

Sports Week

Section 2
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Heidi Yankowski Heeb, '84 Dallas grad, just misses Olympics

By LEN KRYESKI
Sports Writer

ATHENS, GEORGIA - At speeds above 35 mph, the race for an opportunity to represent the United States as a member of the Olympic cycling team came to a screeching halt Sunday for former Dallas star athlete Heidi Yankowski Heeb.

Sunday's run in Charlotte, North Carolina was the final qualifier for an Olympic berth in cycling. Heeb came away from the event by placing 20th in the country in the national point series.

"It wasn't one of my better days," said Heeb. "I kind of had a weird problem with one of my tires."

Three Olympic roster spots were filled after the competition - only one as a result of the racing. Two

more cyclists were selected by a polling of the coaches. Heidi's spirits were not diminished after failing to make the team.

"It's a real prestigious event," said Heeb, a 1984 Dallas graduate, "and my thinking was I wanted to make myself known, and to make myself look good for a pro team. I need some good racing."

While the majority of Olympic sports favor girls college age and younger, cyclists have been known to make a name for themselves into their thirties. Don't count Heidi out from making another run at the Olympic team in the future. She finished 15th among women at last year's Tour DuPont and was looking to improve that ranking in '96 before learning the women's Tour DePont was cancelled this year.

"It wasn't one of my better days. I kind of had a weird problem with one of my tires."

Heidi Yankowski Heeb
Olympic cycling hopeful

Right now, however, her heart is set on making a professional cycling team. She's currently a member of A.W.V. team, based out of Alabama. It's comparable to playing for the Scranton/Wilkes-Barre Red Barons farm club, waiting for a shot at the Phillies.

"They can help sponsor you and help pay for a smaller team to go to a big race," Heeb said. "A pro

team pays you money to compete and race."

After catching on with a professional team, most cyclists leave the labor force to concentrate on biking. Very few have an easy time competing and holding on to their regular job.

A trip to Atlanta this July would have been a short jaunt. Heidi resides in Athens, Georgia with her husband Mark and is employed as a marketing and advertising representative for TTI Cable. She commutes to the office daily via bicycle.

In addition to daily 20-mile trek to and from work Heidi enjoys group riding. Her efforts on a two-wheeler add up to about 250 miles over the course of six days a week. Mark usually outdistances her by 100 miles.

Whether it's for a shot at the

Olympic team, a pro club or simply for competitive cycling, practice and training is quite a workout. Rugged terrain isn't always the norm, but there are plenty of hills, mountains and steep grades to overcome.

"It's kind of scary," Heeb said, "and yet it's fun!"

In addition to hill intervals, practice routines include sprint intervals and motor pacing. In motor pacing, a cyclist will tail a car and try to keep pace. The idea is to build leg strength, pedaling power and in Heidi's case - strive to consistently pedal at 40 mph.

Mark is usually in the car, but Heidi has been known to put her mom, Louise Yankowski to work while vacationing in Georgia.

