

THE POST

Sports Week

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Robbins ready for another Ironman

By KEVIN KAZOKAS
Post Correspondent

Sean Robbins is heading to beautiful, sun-splashed Hawaii. However, the trip will be anything but a vacation for the 34-year-old Dallas resident.

Robbins plans to take part in the 25th annual Ironman Triathlon World Championship on Saturday in Kona, Hawaii. He will join approximately 1,500 other professional and amateur qualifiers from around the globe in a grueling three-part race that marks the pinnacle of triathlon competition worldwide.

The race's energy-draining course includes a 2.4-mile swim, a 112-mile bike ride

"I'm thinking I'm going to try and race it a little bit harder."

Sean Robbins
Dallas

and, finally, a 26.2-mile marathon run to the finish line. Along the way, competitors will likely have to battle several unfavorable elements, such as rugged terrain, strong wind gusts and sizzling temperatures.

According to Inside Triathlon Magazine's Web site (www.insidetri.com), Kona's coastal winds can gust up to 60 m.p.h., and

temperatures can exceed 100 degrees during the bike ride portion of the race due to heat reflected up from asphalt and lava. Yes, that's lava.

"Basically it's all just lava fields and desert," said Robbins, who will be racing in the triathlon for the second consecutive year. "The road that you ride on (during the bike stage) sits basically at the base of a volcano."

Last year, Robbins finished the course in 10 hours, 58 minutes while racing as an amateur. He'll maintain his amateur status for this year's race, but hopes to take a more aggressive approach.

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In Hawaii last year, from left: Meghan Robbins (sister) and her son Blake Williams, age 7, Sean Robbins and his mother Joanna Robbins.

Mounts win, but not pretty

By JOHN ERZAR
For The Post

DALLAS TWP. — Aside from the 27-13 victory over Crestwood, the Dallas football team didn't have much to boast about after its homecoming game Monday.

"We're not going to be able to keep doing what we're doing," Dallas coach Ted Jackson said. "Dropping the ball, turnovers, not pass blocking well, missed assignments, jumping offside. They are things that are not acceptable at this time of year."

Dallas improved to 3-1 in Division 2 of the Wyoming Valley Conference and 4-2 overall. But the negatives need to be repaired by Friday when Dallas plays at Wyoming Valley West. The Mountaineers will likely need a victory over Class 4A Valley West to keep pace in the District 2 Class 3A playoff chase.

Jackson ran his team through a brief practice after Monday's game to make up some preparation time lost because of Saturday's postponement.

Monday started well for the Mountaineers as quarterback Matt Kelly scrambled around and found Adam Schoonover wide open for a 45-yard touchdown pass on the second play from scrimmage. Kelly threw a 15-yard touchdown to Mike Race late in

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Buddy Kocher broke through a Crestwood blocker in pursuit of the quarterback in Monday's game. More photos on page 10.

POST PHOTO/JIM PHILLIPS

Swimming program for youth

The Mini Mountaineers, an Age Group Swim Team, part of the North-east

Pennsylvania Age Group Swim League (NEPAGSL), will run from October 20 through March 1. No competitive swimming experience is required, however, members need to be able to support themselves in the water.

Practices will be held Mondays, Tuesdays, Thursdays from 6:15 to 8:15 p.m. Swim meets will be on Saturdays and or Sundays in the Dallas Middle School Natatorium (pool).

The Mini Mounts age-group swim team is a NEPAGSL 10-team competitive swimming league for swimmers 6 to 14 years of age. There are dual meets between all the teams during the regular season and a championship meet at the end of February.

Volunteers will be needed to help run meets and start a booster organization.

Those interested who cannot make the meeting should contact Matt Stretanski.

Registration fee is \$200 per swimmer. (\$175 for additional siblings.) Membership fees include team bathing suit, team swim cap, team t-shirt, insurance and league membership.

For more information contact Matthew Stretanski at mstretanski@dallasd.com or 675-5201.

Scholastic Roundup

BOYS SOCCER

Dallas 1, Tunkhannock 0

OCT. 8 — Ryan Murray scored with 48 seconds left in overtime to give the Dallas boys soccer team a 1-0 victory over Tunkhannock on Wednesday in WVC Division 1 action.

Murray scored on a header off a Bill DeAngelo corner kick.

Dallas goalkeeper Ryan Gilroy made five saves to earn the shutout.

Lake-Lehman 2, Coughlin 0

OCT. 8 — Rich Eckman and Tyler Van Scoy scored goals 20 seconds apart in the second half as Lake-Lehman blanked Coughlin.

