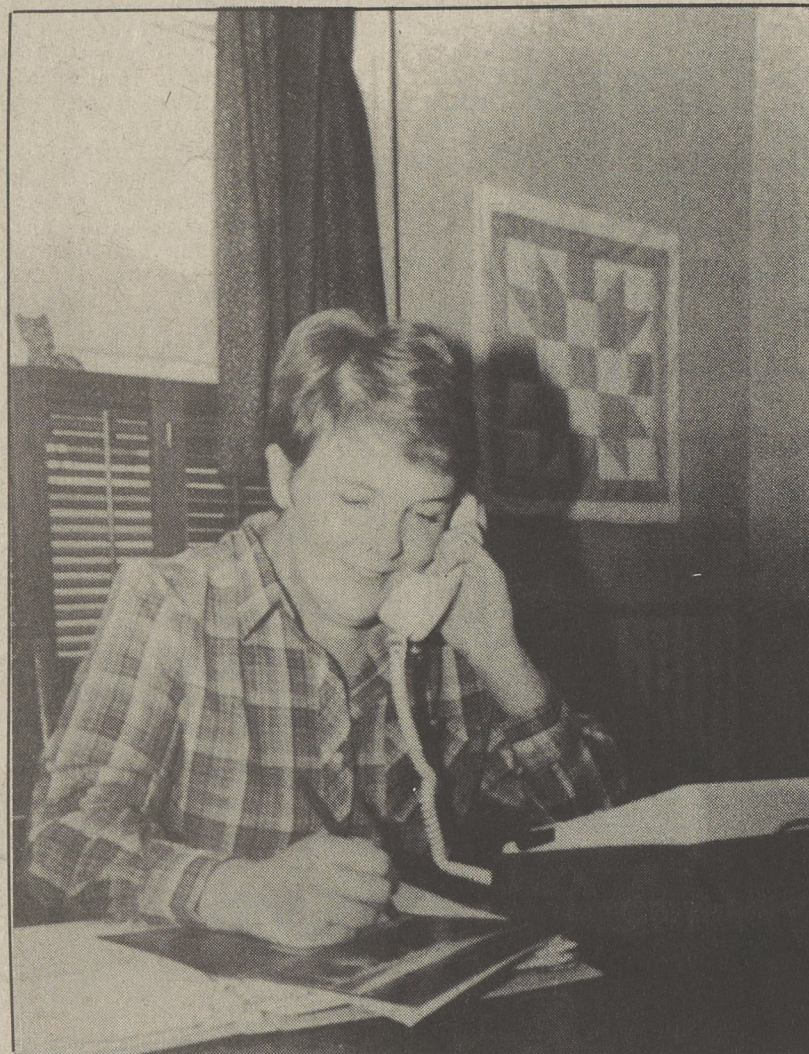
"The finish of the race is on the Misericordia campus, she says, "and we use their locker rooms, their computer rooms, and a lot more. We use their facilities heavy on the day of the race, but they have been so helpful in planning this whole thing."

Pat expects to be at Sandy Beach at approximately 4:30 a.m. the day of the race to see that things are ready when the swimmers begin to register at 6 a.m. She will work closely with members of a local radio club throughout the day and her job will be to oversee the entire operation. "At least I'll get to see a sunrise," she says, with a note of excitement in her voice.

Not one word of disappointment or frustration is spoken as Pat Kramer anxiously awaits the starter's gun on race day.

And, what will she do when it's all over?

"Start planning next year's, of course!"



Dallas Post/Ed Campbell

### Setting the pace

Pat Kramer has maintained this post quite a lot during the last year as she stays in constant contact with volunteers preparing the 1984 Wyoming Valley Back Mountain Triathlon. Kramer, of Shavertown, is serving as race director this year, a job that takes up virtually all of her spare time.

## Registration ends Friday

Time is running short for those of you who plan to participate in the 1984 Wyoming Valley Back Mountain Triathlon and have not yet registered because registrations close this Friday, Aug. 24.

The triathlon, the third of its kind, scheduled for Sun., Sept. 2 with no raindate, sponsored by the Wilkes-Barre Times Leader, the triathlon benefits the Wyoming Valley Unit of the American Cancer Society.

The gruelling event consists of an 8/10 mile swim in Harveys Lake, followed by a 40 kilometer bike race that ends at College Misericordia and a 10 kilometer run that concludes on the campus of College Misericordia.

Check-in time the day of the race is from 6 to 7 a.m. with the swim part of the event scheduled to begin at 8 a.m.

The post-race meal will begin at 11 a.m. at College Misericordia for all triathlon competitors, free of charge, and for families, friends and spectators for a fee.

The awards ceremony will begin at approximately 11:30 a.m. at College Misericordia. Awards will be presented for the following categories: Male and female champions; second, third, fourth and fifth place, male and female; top three finishers in each age group, male and female; overall course record; age group record. All finishers will receive a commemorative medal and all entrants will receive a long-sleeve training shirt.

Entrance fee is \$35 which is tax deductible and non refundable as the entire event is underwritten by The Times Leader and other sponsors. Checks should be made payable to the Pocono Northeast Triathlon Association and should be mailed to The Times Leader TRIATHLON, P.O. Box 1675, Wilkes-Barre, Pa. 18703. There will be no day-of-event entries.

## Mini football season begins

The Back Mt. Junior Football season will begin on Sunday, Aug. 26 and continue through Oct. 14 at the Dallas Senior High School Athletic Field.

This year the club will sponsor "A Night at the Races" to be held on Oct. 13 at the Idetown Fire hall. Kingston Township Raiders will hold their doorbell weekend on Sept. 7 and 8 with the Dallas Cowboys on Sept. 14 and 15. The club will also have a raffle at a later date.

All money received from these fundraisers is used to update and replace equipment for football players and cheerleaders, also all participants are treated to an awards banquet at the end of the season.

Your cooperation and support of the Back Mt. Junior Football Club is greatly appreciated.

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## Dr. Pensieri Opens Office



DR. SANDRA LEE PENSIERI

Dr. Sandra Lee Pensieri is pleased to announce the opening of her Podiatry office at the Riverside Daycare Center, 220 South River Street, Plains, Pennsylvania.

Dr. Pensieri is a graduate of Wilkes College where she received a Bachelor of Science Degree in Biology. She received her Doctor of Podiatric Medicine Degree from the Pennsylvania College of Podiatric Medicine in Philadelphia. Upon her graduation she received awards in Orthopedics and Radiology.

Dr. Pensieri recently completed a two year surgical residency, certified by the American Board of Podiatric Surgeons and the American College of Foot Surgeons, at the John F. Kennedy Memorial Hospital and the Pennsylvania College of Podiatric Medicine, Philadelphia. At John F. Kennedy Memorial Hospital she also was Resident Clinician for the Surgical Clinic and at the Pennsylvania College of Podiatric Medicine a Resident Clinician for the Podiatric Clinic, and course instructor for the Orthopedic Department. She also authored several articles on Podiatric Disorders.

She is Board Certified by the National Board of Podiatric Examiners. Currently she is a member of the American Podiatric Association, Pennsylvania Podiatry Association, Luzerne County Podiatry Association and the American Association for Women Podiatrists.

Dr. Pensieri is the daughter of Mr. and Mrs. Leo Pensieri of Plains and is married to Michael P. Mullitoris, C.P.A.

Dr. Pensieri is now accepting appointments for general and surgical podiatric care including podopediatrics and sports medicine. Appointments can be made by calling 829-4711.

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