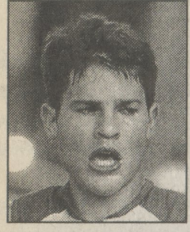


Running

Former Tunkhannock star wins first W-B Duathlon

By DAVE KONOPKI For The Post

WILKES-BARRE — Jeremy Kacuba took the lead with a mile remaining and held on to win the inaugural Wilkes-Barre Duathlon, which consisted of a 3-mile run followed by a 16.9-mile bike race and capped by another 3-mile run. Nearly 150 athletes competed in the race, held June 20.



Jeremy Kacuba Winner of inaugural Wilkes-Barre Duathlon

Kacuba, a former Tunkhannock High School baseball standout, crossed the finish line in 1 hour, 15 minutes and 40 seconds, three seconds ahead of Sean Robbins (1:15:43) and 13 in front of J.T. Owens (1:15:53), a 25-year-old from Nanticoke. Shavertown's Chris Hackett (1:18:04) finished fourth.

"J.T. (Owens) and I ran shoulder to shoulder and within the first mile of the final leg, he told me (Kacuba) was catching us," said Robbins, a 34-year-old Dallas resident. "We couldn't see him, but J.T. knew he was coming on strong."

Despite trailing by almost a minute with less than three miles remaining, Kacuba felt confident.

"(Robbins and Owens) did a heck of a job and lost me during the bike, but I believed in myself today," said the 26-year-old Tunkhannock native, who lives in Telford near Philadelphia. "If I wasn't going to catch them, I was going to have to walk at some point in the race because I was going to try so hard."

Kacuba originally intended to compete in an out-of-state triathlon, but changed his mind

when he heard about the race in Wilkes-Barre.

"This is the first time for this race, so winning it is really special," he said. "When I saw this race on the schedule I knew this is where I wanted to be. A chance to come back to Wilkes-Barre is a lot better than going to a race down in Maryland."

Despite coming up a few seconds short in his attempt to win the race, Robbins was all smiles after crossing the finish line near the Market Street entrance to Public Square. "This was a great race," said Robbins, one of the race's organizers and a well-known area triathlete who has competed in the world-famous Ironman Triathlon in Hawaii. "I've competed in quite a few different places, and I can tell you that this was a first-class event. So coming in second place, I'm very happy with that finish."

Proceeds from the race will be used to help fund youth obesity programs at the Jewish Community Center of Wyoming Valley, the Wilkes-Barre Family YMCA and the Wyoming Valley Catholic Youth Center. Money also will be used to help defray the cost of youth memberships at the facilities.

Local results

Men: Overall: 1. Jeremy Kacuba, 1:15:40; 2. Sean Robbins, 1:15:43; 4. Chris Hackett, 1:18:04.

Age Group Winners: 19 & Under: 1. Rob Baur, 17, Dallas, 1:23:43. 40-44: Chris Hackett, Shavertown, 1:18:04. 45-49: 1. William Fisk, Dallas, 1:23:05. 50-54: 2. Dale Yarasavage, Tunkhannock, 1:32:43. 60-64: 3. Tom Berezich, Shavertown, 2:01:58.

Women: Overall: 5. Diane Levandowski, Dallas, 1:35:14.

Age Group Winners: 35-39: 2. Jennifer Dressler, Shavertown, 1:48:13. 40-44: 1. Levandowski, 1:35:14.



FOR THE POST/CHARLOTTE BARTIZEK

Fireballs on fire

The Fireballs won their second Back Mountain Major League Softball championship last week, topping the Tornados in a game that was shortened by rain.

In top photo, the Tornados' Sara Konopki and catcher Tori Kramer could not stop Ellen Arnaud of the Fireballs from stealing home.

Above, Kailin Kennedy and Danielle Harding start the runfest for the Fireballs. Tornados catcher Tori Kramer can only watch.

Dallas High School and Middle School physicals

Physical exams for Dallas students who want to participate in fall sports will be held in July and August.

July 8: High school football, 8 a.m.; middle school football, 9 a.m.; golf, 9:30 a.m.

July 15: High school soccer, 8 a.m.; middle school boys soccer, 8:30 a.m.; high school boys cross country, 9 a.m.; middle school boys cross country, 9:30 a.m.

