

# The Dallas Post Sports Week

## Section 2

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DALLAS POST FILE PHOTO

Josh Butler conquered the world last weekend, winning his class at an international meet in England, and setting four world records in the process. He is shown during training earlier this month.

## Josh Butler is world champ!

### Sets four world records in England

By LEN KRYESKI  
Sports Writer

He did it! Josh Butler is champion of the world.

Butler topped all competitors in his division at the Drug-Free World Teenage Powerlifting Championships in Sussex, England on Saturday. He did so in record style - as a matter of fact he left no record untouched.

The former Dallas resident competed in the 16-17 year-old bracket of 242 pound lifters and set a new world record in each lifting event. Josh squatted 512 pounds, benched 281 pounds and

deadlifted 468 pounds, giving him a combined world record of 1,261 pounds.

The biggest thrill for Josh was overcoming the tough European powerlifters. Unlike American lifters, the Europeans are sponsored and treated as celebrities. It was also his first serious competition after moving up one age category. Josh celebrated his 16th birthday the first week of August.

He qualified for the world event by lifting a combined total of 1,296.25 pounds at the United States Teenage Powerlifting Championships in Sharon, Pennsylvania on July 9. He did so in

*"I was not pleased with the judging, but I was extremely pleased with Josh."*

Jim Dundon  
Josh Butler's coach

the 14-15 year-old bracket.

Saturday's event also supplied a dose of adversity to overcome. The championships were scheduled for Sunday, but when Josh and his coach Jim Dundon, of One-To-One Fitness Center in Dallas arrived for Saturday's official weigh-in, they were told to get ready for the competition.

The change not only created additional pressure, but made a

long, 13 1/2 hour day.

"I was not pleased with the judging," said Dundon, "but I was extremely pleased with Josh. He did well. He was able to hold his concentration, hold his focus and get the job done. He did a super job."

Butler, who moved to Lewisburg three weeks ago, will ease up on training ever-so-slightly after 11 1/2 months of serious workouts. The next big event on the schedule is a world invitational event to be held in Wilkes-Barre in January.

After achieving his biggest and proudest moment in coaching, Dundon plans to take a breather from the pressure himself. He's going to join Butler and do some lifting of his own.

## Cyclists ready to ride Saturday at Harveys Lake

BY LEN KRYESKI  
Sports Writer

The Great 100 Bicycle Tour is back after a six-year hiatus and officials and members of the Wyoming Valley Bicycle Club say it's going to be better than before. For starters, the challenging fun ride that allows cyclists to pedal at their own pace is now known as the Grotto Pizza Great 100.

Eighty riders, some from as far away as Massachusetts and Ohio, have signed up so far for this cycling enthusiasts' dream which takes place, rain or shine, this Saturday, August 26th. The scenic ride starts and ends at Grotto Pizza on Route 415, Harveys Lake. Cyclists will roll through the picturesque valleys and hills of the Back Mountain and the fringe of the Endless Mountains.

Those riders challenging themselves to the 100-mile Cen-

tury ride will depart the lake at 8 a.m. Riders entered in the 50 and 25-mile rides will take to the course a little later. Any participants not up to the challenge will be able to bail out of the ride at any time.

"It's not a race, it's a touring ride," said Donna Morgan, race co-ordinator and treasurer of the Wyoming Valley Bicycle Club.

The bicycle club targeted 1994 as the year to reintroduce the Great 100, but failed to get an early enough start on the planning and the publicity. The amount of work contributed to its demise in the first place. The real chores lie in painting the roads, making maps, designing pamphlets, working the registration table and collecting money.

It may be a fun ride, but it includes everything you'd find at an actual race. Come race day a significant number of volunteers

are needed to oversee the ride; volunteers who would prefer to be pedaling through the countryside themselves.

"You need 25 to 30 people working, just to pull it off," said Mark Hozempa of Huntville. Mark served as chairman of the ride from 1979-81 and be on the trail, working not riding, this Saturday.

The man who receives the most credit for bringing back the race is Dallas resident, Bob Kelly. At a meeting in November, Kelly let the club know that immediate action needed to be taken if they were serious about holding another century ride. He then accepted the position of race chairman and began to set up individual committees and made it a priority to acquire sponsors for the event.

