

# Sports

Set for Sept. 2

## Back Mountain area well represented in Triathlon

By CHARLOT M. DENMON  
Staff Correspondent

The Back Mountain will be well represented in the 1984 Wyoming Valley Back Mountain Triathlon which will get underway at 8 a.m. on Sunday, Sept. 2, with an 8/10-mile swim in Harveys Lake followed by a 40-kilometer bike ride through the Endless Mountains and ending with a 10-kilometer run through the Back Mountain with the finish at College Misericordia.

At least 25 or 30 of the entrants are from the Back Mountain area, ranging in age from 12 years of age to over 50. Some have competed in the triathlon before. Some have participated in runs or marathons while others are first-time participants in such an event. Students, teachers, doctors, office employees, administrators, men and women have entered and all of them training in one way or another to get in condition for the triathlon.

Jerry Kavanagh of Haddonfield Hills, an employee of Commonwealth Telephone, decided to enter this year's triathlon, but had a problem — he didn't know how to swim. And, since swimming was one of the events, Kavanagh did something about it. In February of this year, he enrolled in the beginners Learn-To-Swim class at the YMCA. Now he swims a mile a day four or five days each week.

Running was the easiest for Kavanagh since he ran in the Washington D.C. Marathon in 1981 and 1982 and in the New York Marathon in 1981, '82 and '83. He runs year-round, five or six days weekly, averaging four to six miles each day. He usually runs early in the morning.

Biking wasn't too difficult although he had not ridden a bike for a long time until the

past year. Last week he did his best time and distance when he rode 36 miles, much of that hilly terrain.

Kavanagh is not the only member of the family entered in this year's triathlon. His 13-year-old daughter, Kelley, will also participate. Kelley has been training regularly with her Dad and, to date, has progressed beyond the distances scheduled for the triathlon.

A student at Dallas Junior High School, Kelley is a former member of a swim team so she finds that category relatively easy. She rides her bike every day and has no problem racking up the miles. It is the running that Kelley finds most difficult.

"Actually, it's rather boring. You don't seem to achieve anything," she said.

Charles Eckman of Dallas and Peter Eckman, Kingston, are brothers, sons of Mr. and Mrs. Hanford Eckman of the Back Mountain, and will both compete in the event.

"We work best as a team," said Charles. "Now it turns out we will be in the same age group competing against one another."

Charles said his brother took the event more seriously than he did, that he actually was Peter's trainer. Both of them have jogged and ran since college, but Charles runs one race each year, the four-mile race held in the Back Mountain. Peter has run in the New York City Marathon and the New Jersey Marathon.

Working eight to 10 hours a day makes it difficult for them to train, but they get in at least four or five days per week. They work out early in the morning by running, but swim or bike in the evening.

Peter was the instigator for their entry in the triathlon, according to Charles. Swimming is a challenge for Charles although Peter has done a lot of swimming, but not competitively. It's also a first time for both of

them to do competitive biking.

"We're not training just for the fun of it, but hope to finish in the top fourth of the finishers or at least in the top half," said Charles. "The triathlon is in our own backyard, that's probably why we do it."

Dr. William Burak entered to get into good physical condition. He said being a physician did not give him the time to get in the training he should. His goal is to discipline himself into good training habits.

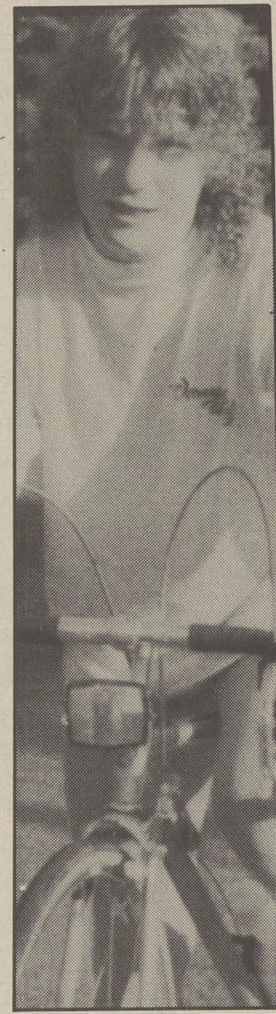
He has been doing at least two of the events each day and tries to do the two of them consecutively to improve his stamina and endurance. If he does the biking and running one day, the next day he will do the swimming and the running and continues in that pattern.

Dr. Burak can now swim a mile without tiring and run seven or eight each day he has been increasing his speed and endurance. He said biking is his strongest sport and he is most comfortable with it. Swimming is more natural so he didn't have too much of a problem with that, but running is the least desirable for him.

He swims a mile every three or four days, bikes 25 to 35 miles over hilly terrain and runs six or seven miles every time he goes out.

Last year he became interested through a friend, Dr. Krivenko, and entered, but did only the swimming and biking. This year Burak put away his tennis racket and turned away from other forms of recreation to start training so he could finish the three events.

