#### **Triathlon**

(continued from page 9)

Still, he feels confident that he will do well. He believes that a time of under two hours will win

Competing for the first time will be 19-year-old Jarrod Baranowski. The Lake-Lehman graduate and former soccer and volleyball player will have to rely on his youthful athleticism to get him through his first true triathlon. Jarrod competed on part of a relay team at last year's

Although some observers might feel that Jarrod's age and ability give him an advantage over older competitors, he disagrees. "Most people peak in this sport after they reach 30," the anxious rookie stated, "I'm really young when it comes to this kind of thing."

Jarrod works out year-round but says that since January he has tried to bike at least 100 miles a week. He usually swims and runs a few times a week. When asked what his expectations were for this first triathlon he laughingly replied, "no idea." He says that he is a bit nervous and he just wants "to do well and in a few years really start to turn in some

Finally, in the family-thattrains-together-stays-together department, we have Team Rittenhouse. Joe and Pat Persico head a group of six family members who will compete as two different relay teams.

Joe, an attorney at Rosenn, Jenkins and Greenwald, will swim for his team. His sister-in-law. Maureen VanBloem, will bike and her husband, Pete VanBloem, will

Pat (Rittenhouse) Persico will bike for her team. Pete's brother, Ed Van Bloem, will swim, and Pat's brother, Dan Rittenhouse, will

According to Pat, the Back Mountain Triathlon really is a family affair. "We have t-shirts made up that say Team Rittenhouse. We really have fun. The gang of us even vacation together in Corolla, North Carolina. We call it 'Camp Corolla' because we're all in training while we're there."

The Wilkes-Barre Triathlon

Rusty Flack, Harry Reich, Lee

Turner and Mike Jones were look-

ing for an innovative fundraiser

for the American Cancer Society

when they approached Tim

Bauman, the run organizer. They

added a one-mile swim in Harveys

Lake and a 37-mile bicycle leg to

create the Back Mountain

The first event was held Aug.

28, 1982, and attracted 124 local

competitors. Until 1985 the race

was mostly a local affair, but it

began to attract regional

standouts like Bill Ruth, who won

the event in 1982, 1983 and 1985.

Race director Jerry Kowalski

Triathlon.

began 15 years ago, as an out-

growth of the Back Mountain 10-



Jim Harris, race director, and competitor in 1995.

You might wonder how a triathlon becomes the focus of a family's energy. Pat says that her husband, Joe, started the tradition. "My husband has been swimming at the Y for a while. He met some people there that we training for the triathlon. One day he

Triathlon has gained international respect

took the race into the big leagues

in 1986, when a professional divi-

sion was added. Local business

donations funded cash prizes, and

participation soared to 488 ath-

letes, including 21 pros from

Triathlon hosted the first-ever

Triathlon Federation Champion-

ships. Seventy nine professionals

took part, in a total field of 851.

Mike Pigg won the men's division

with a time of 1:51:04, and Col-

leen Cannon took the women's

After 10 years at College

Misericordia, the finish line moved

to the Penn State Wilkes-Barre

campus in 1992. The course now

consists of a 1500 meter swim, a

40 km (24.8 mile) bike tour and

In 1988 the Wilkes

around the world.

crown at 2:04:34.

"Most people peak in this sport after they reach 30."

> Jarrod Baranowski 19-year-old triathlon rookie

came home and said that we should give it a try just for fun." Pat says that in their first year of competition no one knew what to expect. However, their training has become more intense in recent years.

"With each team member competing in a different event, that's basically what they concentrate on. We also do some cross-training to give us variety. Even when we work out, we're there for each other and push each other just like we do in the race itself."

Pat's family has competed in triathlons in bigger cities, but she says that nowhere is as organized as the Back Mountain Triathlon. "We've been to places that you would think would have their act together, but they didn't. The people of the Back Mountain, the volunteers, the organizers, all of them, are terrific.'



#### St. Therese's Brennan tournament winners

112 golfers participated in the recent St. Therese's Joe Brennan Memorial Golf Tournament Winners in the mens' flight were the team of Allen, Gosart, Heffron and Piazza. Womens' flight winners were the team of Zampetti, Umphred, DeGennaro and Perkins. Mixed flight winners were the team of Gelso, Gelso Williams and Williams.

Long drive was a titanic blast by Barry Horwath of 340 yards. Closest to the line was won by Peggy Perkins, while Jim Dougalis won the closest to the pin competition.

Winners are, seated, from left: Jean Brennan, Peggy Perkins, Donna Zampetti, Lois DeGennaro, Cathy Gelso, Fran Williams; standing: are Jack Allen, Chuck Heffron, Joe Piazza, Don Gosart, Barry Horvath-tournament chairman; Charlie Gelso, Fr. Peter Crynes, Gary Williams.

