



# Sports



## Register now for Keystone Games

Although the 1988 Summer Olympics are a long way off, Pennsylvania athletes can now register for regional competition for the 1985 Keystone State Games.

The Keystone State Games, now in its fourth year and scheduled for Aug. 9 through 11 at Penn State University, University Park, has been billed as the state's annual sports festival.

The Keystone State Games do not yet rival the Pan American Games held throughout the country each year for the benefit of serious, amateur athletes, however, they do not provide an Olympic format to help Pennsylvania athletes prepare for national and international competition in at least 29 individual and team sports.

After a registration form has been completed and mailed to The Keystone State Games, 31 South Hancock Street, Wilkes-Barre, Pa. 18702, amateur athletes can compete in archery, track and field events, baseball, basketball, boxing, canoeing and kayaking, cycling, diving, fencing, field hockey, gymnastics, ice hockey, judo, powerlifting, rugby, shooting sports, soccer, softball, sports for disabled athletes, swimming, volleyball, water polo, weightlifting and wrestling.

Between now and June 1, amateur athletes can pick up registration booklets from athletic coaches, at public and private schools, colleges, YMCAs, and

participating McDonald's restaurants and 7-11 stores across the state.

Regional finals will take place on June 28, 29 and 30 at many athletic sites throughout the four regions of the state.

In Region 2, covering the 17 counties of Berks, Bradford, Carbon, Columbia, Lackawanna, Lancaster, Lebanon, Lehigh, Luzerne, Monroe, Northampton, Pike, Schuylkill, Sullivan, Susquehanna, Wayne and Wyoming, most of the regional finals will take place at Bloomsburg and Kutztown universities in Columbia and Berks counties.

The exceptions are: Swimming, Kistler Pool, Old River Road, Wilkes-Barre.

Men's Gymnastics, International Gymnastics Camp, Stroudsburg.

Women's Gymnastics, Parkette National Gymnastics Training Center, Lawrence Street, Allentown.

Ice Hockey, The Ice Palace, Hanover Street, Allentown.

Canoeing and Kayaking, May 19, Raystown Marathon; June 9, Bradford County Canoe-A-Thon.

Water Polo, Wilson Junior High School, Reading.

Participants in the regional and state finals compete for gold, silver and bronze Olympic-style medals. Each finalist will also receive a Keystone State Games Warm-Up Jacket.



### Workshop planned

A running workshop will be held at Penn State Wilkes-Barre on Tuesday, March 12, 7 to 9 p.m. in the Community Center in Hayfield House at the Lehman campus. There is no fee and the public is invited. Instructor is Dr. Thomas P. Giunta who specializes in podiatric and surgery sports medicine. He will focus on running injuries and preparation for races. Shown are members of the running club at the local campus. From left, Jack Monick, athletic director; Denise Nieminski, club president; Julie Tilton, Ron Leveillee, Dennis Zorawski, Jody McCourt and Debbie Koehl.

### Falcone wins first place

Carey Falcone, son of Mr. Leonard C. Falcone, Sr. of 519 Carverton Road, Wyoming, took first place honors in the 101 pound weight class at the Philadelphia Area Private School Invitational Tournament held Saturday in Philadelphia.

Falcone, a sophomore at Blair Academy in Blairstown, N.J., decisively won the 101 pound weight class at the Philadelphia Area Private School Invitational Tournament held Saturday in Philadelphia. Falcone had a bye in the tournament's first round, pinned his opponent from the George School at the 1:40 mark in the second round, and decisively won the Haverford School in the semi-finals, 22-1.

Falcone, who has a perfect 17-0 record for the season, joined three of his Blair teammates in taking an individual championship. Blair won the team honors with 151 total points in the 15 school field. Finishing second was Episcopal Academy.

### Workshop scheduled

An all-day workshop for runners, "Training and Strategies: Running Your Best 10-K," will be held at Penn State Wilkes-Barre on Saturday, March 9, from 10:45 a.m.-4 p.m. in Hayfield House.

The program is designed for runners, coaches, trainers, physicians, and novice enthusiasts, and will feature a live video-conference via satellite developed by the University of Massachusetts at Boston. Participants will gain a better understanding of running mechanics, learn to devise a training schedule which fits personal goals, and get an update on new running information, concepts, and current research.

Presenters will include: William J. "Billy" Squires, one of the top coaches of American long distance runners; Sue King, distance runner of international note; Greg Meyers, one of the top three road racers in the U.S. in the past five years; Rob Roy McGregory, podiatrist; Dr. Lyle Michell, associate orthopedic surgeon, medical director, Boston Marathon; and Alfred L. Roncarati, registered physical therapist, and director of Boston Sports Medicine Institute and the program at University of Massachusetts at Boston. Also, exclusive footage of Joan Benoit from her 10-K record setting 1983 Bonne Bell race in Boston will be shown.

Workshop fee is \$15. For additional information, contact Ina Lubin, Continuing Education, Penn State Wilkes-Barre, P.O. Box PSU, Lehman, PA 18627 or call 675-2171, ext. 251.

### Meeting set

All coaches, managers and umpires must attend the March 6 meeting of the Little League at the Lake Noxen School at 7:30 p.m.

Schedule committee and committee heads are to meet at 6:30 p.m.

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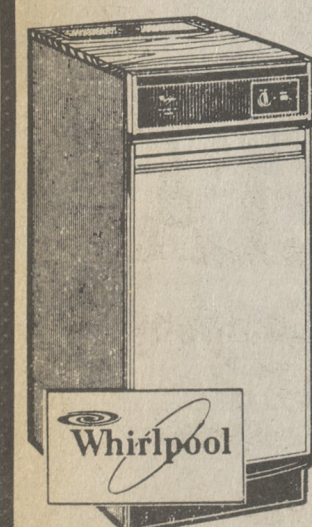
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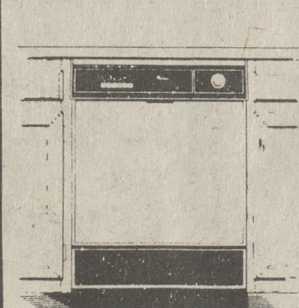
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