

In for the Long run

Harrier Chris Long hopes to wind up career on high note

By LEN KRYESKI
Sports Writer

Chris Long, senior runner for the Lake-Lehman cross-country team, is planning on a big post-season performance from himself and his teammates.

"We not finished yet," Long said. "Look for Lake-Lehman at districts and the rest of the tournament."

Leading off the runners' post-season is this Wednesday's Wyoming Valley Cross-Country Coaches meet at Kirby Park. It's a meet Chris has been looking forward to. Last year he came up big with an individual third place finish among competitors from class AA and A schools.

"I'm the top returner," Long explained. "I'm hoping to do well since it's my last meet. At districts I hope to medal in the top three."

Long was named to two all-scholastic teams last year and received honorable mention status as a sophomore. During the spring he uses his running abilities to earn a letter in track and field, although he enjoys cross country a little more than track.

Chris participates in the 3200 and 1600-meter runs and is a member of Lehman's 4-by-800 relay team. He placed fifth in the mile at last spring's District 2 tournament. The Sweet Valley resident is also an assistant to Special Olympics.

"I like the difference in variety, especially in the course," said Long. "Running a course is better than going around in circles."

The ideal weather to run cross-country, at least for Chris, is temperatures in the 50s and 60s with very little moisture in the air. Running in humid weather puts pressure on your lungs.

Running in cold, brisk, breezy weather can cramp your lungs especially if you're not properly trained. He attributes the weather and the competition as the reasons for his fine finish at the coaches meet a year ago.

"It was perfect running weather for me," Long recalled. "It wasn't

overly hot or humid and there was a lot of competition. I feel if I know someone it'll be good competition. I rise to the situation and make it more competitive."

Such was the case earlier this year when running against Bishop Hoban's Jerry McHale. McHale is a personal friend as well as the number one runner for the league's top team. Although he finished second to McHale, Long recorded his best time of the year with a run of 16:34. The Argent course is also a favorite of Long's.

During the conference season, Chris finished first three times, second twice and third once. He led the Black Knights to a 4-2 mark and a share of second place behind Hoban in Division 2. It was the eighteenth consecutive .500 or better season for the Knights under coach Ed Narkiewicz.

"I feel if I know someone it'll be good competition."

Chris Long
Senior runner

Narkiewicz and his methods were a mystery to Long at first, but he's since come to develop a deep appreciation for his coach.

"I've come to notice that Ed has built a pyramid and we've reached a peak," Long said. "I don't know if I'd be running as well with another coach."

As well as he's done against some pretty tough competition, Long is not totally satisfied with his performance this fall. He's lacked in aggressiveness, something he felt would not be a problem when the season started.

At home, Long runs three to five miles at fifty percent to stay loose. The idea is to put on mileage. When working out with the team, speed work takes priority.

"They're both just as important," Long said. "The body needs to be conditioned for both speed and endurance."



Mountaineers blank Trojans

The Dallas Mountaineers shut out Nanticoke 27-0 Saturday to bring their record to 7-0 and remain atop the Wyoming Valley Conference Division 2 standings.

The Dallas defense held the Trojans to a total of 137 yards, evenly split on the ground and in the air. The Mount didn't have an overwhelming offensive day, either, but scored four times and converted three extra points.

Ted Jackson opened the scoring with a 14-yard run on the opening series. Then Frank Valvano hauled in a Jackson pass and scampered 46 yards into the end zone.

Things were quiet until the fourth quarter when Jackson hooked up with tight end Mark Kaschenbach for a 57-yard touchdown. Cory Friedel closed out the scoring with a 40-yard interception.

Dallas hosts once-beaten Wyoming Area Saturday.



Frank Valvano (5) followed Joe Noon's blocking in the Dallas Mountaineer's 27-0 homecoming win Saturday.



Katie Sallitt passed the homecoming queen crown on to Melissa Prokopchak.

