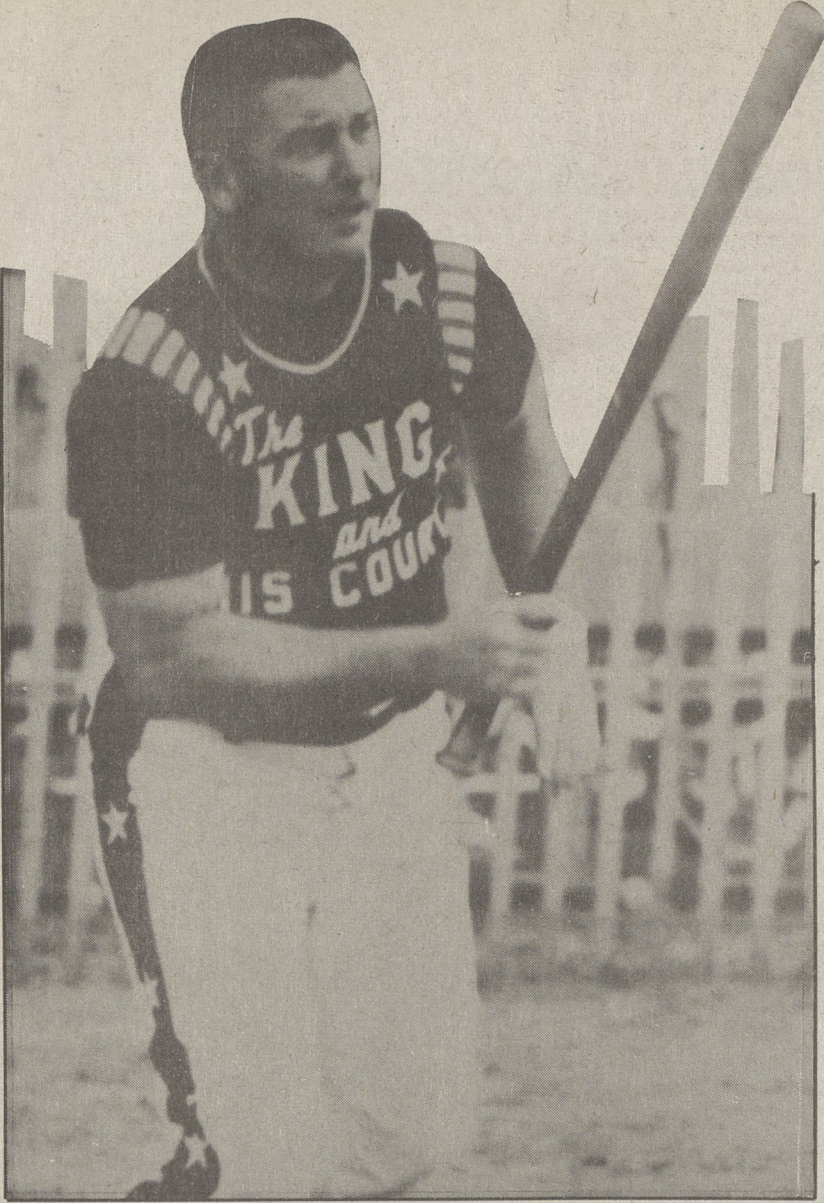




Sports



Whackers

The King and his Court, a 4 man fast-pitch softball team, will take on a 9-man all star team from the Swoyersville Softball League at Roosevelt Field in Swoyersville at 6 p.m., Sept. 1. Tickets are \$2 for children under 16 and senior citizens over 62. Adult tickets are \$3. They are on sale at Maltby Drug Store in Swoyersville, The Gallery of Sound at the Wyoming Valley Mall and at the Gateway Shopping Center in Edwardsville; and at Tony's Restaurant in Kingston.

Football gears up for Saturday start

BY JOHN RODGERS
Sports columnist

It's hard to believe, where has summer gone. Already shoulder pads are cracking and high school football starts Saturday. With a whole new set-up where strength of schedule is the main criteria instead of enrollment.

And three division champs A,B,C, who may not qualify for the Eastern Conference playoffs can tend to provide a lot of confusion.

As of now the divisions are Division I, Wyoming Area, Coughlin, Pittston Area, Wyoming Valley and Hazleton. Division II, Tunkhannock, Nanticoke, Meyers, GAR, Dallas and Hanover Area. Division III, Lake-Lehman, Bishop Hoban, Bishop O'Reilly, Northwest, Crestwood and W.S. Tech.

Each team will play their division opponents once and crossover games against other division foe may or may not count in the standings.

The one bright spot of the new procedure is W.V.C. teams will play some Central Division Powers such as Berwick and Shamokin.

These games will not count in the standings, but have been the dream of fans for years.

On now with a look at the Dallas-Hanover area season opener Saturday. The Mountaineers under first-year coach Teddy Jackson will be facing a team of great respect.

The Hawkeys have won back to back Eastern Conference "B" championships. The Mountaineers on the other hand are coming off a 1-10 record. One thing Coach Jackson's squad has going is competition among his own squad, with two or three players at the skilled positions looking equally impressive.

Also the team has taken to Jackson's philosophies and are playing well together.

Stroudsburg Rotarians win golf tourney

Stroudsburg Rotary Club was the overall winner in the annual Rotary District 741 golf tournament, held last week at the Irem Temple Country Club.

Some 120 golfers from 14 clubs in northeast Pennsylvania participated. The event was chaired by Jim Alexander, of the Dallas Rotary club, with support from Barry Fies, of the Irem Temple Country Club.