Phil Kurello recorded the shutout, making nine saves in net for Lake-Lehman.

Dallas 3, Hazleton 2

OCT. 7 — Davis Luksh's second goal of the game in the second half broke a 2-all tie and helped Dallas defeat Hazleton Area 3-2 on Tuesday in WVC boys soccer action.

Luksh and Ed Daris scored first-half goals for the undefeated Mountaineers (8-0). Eric Baltimore, Ryan Marascio and Ben Thomas got assists.

Tunkhannock 0, Lake-Lehman 0, 2OT

OCT. 6 — Phil Kurello recorded three saves for the Black Knights as Tunkhannock and Lake-Lehman played to a double-overtime, scoreless draw.

Lehman had 18 shots and nine corners, but couldn't convert.

Wyoming Seminary 2, Lake-Lehman 0

OCT. 2 — James Hamill scored a second-half goal and assisted on Mike

Ellis' first-half score as Seminary defeated Lake-Lehman. Alex Flack assisted on Hamill's goal.

FIELD HOCKEY

Crestwood 8, Dallas 0

OCT. 8 — The Mountaineers managed just three shots on goal as Crestwood scored four times in each half.

Lake-Lehman 4, Northwest 0

OCT. 8 — Traci Ragukas scored three goals as Lake-Lehman defeated Northwest. Whitney Pollock also lit up the scoreboard for the Black Knights, who outshot the Rangers 39-7.

Sheree Horvath, Jill Chacallo, Ryan Hoover and Amanda Sagan all had assists for Lake-Lehman.

GIRLS VOLLEYBALL

Crestwood 3, Dallas 0

OCT. 7 — Erica Kelleher paced Dallas with eight kills, eight digs and three blocks for Dallas; Theresa Heintz had four kills, three digs and a block.

Lake-Lehman 3, Berwick 1

LEHMAN — Christie Cole posted three kills and 10 service points, and Lizzy Martin had eight kills and a block to lead the Black Knights to victory over Berwick.

Jessica Turak added 11 digs, 13 service points, six aces and two kills, while Marissa Harrison chipped in with eight digs and three kills.

Hoban 3, O'Reilly 2

OCT. 6 — Bishop O'Reilly led 2-1, but Bishop Hoban was able to come back and keep its Wyoming Valley

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Lake-Lehman's Whitney Pollock, left, and Wyoming Seminary's Laura Suchoski fight for control of the ball in last week's game.

FOR THE DALLAS POST/S. JOHN WILKIN

Junior Football

Dallas C 32, Larksville 0

Dallas beat Larksville Oct. 5 as the offense followed the blocking of Logan Bullock, Dominick Chopka, Jeremy Geisinger, F.J. Constantino, Nick Evans, Bryan McDonnell, Chase Benson, Eric Anderson and Steven Shutlock.

Touchdowns were scored by Garrett Artsma and Brett Wanek, with a two-point conversion by Jordan Mullen. Kohner Rice came up with two in-

terceptions.

Dallas D 26, Duryea 0

Dallas won a rain-soaked playoff game. Mark Michno had two touchdowns, a fumble recovery and several tackles. Nich Luzetski scored a 55-yard touchdown and two-point conversion. Luke Edwards also scored. Michael Olenginski, Sal Moran and Kyle Kotulski were captains.

Black Knights pull one out

By STEVE SEMBRAT
For The Dallas Post

LEHMAN TWP. — Goalie Shannon Prescott gave the Lake-Lehman field hockey team a shot to beat Wyoming Seminary Oct. 3.

And when the Black Knights got that shot, Carrie Stolarick didn't miss. Stolarick tucked a shot inside the left goalpost at the end of a breakaway with 35 seconds left in overtime as Lehman pulled out a 3-2 victory over Wyoming Seminary in a key Wyoming Valley Conference Class 2A contest.

Lehman (12-0-0 overall, 8-0-0 in Class 2A) remained the only undefeated team in the league with the dramatic victory. The Black Knights have a relatively easy path to a showdown with Crestwood (10-1-0, 8-0-0) for the division title on Oct. 20, the final day

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Youth ice hockey training programs

Two youth fall ice hockey training programs are to begin soon at The Ice Box Skating Rink in Pittston. Applications are now being accepted for ages 5-14 interested in either the Saturday or Sunday program.

Both programs run for 6 weeks. For more information contact the rink at 883-1100 or stop by to pick up an application.

Send your sports reports by e-mail.
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