

Triathlon

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the radio operators. "In early races, the ambulances could not communicate. They needed a service that we provide," said Dent. Cell phones are used at the race as well, but HAM radios are less restrictive. "Radios are like a big party line," said Dent. "Everybody can know what's going on."

Dent said the radio operators start before the race. "We usually hit the road before the first biker and make sure the checkpoints are manned."

"Safety is the key," said Harris. The race normally has two or three volunteers for each athlete.

The triathlon has both individual and relay competitions. Individuals swim, bike and run. Relays are three-person teams, and each team member competes in one leg of the race. Male, female and mixed teams are allowed.

"It brings a lot of people together. It highlights some of the nice points of our area," said Karen Arnaud of Harveys Lake. She and her husband Brad both competed in teams in last year's triathlon. For her, racing in the triathlon uses all the skills she's learned and taught as an aerobics instructor.

Wayne Devine has been involved with the triathlon since it started. He served as a lifeguard for the swim event the first two years, and has competed every year since the third. "It's a great event," said Devine. "People should try it. Anybody could do it if they put their mind to it."

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Wayne Devine
17-year competitor

Devine uses the triathlon to challenge himself. "I try to see if I can beat my best time every year. It gives me a goal to shoot for. It helps me stay fit and healthy." Devine intends to participate in the Steamtown Marathon this year, and he also runs in five to 10 mile road races. Devine said that little about competitors' equipment has changed over the years, except for the technology used in the bikes. The course itself has changed several times, though. The current course has been used for about five years.

Training for the triathlon takes on social aspects, particularly for the team racers. John Anglovich, a friend of the Arnauks who also



Jim Harris III, race director, lined up the pros for the start of the 1999 triathlon.

lives in Harveys Lake, said that groups often meet at Grotto Pizza for a Wednesday night ride. Husband and wife teams take time to train together.

Children are usually supportive of their parents. "The kids are very encouraged by it," said Anglovich. He and his wife Lisa competed on separate teams in last year's triathlon.

Competitors recognized the

importance of the volunteers who keep the race going year after year. "If it wasn't for the volunteers it wouldn't happen," said Anglovich.

Harris said he goes out of his way to make sure volunteers know their contributions are appreciated. "A little thank you goes a long way," said Harris. "I don't think there's a better group of people in the country."

Armstrong, Olympians raced here

Wilkes-Barre Triathlon Trivia In 1988, 16-year-old Lance Armstrong finished third at the Wilkes-Barre Triathlon. In 2000, Lance Armstrong won the Tour de France for the second consecutive year.

Carol Montgomery, winner of the 1996 Wilkes-Barre Triathlon, will represent Canada at the 2000 Olympics in Sydney, competing in the Women's Triathlon and 10,000 meter run. She is the first athlete ever to qualify in two different sports for the same Olympics.

Five of the six triathletes representing the U.S. at the Olympics have raced in the Wilkes-Barre Triathlon. On the men's side, Hunter Kemper won the event last year and Nick Radkewich finished 8th last year. All three women on the U.S. team competed here last year. Joanna Zeiger finished second, Jennifer

Gutierrez finished fifth and Sheila Taormina finished 8th. Taormina won a gold medal at the 1996 Olympics on the 800-meter freestyle swimming relay team.

Pro Prize Money for the 19th Wilkes-Barre Triathlon

Male and Female	
1st place	\$ 1,250
2nd place	\$ 650
3rd place	\$ 350
4th place	\$ 250

In 1994, the Triathlon suffered some of the worst weather conditions in its history. The swim start was delayed twice due to wind, rain and lightning. Out of a concern for the safety of the competitors and volunteer lifeguards, the last waves of the swimmers were eliminated. The competitors were timed in a modified duathlon, consisting of a 40K bike tour and 11K run.

Water

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Some school board members expressed concerns that athletic expenses were becoming excessive. "A combined teacher/athletic director may be needed in the future," said Edwin Kern, vice-president of the school board. "These expenses are getting out of hand." Lois Kopcha cast the only vote against the contract.

In other business, the board approved candidates for many of the unfilled professional positions. John Baranowski was appointed interim principal of the Middle Level building. He will receive his current salary plus \$40 extra per day. Other positions filled included a secondary guidance counselor, two special education teachers, and two secondary teachers.

The board also authorized Peter Savage, school district solicitor, to prepare transportation contracts for Barrall Equipment, Slimak and Sutton, and car and van providers. At the beginning of the meeting, the language of the motions concerning the contracts was changed. The new, nonspecific contract length was not what the bus and van providers had requested.

"I don't see where we can put a modular unit down there. I would discourage it as a solution to the problem."