Raelene Daring, teacher, and daughter of Mr. and Mrs. Ray Daring, likes all three events of the triathlon. She says it's a good way to get in top physical condition and it is also a challenge.



Kelley Kavanagh

Raelene does at least one of the events every day and, when possible, does two of them. She has been practicing all summer and runs four to eight miles at a time. She bikes about 70 miles a week, 25 to 30 miles at one time and swims three quarters to a mile and half about three times a week.

She worked at a water station last year and while there she decided it would be fun to try so she started training. During the teaching year, she ran early in the morning but during this summer she runs, swims or bikes at different times during the day.

Robyn Jones, teacher and coach at Dallas, is a resident of Harveys Lake. Last year she watched part of the triathlon and decided it would be more fun to enter so she did.

She has done a minimal amount of training, but swimming came natural to her and she has been running throughout the summer. Robyn considers running her strong point. Biking is her most difficult so she feels she has to train more on that part of the event.

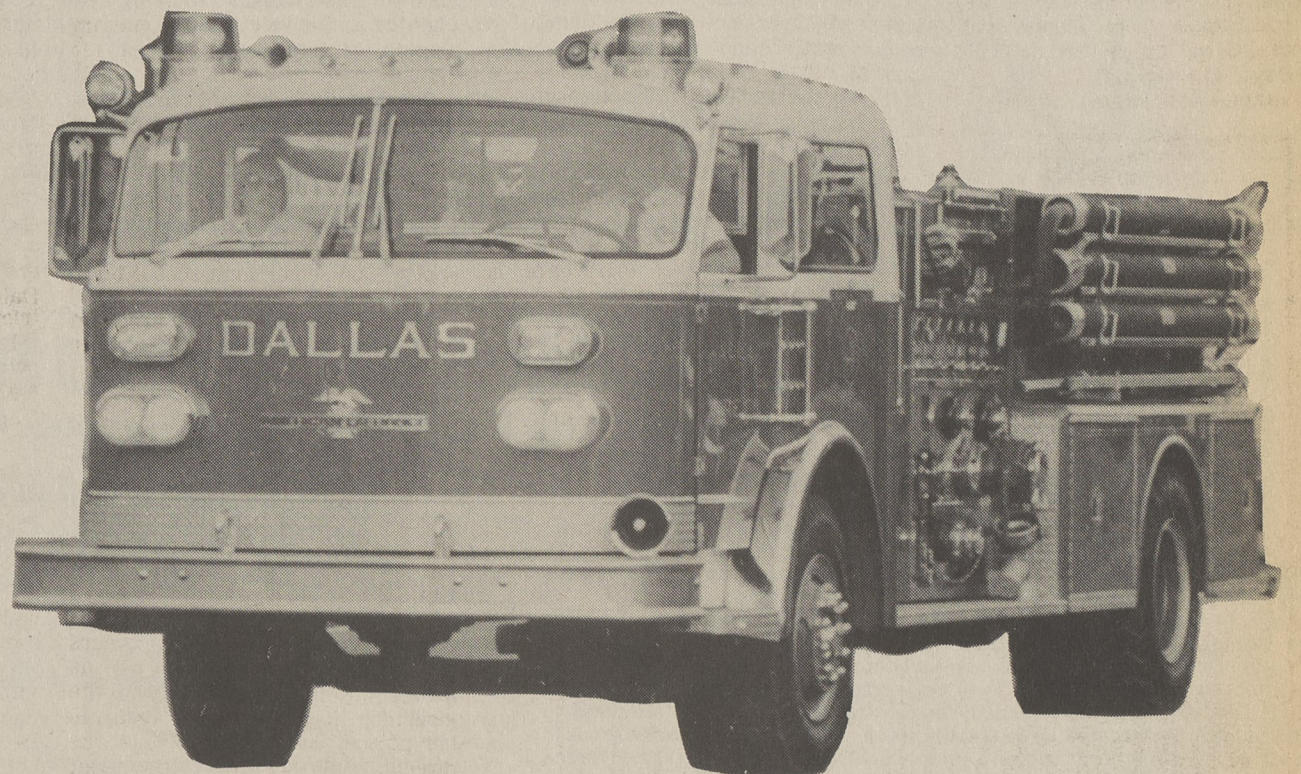
Robyn's ambition is to finish without having to stop. "If I like it, next year I'll try harder," she stated.






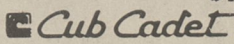
These individuals are but a cross section of the Back Mountain residents entered in the triathlon. Some of the others include Ed Durkin, Paul Goeringer, Brian McCartney, and Dr. Harry Reich of Dallas, Michael Kubasti of Shavertown and Wayne Devine of Harveys Lake, plus others not reported to us.

Turn out for the Triathlon on Sept. 2, and you'll certainly see a friend or neighbor swimming, running or biking, or working as a volunteer. And perhaps, just perhaps, you'll decide to start training for next year's event!

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