July 20: High school volleyball, 8 a.m.; tennis, 8:15 a.m.; middle school girls soccer, 8:30 a.m.; high school/middle school cheerleading, 9 a.m.; boys makeup physicals, 9:30 a.m.

August 10: High school field hockey, 8 a.m.; middle school field hockey, 8:30 a.m.; high school/middle school girls cross country, 9 a.m.; girls makeup physicals, 9:30 a.m.

In order to have a physical, the student must bring completed paperwork. Exams will be given at the Dallas High School nurse's office.

Lake-Lehman sports physicals

Lake-Lehman Jr.-Sr. High School will hold sports physicals for senior high students planning to play fall sports. Physicals for senior high boys will be on Tuesday, July 20, at 9 a.m. Senior high girls physicals will be on Thursday, July 22, at 9 a.m. On Tuesday, July 27 at 5 p.m. sports physicals will be held for both junior and senior high students, which will include both boys and girls. The last day of physicals will be Thursday, July 29 at 9 a.m. for all senior high and junior high students who were unable to make the previous exams. Students must have their forms filled out and signed by a parent or guardian before their exam.

Newberry tennis camps

Newberry Estate in Dallas is offering spring/summer/fall tennis clinics in a junior camp/clinic environment through Aug. 21, and adult leagues and private lessons through USPTA professional Jim Cook. For more information, write: jm1harleydavl@aol.com, visit www.newberryestate.us, or call the pro shop at 675-5236 or 675-5762.

Rome leaves competitors in the dust

By ROBERT MINER For The Post

HARVEYS LAKE — Jeff McCabe and Amy Rome ran to easy victories in the Harveys Lake Victory Run on June 19.

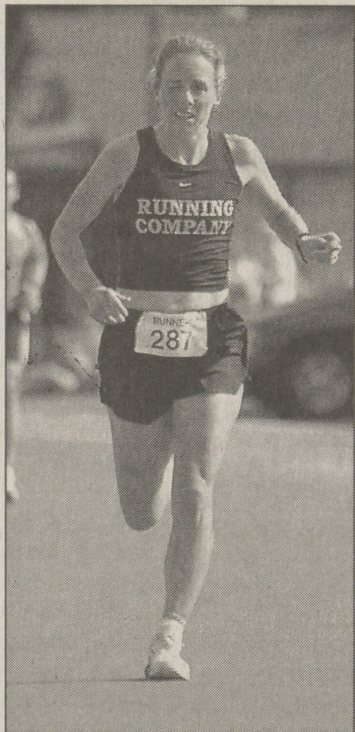
Rome, 37, of Dallas, won the female division with a 10th-place finish overall in 49 minutes. The former Penn State standout runner outraced Heidi Wolfsberger, 24, of Moosic, by 1:56. Aimee Shebest, 28, of Williamsport, placed third, 29 seconds behind Wolfsberger.

"I went out and paced myself with sixes," Rome said. "I just tried to do that. And I did for seven miles. I ran with two other ladies for the first two miles (Wolfsberger and Stacey Muchal, who finished fourth in 52:16). I just held my pace. And they, obviously, didn't stay with me. I'm really happy with my time. It's my best time in this race."

McCabe, 20, of Exeter, broke the tape in 43 minutes and 47 seconds. He outran second-place finisher Chris Wadas, 22, of Hanover Township, by 43 seconds. Jeff Dobias, 23, of Palmerton, finished third, a half minute behind Wadas.

The win was McCabe's first in five tries at Harveys Lake. Results for local runners

Male: Age group winners: 18 & Under: 3. Corey Read, Tunkhannock, 54:49. 19-24: 3. Pete Miller, Shavertown, 49:29. 30-34: 2. Sean Robbins, Dallas, 49:35. Masters Division: 45-49: 3. Bill Fisk, Dallas, 51:32. 60 & Over: 3. Joe O'Donnell, Dallas, 1:05:31



FOR THE POST/MADALYN RUGGIERO Amy Rome, female winner, Harveys Lake Victory Run

Female: Overall: Rome. Age group winners: 18 & Under: 2. Courtney Matys, Harveys Lake, 1:06:07; 3. Renee Crane, Dallas, 1:09:16. 25-29: 3. Helene Strutko, Harveys Lake, 1:04:55.