Douglas Trumbower
Architect

Race Weekend Schedule

Saturday, August 5

9 a.m. - Registration begins - Future Triathletes Run
10:15 a.m. - Future Triathletes Pre-Race Meeting
10:30 a.m. - Future Triathletes Run
12 Noon - Registration begins at Penn State Wilkes-Barre Campus
12-5 p.m. - Sports/Health/Nutrition Expo - Penn State Wilkes-Barre Campus under tents (Athletic Center in case of rain)
12:30 p.m. - Bike Area Open at Harvey's Lake
5 p.m. - Pre-Race Meeting for Elites, Age Groupers and Teams
6:30 p.m. - Registration Closed
7:30 p.m. - Lake area closed; all bikes must be racked, with numbers affixed - area will be secured overnight

Sunday, August 6

6 a.m. - Finish Area Open: Athletes place run bags at bike racks at Penn State Campus and take buses to the lake.
 Lake Area Open: Athletes check in. (all athletes must check in at lake and have helmet inspected to receive swim cap.) Spectators strongly urged to park at Penn State Campus (not drive to the lake) and take buses to lake. Parking is very limited at the lake. No spectators will be allowed out of swim/bike transition area until the last biker leaves. Buses will return spectators and swim/team member to Penn State. Run/team member should not go to the lake.
7:20 a.m. - Last bus leaves campus
7:40 a.m. - Swim Check-in Closes
8 a.m. - 19th Wilkes-Barre Triathlon begins
9 a.m. - Huntsville Road access to Penn State closed: access via Rt. 118 & old Rt. 115. Spectator parking at Lake Lehman High School-shuttle buses available to PSU
9:15 a.m. - First biker finishes (est.)
10 a.m. - First overall finishes (est.)
10 a.m. - Swim Course Closed
11:30 a.m. - Bike Course closed
1 p.m. - Run Course Closed
1:30 p.m. - Awards ceremony in Athletic Center, Penn State Wilkes-Barre
 Race reserves the right to adjust time restrictions on each course segment. Times are estimates only.

Future Triathletes Fun Run for kids

On Saturday, August 5, the 5th annual Future Triathletes Fun Run is slated to kick off the Wilkes-Barre Triathlon weekend. Registration is at 9 a.m. at the PSU/Wilkes-Barre Campus in Lehman. A pre-race meeting and warm up are scheduled for 10:15 a.m. with the start of the 1 mile run to follow.

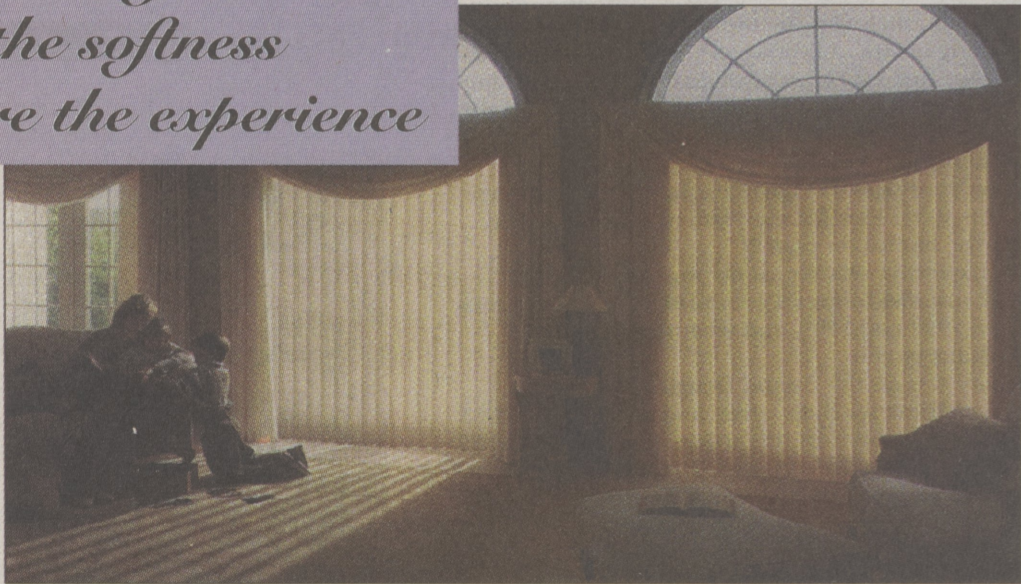
Race Directors Tom Welki and Chip Morgan are expecting a large and enthusiastic turnout of athletes for the event. All participants will receive T-shirts and finishers will receive awards and be eligible for post race prizes. The first finishing girl and boy will each receive a \$100 savings bond.

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