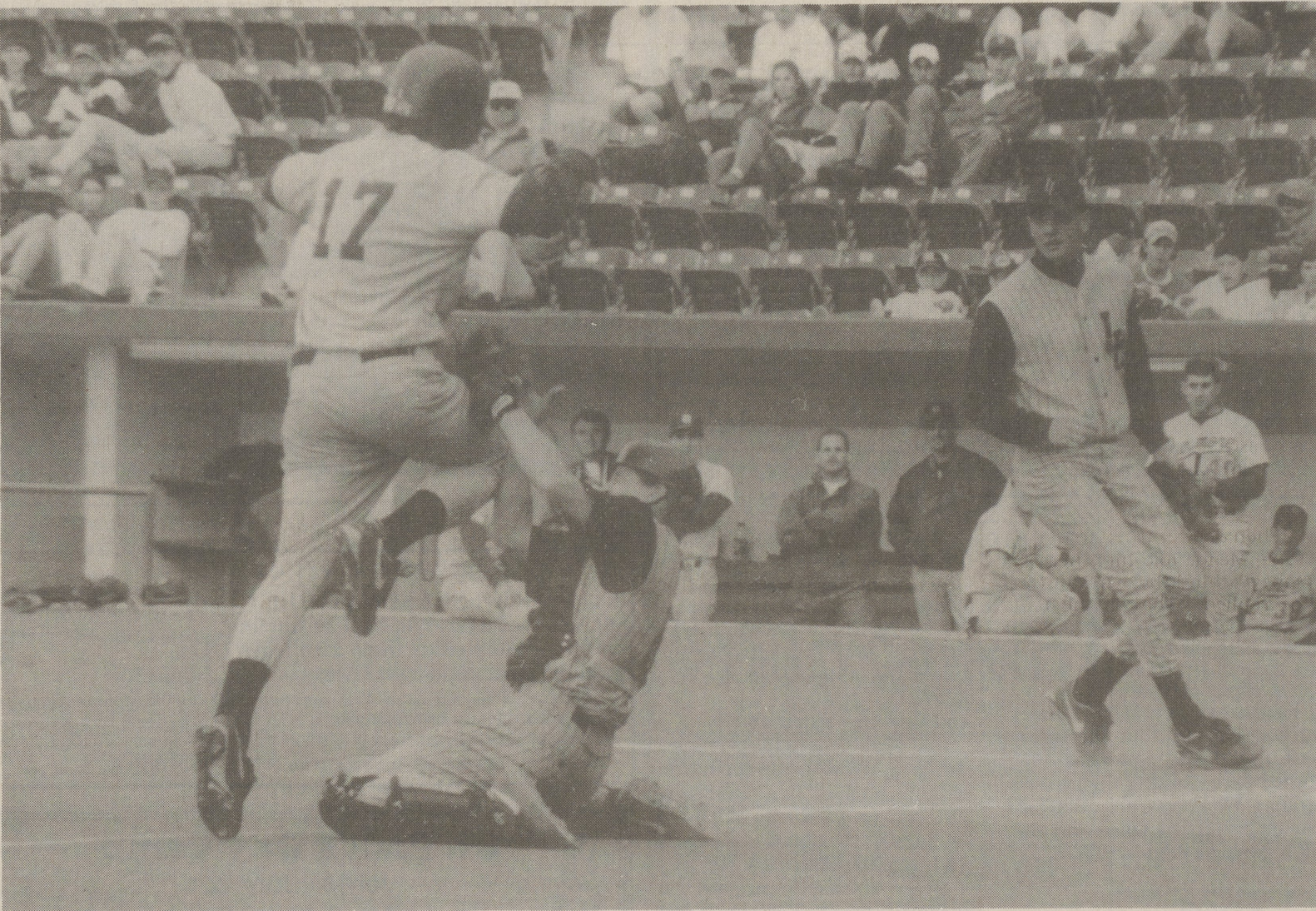
After lettering for four years at the sweeper position for the Dallas field hockey team, Heidi played

sweeper four more seasons at the University of Scranton. She received a bachelor's degree in marketing and a minor in English while learning a valuable lesson about herself.

"I decided that I needed another sport to play besides field hockey," Heidi said. "Field hockey made me into a competitive athlete. For girls especially, high school sports make a big difference. They're confidence builders."

It was Mark who convinced her to take up competitive cycling. A sport she has been able to star in and take to the next level because of confidence and a determined, competitive spirit - the combination that nearly led to a trip to the Olympics.

For Heidi Heeb, someday, it just might.