### Wilkes-Barre Triathlon will be U.S. Championship qualifyer

Cold weather in Detroit last weekend has made the Wilkes-Barre Triathlon even more important to female professional

Race director Jim Harris III said the women's U.S. Professional Team should have been selected after last weekend's event in Detroit, but 48° water forced shortening of the swim leg. As a result, only three of the six team members, who will compete in the World Championships in Cleveland Aug. 25, were chosen. The other three will be picked from the top finishers at Wilkes-Barre.

Harris received a call from the president of the U.S.A. Triathlon Federation late Monday, asking if the local event would host the second half of the U.S. Pro National Championship. Harris and his crew scrambled to accommodate the request, with the result that several additional competitors will be here. Among the late registrants are Joy Luetener, a former winner here, Gail Laurence and possibly Karen Smyers, who won here in 1993.

#### 1996 WILKES-BARRE TRIATHLON RACE WEEKEND SCHEDULE

Saturday, Aug. 17 10:30 a.m.: Future Triathletes 1 mile run, Penn State campus,

12 p.m.: Registration opens, Penn State campus 12-5 p.m.: Health & Sports Expo,

Penn State campus 12:30 p.m.: Bike area open at lake 5 p.m.: Mandatory pre-race meeting for all athletes. Registration closed for one hour.

6 p.m.: Registration reopens 7 p.m.: Registration closes 7:30 p.m.: Lake area closed; all bikes must be racked with numbers affixed

Sunday, Aug. 18: 6 a.m.: Campus open; athletes place run bags at bike racks, take buses to lake. Lake area open; athletes check in - must have helmet inspected to receive swim

It is strongly suggested that spectators stay at Penn State and

not travel to the lake. 7:45 a.m.: Swim check-in closes 8:15 a.m.: Race start

8:35 a.m.: First swimmer finishes 9:15 a.m.: Traffic on Old Rt. 115 rerouted to Mountain View Drive

(estimate) 10:15 a.m.: First overall finisher (estimate

11:30 a.m.: Bike course closed (estimate)

1 p.m.: Run course closed (estimate)

9:30 a.m.: First biker finish

1:30 p.m.: Awards ceremony and raffle, race party; outdoors weather permitting, in Field House if rain.

#### Harveys Lake Yacht Club Invitational

Held Aug. 11. Two races, combined results 1st Place - Dale Campbell

2nd Place - Bob Hall 3rd Place - Jack Barnes Jr. Also racing: John Morris, John Alaimo, Barbara Aston, Dave Hoffman, Ann Barnes, Hery and Kigoko Steuben, Lane Giddings, Fred Shaefer, Joan Williams and Jane Harter.



# The format will consist of man & woman teams with both players driving and the following shots alternated until the ball is heledyout. The \$27.00 per person fee includes 18 holes, meal, beverages and prizes for flight winners and contests held on the course. CALL 655-8869 TO RESERVE YOUR TWOSOME

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an 11 km (6.8 mile) run.

The local triathlon hosted the

Pro National Championships and

Ironman Qualifying Series in

1992, with the top six finishers

qualifying for the world champi-

onships. "If you win in Wilkes-

Pigg in 1993. "This isn't a small

event record in '93, at 1:57:48,

which still stands. The triathlon

was again an Ironman qualifier in

1993, and Jim Harris, who had be co-director of the race the previ-

ous three years decided to com-

pete. He won an amateur slot and

competed in the Ironman that

Harris is back as race director

October, finishing at 12:29:49.

this year, as he was in 1995.

Australian Greg Welch set an

Wednesday..... Desperado Thursday.....J.T. Maxwell Band Friday.....The Vogues

Saturday.....North Country Sunday.....Jerry O'Toole Fireworks Finale

All Week: Eastern Intertribal Alliance Native American Cultural Exhibit . Bob Jones Petting Zoo • Granpa Cratchet & his Flying Machine Saturday "Winnie The Pooh" by the Northeast Jr. Players • Sunday - Luzerne County Fair Draft Horse Show

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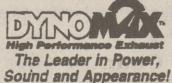


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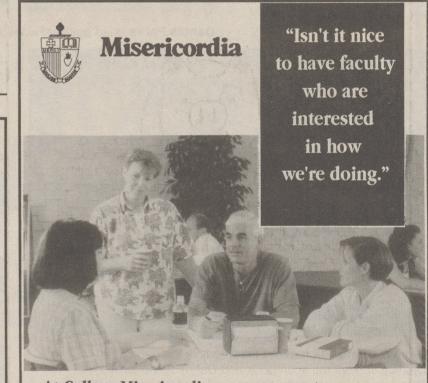


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