Newberry Ladies tournament

The Newberry Country Club Ladies Golf League will hold its annual Member/Guest - Member/Member tournament on Monday, June 28. All players are requested to meet at the first tee at 9:15 a.m. to receive pairings and the play of the day. Luncheon and awarding of prizes will follow play at the Appletree Terrace. Players in need of a golf cart should call Gene Ross, club pro, at 675-6985. Event co-chairs are Cheryl Richardson and Ruth Ann Logue.

CROSSWORD CORNER

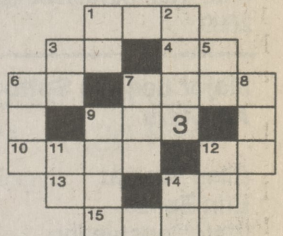
Super Crossword FOR THE BIRDS

- ACROSS 1 Sagan or Sandburg 5 Swarm 9 Montana city 14 Monterey Mrs. 17 '58 Pulitzer winner 22 Pipe part 25 Brooding-nagian 26 For — (cheaply) 27 LARK 30 Post Wilcox 33 Lohengrin's bird 37 African antelope 44 "The Optimist's Daughter" author 45 Bonanza veggie 46 Coveliski or Musial 47 Vichyssoise 49 Tip one's topper 51 Long-tailed parrot 54 Sanford of "The Jeffersons" 56 Scandinavian city 59 Griffon greeting 61 Fool 63 Missouri airport abbr. 64 Valuable instrument 66 Stowe sight 67 Screenwriter Nora 70 Elf 72 Dash 73 Sarah — (cheerily) 74 Inland sea 75 QUAIL material 78 Depravity 79 Easy stride 80 Bit of gossip 81 Parenthesis shape 82 Physicist Fermi 84 Corset part 85 Alfredo ingredient 87 British big shot 89 Monsarrat's "The Cruel" 90 Tulsa commodity 91 Cheat at hide-and-seek 92 Preposterous 95 Sweetheart 99 Turn over 101 Darjeeling 102 PC key 103 Invention 105 Frankfurter's field 106 Rent 108 CRANE 113 Church official 114 Oriental staple 115 Big rig 116 Channel 117 Actress Hagen 119 Plutarch character 122 Tele 123 Actor 124 Kindle 135 Heart burn? 136 Time for a sandwich 137 According to German port 139 Racing legend 140 Guy Fri. 3 "— Man" ("84 film) 4 Not as fatty 5 Neighbor of Ger. 6 Prosperous times 7 Non-non-chalant? 8 Nil 9 Crank's comment 10 Swiss canton 11 Explosive initials 12 Goller's gadgets 13 Avoid 14 DUCK 15 Toomey or Philbin 16 Iowa city 20 Musty 21 Japanese religion 23 Hard on the eyes 24 Astrology term 31 Brown or Baxter 32 Vino center 34 Corduroy ridge 35 Writer Rogers St. Johns 36 Formerly known as 38 Moro of Italy 39 One who no's best? 40 Distinctive period 41 — room 42 Singer Elliot Ger. 43 Belle noire 48 Adorable Australian 50 Tenor Corelli 52 One of the Judges 53 Tolstoy title start 55 Coalition 57 Play 58 Whole 59 Bedding 60 At large 62 Word with dog or state 65 "Never on Sunday" star 66 Good-humored 67 Amatory 68 CARDINAL 69 — Dame 71 Anaconda, for one 74 As well 76 Pursues 77 Coffee pots 83 Ring counter 86 Andretti or Cuomo 88 Fiber source 91 Swamp stuff 93 "Death of a Salesman" son 94 Pad Ryan's "Love Story" co-star 97 Bud 98 Fluffy female 100 Crime writer Colin 102 PC key 104 SHAEF commander 107 "The March King" 108 Whole 110 Stamping ground 111 TV award 112 Strauss city 113 Debonair 116 — coffee 118 Energy source 120 One of a pair 121 South Seas novel 123 New Mexico resort 124 John of "Roots" 125 Expected back 128 Bossy's chew 129 Sugary suffix 130 Guys 131 College growth 132 Empower

Grid for Super Crossword with numbers 1-132 indicating starting positions for words.