Queen Melissa

Melissa Prokopchak was crowned Dallas Homecoming Queen at the homecoming dance Saturday night. She was accompanied by Fred Maier.

Photos by
Charlotte Bartizek

Dallas

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Dallas 1 - Crestwood 3

Mitch Bailey commenced all scoring with a second period goal off an assist from Mike Cleary but Crestwood dumped three unanswered goals in the second half to level the Mounts 3-1. Fred Maier stopped six shots at the goal for Dallas.

FIELD HOCKEY

Dallas 3 - Berwick 2

An overtime penalty corner gave the Mounts the opportunity they needed to come away with a 3-2 victory over Berwick, Oct. 13. Amory Fetko tapped the ball into the cage after a scramble in front of the net to capture the victory for Dallas.

Dallas 2 - Northwest 0

The Lady Mounts completed another shutout Oct. 16 as they blanked Northwest 2-0. MaryAnn Selenski and Melanie Getz supplied the tallies for the victors. Dallas sits atop the AA standings closely followed by Lehman.

Lehman

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VOLLEYBALL

Lehman 2 - Valley West 0

Senior powerhouse Cara Stroud nailed six kills and 10 service points en route to the Knights 15-5, 15-4, rout of Valley West Oct. 11. Kim and Kelly Spencer belted four and three kills each respectively.

CROSS COUNTRY

Lehman 27 - Hanover 28

The Knights finished their season in style swiping a 27-28 victory from Hanover Oct. 11. Top finishers for the Knights were Chris Long, Ralph Wasiakowski and Jason Lyons finishing third, fourth and fifth respectively. Lehman finished the season 7-2 overall and 4-2 in the division.

SOCCER

Lehman 0 - Crestwood 2

The Knights failed to find the net Oct. 10 and fell to Crestwood 2-0 at Mountaintop. Lehman keeper Mike Trebendis had five saves in the setback.

Lehman 0 - Wyo. Seminary 1

Lehman outshot Sem 23-9 but were unable to penetrate the cage and lost 1-0 Oct. 12, at home. The Black Knights record stands at 5-7-2.

Lehman 1 - Wyo. Seminary 0

The Lady Knights took a giant step forward in their playoff quest Oct. 16 as they shutout Wyoming Seminary 1-0. The two teams started the day in a tie for second place both with 11-2 records. The deciding goal came off a corner shot by Tiffany Van Scoy to Kacy Ziomek who drilled the ball in for the game winner. The Knights can clinch their playoff spot this week as they take road trips to Coughlin, on Wednesday, Oct. 18 and Tunkhannock, Friday, Oct. 20.

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Tony Gordone sheltered Jill Jackson from the rain at Saturday's Dallas football game.

Katie Youells wins local Power Points

Katie Youells of Dallas was the local winner in the seventh week of the 1995 Power Points football contest. Her score of 98 points topped all local entries.

Youells will receive \$25 cash from The Dallas Post and a free month of HBO from Tele-Media, the contest co-sponsor.

The statewide winner, with 121 points was Dave Zawatski of Ridgway. The statewide top prize is \$1,000 cash.

The Power Points contest will run until the end of the NFL regular season. Entries must be deposited by 2 p.m. Fridays at either the office of The Dallas Post at 45 Main Road in Dallas, or Tele-Media on the Harveys Lake Highway. There is an after-hours drop box at the front of The Post's building.



L-L Football Club Night at the Races

The Lake-Lehman Football Club will hold a Night at the Races Oct. 20, at 7:30 p.m. at the Jonathan R. Davis Fire Hall, Idetown. All supporters of Lake-Lehman Football are welcome. Those sponsoring a horse are admitted free. Free food and beverages are included with admission. Club officers planning event are: Angelo DeCesaris, Paul Adamshick and Rose Lucarino.



Bobby Humphrey, left, and Gene Koskinski tried their best to warm up the home crowd Saturday, as rain poured on the Dallas homecoming.