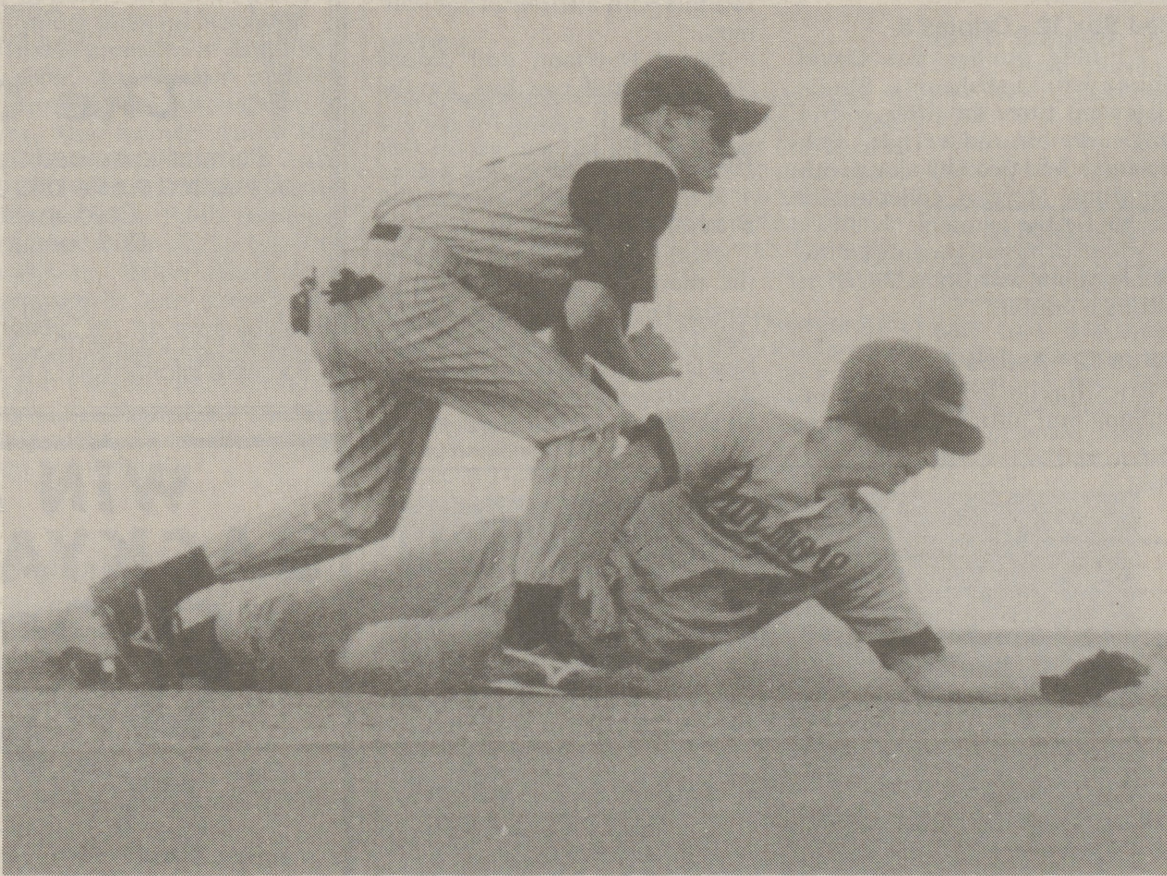
KNIGHTS CAN'T GET PAST DUNMORE

Lake-Lehman couldn't bring the runs home in their district playoff against Dunmore last week. The Knights ended the season on the short end of a 5-2 game. But they didn't give up easily, as the defense came up with solid play to keep them in the game.

Mike Woronko, in top photo, scrambled to pick up a wild pitch that bounced off the backstop, then tagged out a Dunmore runner.

Ralph Wasiakowski, right, Lehman second sacker, put the tag on for an out.

POST PHOTOS: RON BARTIZEK



Misericordia honors 4-year athletes

The College Misericordia athletic department recently honored 15 four-year varsity letters winners by presenting them with their "Varsity M" watches at the annual Winter/Spring Athletic Awards Dinner.

Among the honorees were Jen Smith, Ray Klemunes and Jim Reynolds.

MAJOR LEAGUE SOFTBALL

White Sox 17 - Harveys Lake Silver Bullets 11

The White Sox came from behind with 10 runs in the sixth inning to beat the Silver Bullets and improved their record to 9-2. For the White Sox, Sam Lloyd had three hits, Lisa Wasser had two hits and Molly Guntli had two hits, including a bases loaded triple. Molly Guntli pitched the last three innings, allowing no

hits and no runs and struck out eight, to pick up the win.

White Sox 27 - Bob Horlacher Giants 24

In a wild game, the White Sox outlasted the B.H. Giants. Lisa Wasser had three hits for the White Sox, while Caitlin Ward, Erin Swepton, Megan Williamson and Courtney Dombroski had two hits each. Sam Lloyd was the winning pitcher.

BMT athletes on UNICO roster

There will be a definite Back Mountain flavor to the annual UNICO All-Star football game, slated for June 20 at Wyoming Valley West Stadium in Kingston. Fifteen area players have been selected for the West squad along with two coaches.

Ted Jackson of Dallas and Rich Gorgone of Lake-Lehman will team up to guide the west which includes players from 10 area high schools.

Dallas players on the team are Frank Gesky, Ted Jackson Jr., Chris Kuderka, Frank Lombardo, Eduardo Lopez, Dan Natitus and Joe Noon.

Lake-Lehman will be represented by Jason Adamski,

Angelo DeCesaris, Joe Morris, Mike Pittcavage, Chris Swire and Tony Tereska.

Other Back Mountain players include Allen Mosca of Wyoming Seminary and Bill Jenkins of Bishop O'Reilly, the lone representatives from their respective schools.

Those 15 will be joined by fellow just-graduated seniors from Berwick, Northwest, Tunkhannock, Williamsport, Wyoming Area and Valley West.

The East roster will be comprised of players from Bishop Hoban, Coughlin, Crestwood, GAR, Hanover, Hazleton, Meyers, Nanticoke, Pittston and Pottsville.

