

## Mountaineer harriers have potent 1-2 punch, and more

By JEFF FANECK  
Post Correspondent

### Dallas CROSS COUNTRY

Third year head coach Rev. Reggie Thomas has a feeling that his Dallas boys team will fight at the top of the cross country standings this fall. His optimism is definitely justified. The Mountaineers return two runners who can run under 17 minutes on the new home track in Matt Schweitzer and Matt Mark.

Schweitzer and Jamie Raub are the two seniors on the team, and will be looked up to as captains. They are joined in "the pack" by sophomores Peter Miller and Mark as well as junior Lee Griffin. Coach Thomas remarks, "Our boys have improved ability. They also run together as a pack, meaning the fifth runner is finishing within a minute of the first runner. That makes us a very difficult squad to match up with."

On the girls' side, it is more a story of youthful progression. Junior Amie Tkaczuk leads a group of young but talented runners. With only one senior on the team in Kelly Robaczewski, Thomas remains optimistic. "We have a young team this year, and so we will probably surprise some people," he says. "I believe next year (fall 2000) will be our year though."

Other Lady Mounts include junior

Maureen McGuire, sophomore Maria Bednash, and freshman Jaime Bozentka. The team will surely miss junior Clair Gammage, who moved back to England with her family on September 1. She had still been practicing with the team when she departed for her return to England.

One new wrinkle this year is the new home course on the Dallas campus. The figure 8 pattern will circulate around the fields behind the high school in the area of the football stadium. "It will definitely be easier than the last course," Thomas said. "With the hill that one had, it made it tough to endure the entire circuit. This figure 8 style track will have the runners go twice around a double loop."

Last season Dallas could not practice on school grounds due to the construc-

tion of the new Wycallis Elementary School. "It is certainly nice to be back home again," said the coach.

Dallas began its season with an exhibition in Abington last week and participated in the Cliff Robbins run this past Saturday. The first league meet will be next Wednesday, Sept. 15, at home against Wyoming Area. A big date on the cross country calendar is Sept. 25 when the Lackawanna County Invitational will be held. The first few meets and the big meet on the 25th should give everyone an accurate idea of which schools will rule the league.

"Once we get past the first week, we'll know exactly which place we'll finish in this year," Thomas said.

## Lake-Lehman coach must rebuild with all rookies

By JEFF FANECK  
Post Correspondent

### Lake-Lehman CROSS COUNTRY

Lake-Lehman cross country coach Ed Narkiewicz returns for his 23rd season as head coach this season, with a difficult task ahead. His challenge is to reassemble a program that has gone undefeated for three consecutive seasons with a group of runners who have never run cross country before.

"We're definitely starting over. It's quite a dropoff to go one year with two runners

"None of these kids have run cross country before," Narkiewicz said. "But, they have shown me that they are willing to give everything they've got."

Rebuilding any program is difficult, but cross country can be especially tough on a coach. With the start of the season next week, the Knights will look to use practice time to condition the runners for a cross