Grotto Pizza is offering a 15 percent discount on all food to riders after the race. Sickler's

Bike Shop will donate money for prizes. Martz Associates, will distribute Shaklee, a popular energy snack, before the ride while Insalaco's Supermarkets will provide food and drinks. Local artist, Scott Ciravolo of Tree Design Studio custom-designed the t-shirt which will be given to the first 200 registrants.

"The reason to have a cycling event is for people that want a challenge," said Kelly. "100 miles is a goal that most cyclists shoot for by the end of summer or early fall. The other reasons for the race are it's healthy and it makes a couple of dollars for the club. Having sponsors helps us keep most of the money we collect."

The club printed thousands of pamphlets to publicize the event, contacted bicycle clubs in five states and advertised in The American Wheelman Newsletter. Every bicycle shop in Pennsylvania received a package of information.

"Most of the people signed up are from outside the Wyoming Valley," Morgan said. "The club from Scranton is going to make a real good showing."

The routes chosen for this year's Great 100 are also seen as an improvement from the past. The majority of the roads are not overflowing with traffic while the 50 and 100-mile rides were designed with as few overbearing hills as possible.

Whether it's for the challenge or for relaxation, riders of all three routes will find plenty of roadside stops for rest, food and water, as well as well marked routes, maps and cue sheets. Sag wagons will constantly monitor the course to provide minor mechanical help or a ride back to the finish line.

Anyone not yet entered may still participate for the late registration fee of \$17. Phone Donna Morgan at 287-7245 or register before the race at 6:30 a.m. at Grotto Pizza this Saturday.

The Wyoming Valley Bicycle Club's



Saturday, August 26, 1995  
at Harveys Lake, PA

## Lady Knights shine on track at Keystone Games

Eight members of the Lake-Lehman girls' track and field team competed at the Keystone State Games recently. The girls won a total of five medals including one gold, one silver and three bronze.

"I just wanted to come home with some medals and smiles on their faces," said track and field coach Ed Radzinski, "and we did that."

Jill Marchakitus won a gold medal in the triple jump among fellow 14 year olds. Lisa Glatz won two medals, a silver in the discus and a bronze in the long jump.

Recent graduate Sherry Clark competed in the 17-year-old age bracket and captured a bronze in the long jump and also placed fifth in the triple jump.

The 4 by 400 relay team of Leigh Ann Issacs, Monica Sallon, Nicole Yoblonski and Marchakitus took third place with a time of

441.5

The girls turned in number of good performances. Radzinski was especially impressed with Sallon's seventh place finish in the triple jump with a distance of 28.5 feet. The Keystone Games provided her first competition in an event she just started practicing two weeks ago.

"She did well against some real tough competition," said Radzinski. "I was also especially tickled with Issacs' fifth place finish in the 1500."

Radzinski usually competes himself, in the decathlon, but that event took place the same day as some of the girls' games. The team attended a few other meets over the summer and normally got together to practice three or four times a week. They also combined to win 13 medals at the Pocono Festival in July.



## Cheers!

Junior football cheerleaders turned out in force last weekend at their annual parade and carnival. Far left, Amber Smith and Chaena Lewis peeked out of their pompons. Center left, Shelley Wentzel showed real spirit. Below, left and right, cheerleaders for the Junior Knights and Mini-Mounts strutted their stuff.

POST PHOTOS/CHARLOTTE BARTIZEK

Individual results and events from the Keystone State Games.

Jill Marchakitus	1st, triple jump	33, 11/4
Lisa Glatz	2nd, discus	91, 10
Lisa Glatz	3rd, long jump	14 feet
Sherry Clark	3rd, long jump	16, 3
Sherry Clark	5th, triple jump	32, 10
Caryn Clark	5th, javelin	86, 6
Caryn Clark	5th, high jump	4, 6
Caryn Clark	triple jump	30, 1
Caryn Clark	long jump	14, 1
Monica Sallon	7th, open triple jump	28, 5
Stacy Pagoda	5th, discus	74, 3
Stacy Pagoda	5th, shot put	23, 6
Nicole Yoblonski	5th, open 400 meter run	67.3
Nicole Yoblonski	6th, 800 meter run	2:47.8
Leigh Ann Issacs	5th, 1500 meter run	5:58.7

Send your sports reports to:

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