Rational Numbers by Linda Thistle

Using the clues, simple arithmetic, and a little logic, place a single digit (0 to 9) in each empty box in the diagram. To help you get started, one digit has been entered in the diagram.

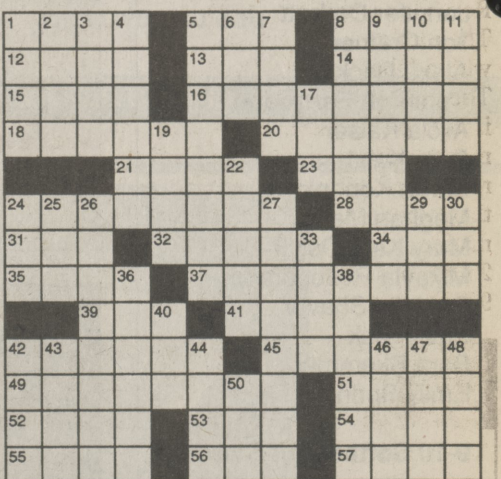


- ACROSS 1. The sum of the digits is 12-Across 3. Consecutive digits in ascending order 4. 3-Across plus 11-Down 6. 9-Across minus 14-Across 7. Four times 8-Down 9. Consecutive digits in ascending order 10. Four times 6-Down 12. Digits of 5-Down reversed 13. Two times 12-Across 14. Two more than 13-Across 15. Four more than 7-Down DOWN 1. 6-Across minus 5-Down 2. Three times 1-Across 3. One-fourth of 1-Down 5. One-third of 9-Across 6. The sum of the digits is 3-Down 7. Same digit repeated 8. The sum of the digits is 12-Down 9. Seven times 15-Across 11. 1-Down plus 12-Down 12. Consecutive digits in descending order 14. Three times 3-Across

ANSWERS ON PAGE 2

King Crossword

- ACROSS 1 Harmonization, for short 5 Conk out 8 Hebrew month 12 Ark-itect? 13 Praiseful verse 14 - contendere 15 Opera highlight 16 Took immense pleasure (in) 18 "Wheel of Fortune" category 20 Fishing nets 21 Body powder 23 Reply (Abbr.) 24 Detour, perhaps 28 Neat 31 Commotion 32 Mead's venue 34 "Sesame Street" Muppet 35 Cuts the grass 37 Innocence 39 To the - degree 41 "Lean -" 42 Rome's - Way 45 Cautioner's word 49 Some pots and pans 51 Purchases 52 NFL's Flutie 53 Feathery



- 8 Consecrate with oil 9 Make cut-backs 10 Sheltered 11 Angling gear 17 Meadow 19 Scull tools 22 Brief acting role 24 America's uncle 25 Altar affirmative 26 Torrential rain 27 Pessimistic 29 Two, in Tijuana 30 Absolutely "Darling, Je Vous - Beau-coup" 36 Penny-pinching 38 Tenderfoot 40 "Hee -" 42 Lends a hand 43 Support 44 Apprehends 46 Emanation 47 Dell loaves 48 Being (Lat.) 50 Lobster coral

Youth basketball camp at Lake-Lehman

Lake-Lehman senior basketball players Caleb Piatt and Robert Schobert will conduct a basketball camp for boys from the Lake-Lehman School District entering grades 4-7 from July 5-9. They will be taught basic fundamentals by the players and the varsity coach, Dave Clancy, and Jeff Hynick. The camp will be from 9 a.m.-12 noon each day. The cost is \$20. Registration

fees will be used to pay for camp t-shirts as well as prizes for several competitions.

To reserve a spot, send \$20 (checks addressed to Lee Piatt) to: 128 Hemlock Dr., Dallas, PA 18612 with a note indicating the child's name, home phone number, grade they are entering, youth t-shirt size, and parent signature signifying they are allowed to be photographed for senior project purposes.

Need extra copies of this week's Post?

They are on sale at local newsstands through Saturday