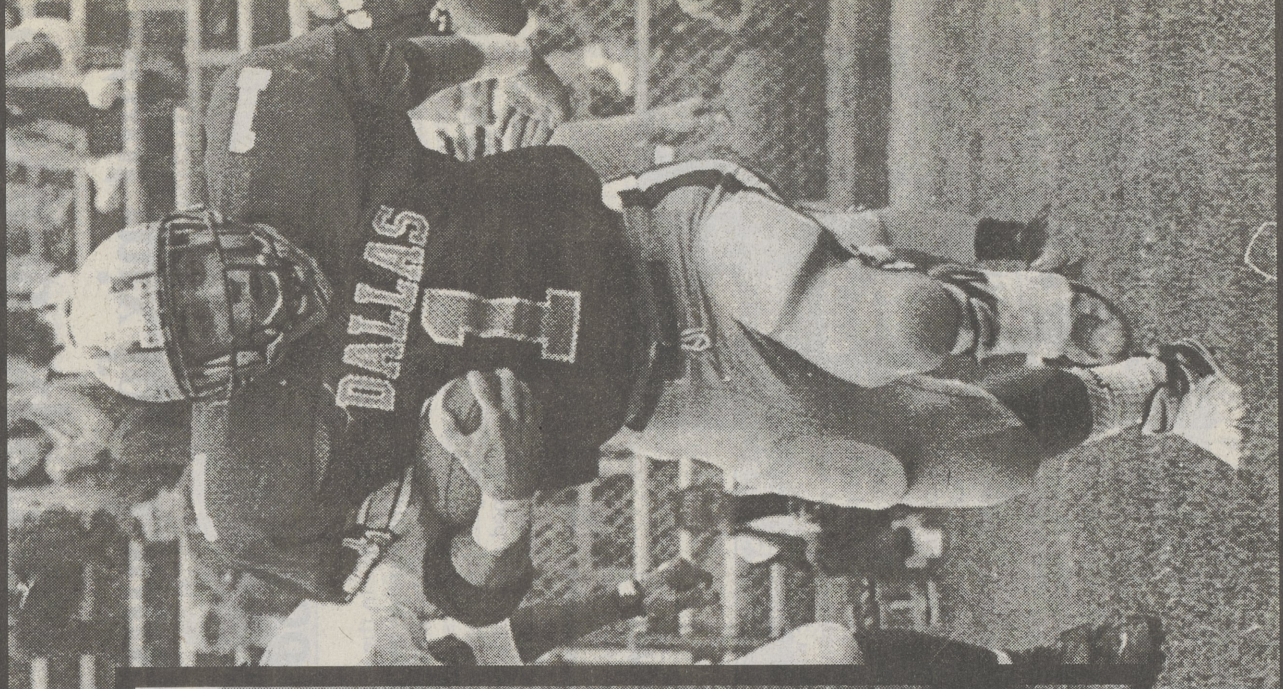
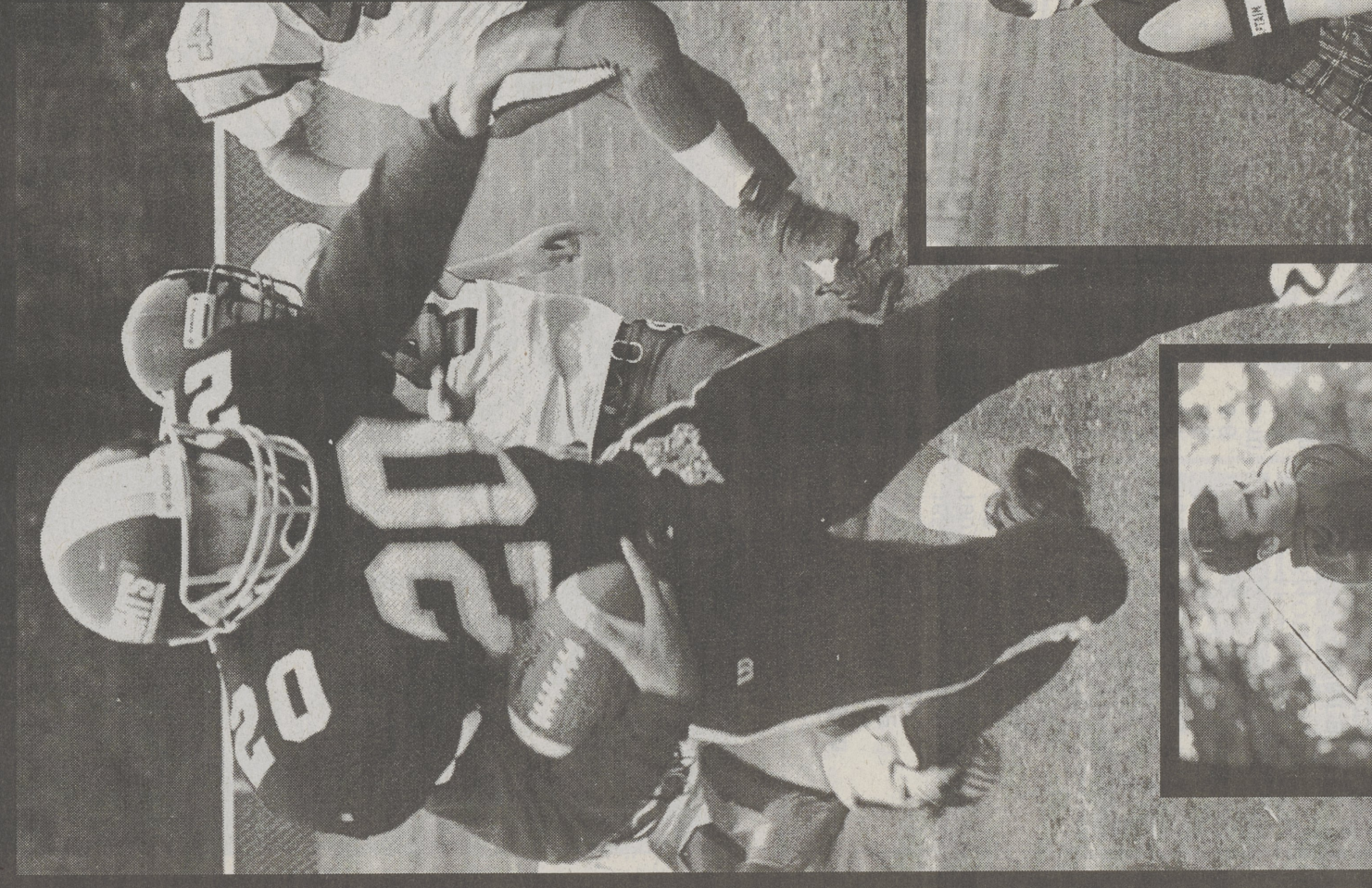
country season and to get the runners to get to know each other. "The guys are working hard. I am sure that over time they will get," Narkiewicz said. "We're all working together to rebuild this program."

This 23rd season for coach Narkiewicz will be a coaching challenge. However, the dedication and willingness of his runners will help make his job significantly easier.

While the initial very low numbers or runners was not a good indication, the numbers are steadily improving. "I'm pleased some kids stepped up and kept the program alive," he said.

This season may not be a typical Knights season, but it appears these runners are eager to uphold the Lehman cross country tradition.

# FALL SPORTS PREVIEW



# 1999

# PIZZA PERFECT

Sicilian Style



PIZZERIA

16 Carverton Rd.  
Trucksville

Our 23rd Year!

Call Ahead!

696-2100

### 1999 Dallas Boys Cross Country

Sept 15	Wyoming Area	H 4:15 p.m.
22	Hanover	H 4:15 p.m.
29	GAR	H 4:15 p.m.
Oct 6	Lake-Lehman	A 4:15 p.m.
13	Nanticoke	A 4:15 p.m.
20	Coaches Assoc. Meet	A
27	Dist. II Varsity Meet	A

### 1999 Lake Lehman Boys Cross Country

Sept 15	GAR	Away
22	Wyoming Area	Home
29	Nanticoke	Home
Oct 6	Dallas	Home
13	Hanover	Away
20	WV Coaches Meet	Away
27	District II Meet	Away
Nov. 6	State Meet	Away

## Try Our Wings!

Fri.: 11:00 am - 12:00 Midnight; Sat.: 12:30 pm - 12:00 Midnight; Sun.: 2:00 pm - 11:00 pm  
Mon.: 4:00 pm - 10:00 pm; Tues., Wed., Thurs.: 4:00pm - 11:00 pm