Net winner of the tournament was Bob Lewis of Wilkes-Barre, while Dick Spinner of Stroudsburg was the low gross winner. In total, 44 awards were made at a dinner following the event.

The third annual Dallas Rotary golf tournament will be held on Sept. 16, at Irem Temple Country Club. Dallas Rotary Club expects to raise more than \$1500 for local charities through this event.

Triathlon

Local athletics train on bikes, tracks, and in pools

By CHARLOT M. DENMON
Post correspondent

There are at least 375 entries in this year's Wyoming Valley Back Mountain Triathlon, which begins at 8 a.m., Sunday, at Sandy Bottom.

The events and the course will be the same as last year except that one tenth of a mile has been added to the swim to conform with the Triathlon Federation guidelines. The swim will now be 1500 meters beginning and ending at Sandy Bottom. The bike race will be 40 kilometers and the run will be 10 kilometers.

There are 11 participants, whose ages range from 16 to mid 50's, all of whom have competed in triathlons before.

A father, son and daughter combination is Gerald, Sean and Kelley Kavanagh of Dallas. Jerry is in the mid-50s category while his daughter, Kelley is in the 16-19 age category. Sean is slightly older than Kelley.

Kelley took part in last year's race and came in third with a time of 3:25. That was her first experience in competition.

This season, Kelley said, will be more difficult. She recently returned from a vacation and has just started training so will have only two weeks to get into condition.

Kelley rides an average of 15 to 25 miles daily which is close to the legal distance of the race (24.8). She runs on an average of about six miles and says this the most difficult. She believes swimming is her strongest event, at least she found that it was last year. Kelley is a ninth grade student at Dallas Junior High School.

Her brother, Sean, is living in Richmond, Va., and ran his first triathlon there. He finished 16th out of 144 entries in his 21-25 age group. Biking is his strongest event and he usually bikes for about an hour and 10 minutes daily. He runs for about 45 to 50 minutes daily and swims an average of about 25 miles weekly. Two of Sean's friends from Virginia are coming to participate in the local triathlon.

This year's event is Kelley's dad third triathlon. Last year he took first place in his age group in the Richmond, Va., Triathlon and third place in his age group in the Back Mountain Triathlon.

Running is Jerry's strongest event. He has averaged about 50 minutes daily during his past two months of training. He swims approximately 30 minutes daily and usually bikes for about an hour and 20 minutes. Kavanaugh is an employee of Commonwealth Telephone Company.

Kim Reese of Shavertown, has been running since she was in high school. The daughter of Mr. and Mrs. James Reese, Kim graduated from Dallas High School and is now a student at Penn State where she is majoring in chemistry.

Kim has been active in sports since she played softball in the Back Mountain Baseball League.

Two years ago Kim entered the Back Mountain Triathlon and finished third in her age group. Last year she entered the Triathlon in Towanda and did very well.

She trains in at least two of the events daily, sometimes running and swimming, sometimes running and biking, or biking and swimming. She bikes 20 to 25 miles a day, swims close to 72 laps in a practice and runs for miles at a time, running being her favorite event.

Mike Budjowski of Harveys Lake has been an entry in the Back Mountain Triathlon the past two years. The first year he finished about 140th overall in a group of about 300 and last year he came in 54th overall. This year he is aiming to do much better. He is in the male 35-39 category.

Mike works six days weekly so has difficulty finding enough time to train in all three events daily.

He rides his bike to and from work in Kingston each day averaging about 250 to 350 miles per week. He swims about two-to-two and-a-half miles daily when he trains in that phase but with the lake in the condition it has been this season, swimming has been difficult.

In the recent Emmaus Road Runner triathlon, Mike finished 30th overall in the 1.2 swim, 50-mile bike

and 13½-mile run, with a time of 4:55. He considers biking his strongest event.

Mike is a competitor in the Triple Crown Series which consists of the Towanda Endless Mountain Triathlon held in June, Carbon County Triathlon in July and the Wyoming Valley Back Mountain Triathlon this Sunday. The entrant with the best overall time for the three races will be the winner of \$100.

"Triathlon running is a way of life," said Mike. "You change your diet, your sleeping habits, your daily program including training, allocation of time, everything."

His specialty sport is Alpine skiing so he is in training year-round. In the spring he begins with biathlons and triathlons, then goes into marathons, then the ski season for the winter.

After that the training cycle begins again. On Aug. 25, Mike entered the French Century, 112-mile bike race at Doylestown. He enters a race just about every week and says that is the best form of training.

Paul and Lori Goeringer of Dallas are husband and wife, and enter most competitions together. Lori has been in the local triathlon for the past two years and Paul has been in the local one three times. He has been in 10 or 11 overall. Last year, Paul finished the Back Moun-

tain Triathlon in three hours and Lori finished in three hours and 16 minutes.

Swimming is Lori's strongest event and the run is Paul's. Last Saturday they entered the Lake Carey Run and Lori took second in her age group of 20-24. Paul took first in his age group of 30-34.

The Goeringers consider the local event the perfect Triathlon. The distance in each event is just right and every phase of the event is well planned.

"In the swim, Lori outdoes me every time," said Paul. "she is a great swimmer having been a master competitor in Allentown. Lori can run the mile in about eight minutes, I usually run it in six minutes. I usually catch Lori about half way on the bike."

In training, Paul usually bikes about 60 miles per week. Lori slightly less. They both average about 35 miles per week running but Lori swims three and-a-half to four miles weekly, Paul two to two-and-a-half miles.

Burt and Jeanie Karmiel and Raelen Daring, all of the Back Mountain, are also competing in this Sunday's Triathlon.

John Sheehan, Jr., who had planned to participate, had to withdraw due to an injury incurred prior to the Keystate games.

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