Yanks squeak by Giants with 5th-inning score

By LEN KRYESKI
Sports Writer

DALLAS TOWNSHIP - John Pambinko drove home Tim Kerestes from third with an infield single in the bottom of the fifth inning, breaking a 3-all tie and lifting the Yankees to a 4-3 victory over the Giants in Back Mountain Little League play Monday.

Kerestes reached base via a one-out walk; the only free pass given up all night by losing pitcher Jim Belles. The Yankee catcher advanced to second on a wild pitch and continued to third on an errant throw before scoring the winning run.

With the count full, Pambinko hit one deep in the hole to shortstop Eric Mahle and beat out the throw to finish the night a perfect 3-for-3 at the plate. He also scored the game's first run on a wild pitch in the opening inning.

Jeff Emanuel pitched six innings for the complete game victory. The Yankee hurler struck out 12, allowed three runs on three hits and walked six Giant batters - one intentionally.

Belles fanned 11, giving up four runs on six hits. He helped himself by hitting a two-run round

tripper in the third.

Trailing 1-0, Charlie Strajewski tied up the game in the third by rifling a shot between shortstop Bob Gebhart and the bag at second. Kevin Domzalski scored on the single which also ended Emanuel's bid for a no-hitter. Belles followed with his fifth home run of the season, a towering two-run blow to right center.

The Giants carried the 3-1 lead into the bottom of the fourth. Left handed pinch hitter Frank Buzin opened the Yankee half of the inning by slashing a double down the left field line. He scored on single by Todd Kerestes.

With one out and Kerestes on second, Matt Gehringer blooped a double to right center, tying up the contest.

The loss snapped a two-game winning streak for the Giants, who left the bases loaded with walks in the fifth and had Joel Mazer throw out, attempting to steal home with two down in the sixth.

The Giants' third and final hit off Emanuel was a fourth inning single by first baseman Matt Carey. Domzalski walked during all three trips to the plate and added two stolen bases.

BACK MT BASEBALL RESULTS

Junior League results

Back Mt. Braves 17 - Harveys Lake Indians 6

Stephen Moyer led the hitting attack with four hits including two triples. Josh Katyl and Lloyd Droppers added two hits each.

Katyl, Moyer and Jared Karalunas combined to strikeout 13 Indians while scattering three hits with Katyl getting the win.

Josh Schrader, Chris Navin and Paul Santarelli each singled for the Indians.

Back Mt. Braves 16 - Back Mt. Pirates 5

Josh Katyl banged out a grand slam homerun and a triple in a game played at the Lackawanna County Stadium. T.J. Dougherty, Justin Bicking and Jared Karalunas all had two hits for the Braves.

C.J. Adamchak highlighted the Pirate hitting with a three run homerun. Russ Susko added a double.

Pirates 14 - Rockies 7

Randy Knappman collected the win with nine strikeouts. Knappman was three for four along with C.J. Admachak who was two for four and Kevin Razawich hitting a three bagger clearing the bases.

Mike Domzalski threw 16 strikeouts and batted three for four with three RBI's to lead the Pirates to a victory. Andrew Lohin completed the game for a save on the mound while C.J. Adamchak went four for four with four RBI's. Dan Laurenzic also was two for three for the winners.

Boys-Major League

A's 6 - Dodgers 4

Jeff Dixon hit and pitched the

win for the A's. He was two for three with the bat along with Adam Tkaczyk hitting a double.

Eric Kowalek, Josh Bryant and Scott Lozo had extra base hits for the Dodgers.

Reds 15 - Yankees 10

Mike English was the winning pitcher while completing five innings with five strikeouts. Jeff Emanuel pitched 14 strikeouts for the Yankees. The difference came from the hitting of the Reds' players, Jesse Danoff getting two hits, Blake Saba, three hits with double and Neil Buchman with a double.

Matt Rondina had two hits at the plate for the Yankees.

Cards 12 - Orioles 0

Brian Downey pitched a three hitter and scored three runs for the Cardinals in their win over the birds. Andrew Dale and Geoff Walp provided additional support at the plate going, three for four and two for three respectively.

Ryan Gryskevich had two hits for the birds.

Indians 9 - A's 4

John Schultz had command of the plate and struck out 11 A's to collect the win. Indians getting multiple hits were Mike Yenason, Dan Ungvarsky and John Barbose. Barbose and Mike Fehlinger also had triples in the game. Jeff Dixon led the A's hitters with homer and single while Bob Zaruta, Paul Saxon and Chase Susko were the remainder of the attack.

Rangers 12 - Giants 11

The Rangers took a 12-6 lead into the bottom of the sixth then held on as the Giants comeback fell one run short. Shawn Whale