

# SportsWeek

## Sprint novice stars at Senior Games

**Janis Winter changes fitness regimen, goes on to win 4 medals**

By CHRIS BELL  
Post Correspondent

For Janis Winter, an active lifestyle has turned to gold. And silver. And bronze.

The 57-year-old Shavertown resident recently captured four medals, including a pair of golds, at the Pennsylvania Senior Games in Shippensburg. The competition was open to men and women 50 years of age and older and served a qualifying meet for next year's national championships.

Competing in track and field for the first time in her life, Winter won the 200 meter and 400 meter runs and finished second in the 1500 meter. She also earned the bronze medal at 100 meters.

Now, she's qualified for the 2005 National Senior Games in Pittsburgh. "I never thought about qualifying for nationals heading into the meet," said Winter. "I was just looking for something different."

Winter and her husband, Tom, have been active in running and biking for most of their lives. They belong to the Wyoming Valley Striders running club and have competed in numerous area road races over the years.

"We've been running for as long as I can remember," said Tom. "We've always tried to stay fit."

After growing tired of her distance running regimen, Winter began training at the sprint distances last spring. "I enjoy running but I was really tired of distance running," she explained. "I started to train for speed, but I didn't have plans on competing."

As her unofficial trainer, Tom helped with her workouts and even marked off various distances on a road near the Penn State-Lehman campus where they both work.

"It was fun and I discovered that I was pretty fast at short distances," said Janis. "I still didn't have any

plans to compete but it was nice to enjoy my workouts."

Then they started training at College Misericordia's Anderson Outdoor Athletic Complex and Janis's times got even better. "What a beautiful facility," said Tom. "It was a tremendous benefit to be able to have a track in our back yard."

With Tom's encouragement, Janis decided to give the Senior Games a try.

"I convinced her to compete," said Tom, who also competed at the Senior Games but was hampered by a hamstring injury. "I compared her

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### D-16 LITTLE LEAGUE

## Mountain Top turns tables on National

Staff report

July 13 — Led by a first-inning grand slam by Derik Ermish, Mountain Top avenged a loss by defeating Back Mountain National 7-1 to set up the final game for the District 16 Little League Baseball title.

On July 2, National scored eight first-inning runs and Mountain Top starter Matt Wotherspoon struggled with his control in an 11-4 National victory.

The opposite happened Tuesday. "What we did to them, they kind of did to us," National manager Dale Englehart said.

Mountain Top scored its final three runs in the fourth.

The loss broke National's 10-game winning streak in district play. The team last lost to Plains 4-3 in a losers bracket game in 2002.

### Championship games postponed

The District 16 Little League Baseball championship game between Back Mountain National and host Mountain Top was postponed by rain and took place too late for results to be included in this issue.

The District 16 11-Year-Old Softball game between Back Mountain and Northwest was also postponed.

### Back Mountain National 8, Mayflower 2

July 10 — Defending champion Back Mountain National used a lone hit and three Mayflower errors to score five times in the fifth in its 8-2 victory in the District 16 Little League baseball winners bracket final.

National led 3-0 after three innings

### Back Mountain Soccer Club camps directed by UK Soccer

Ages U7-U10: July 19 - 23, 9 a.m.-1 p.m., \$99

Goal Keeper Camp: July 19-23, 6-8 p.m., \$65

Nipper Camp, ages 5-6: July 19-23, 9-11 a.m., \$65

Ages U10-U18: July 26-30, 9 a.m.-1 p.m., \$99

All camps located at Dallas Middle School track field. All camps directed by English pro's

To register, log on to [www.uksoccer-camps.com](http://www.uksoccer-camps.com)

Direct questions to UK Soccer Camps director Gaz Davies, 717-767-9177.

### Basketball camp at The Rock

A basketball camp for players in fourth through sixth grade will be held at The Rock Rec Center, Carverton Road, Trucksville, August 2-6.

Individual instruction and daily scrimmages will be conducted Monday through Friday 9 a.m.-1 p.m.

The cost is \$60 per child, which includes an Upward Basketball Camp t-shirt, water bottle, basketball and poster.

For more information, contact The Rock at 696-2769.



FOR THE POST/CHARLOTTE BARTIZEK

Back Mountain All-Stars Eric Cannon tagged out a Mountain Top runner at third base during the July 13 game. A second meeting to decide the District 16 Little League championship was rained out July 14, and results of the rescheduled game were not available for this issue. More photos on page 9.

as Konrad Kraszewski singled in a run in the first, Griffin Adams scored on an error in the second and T.J. Stepanski hit a solo homer in the third.

Tom Smith started National's fifth by reaching on an error. Hunter Englehart followed with a sinking liner that rolled to the left-field fence, scoring Smith and sending Englehart to third. Kraszewski then hit a fly ball that was dropped and Englehart scored on the error.

An out later, Chris Dailey reached on a two-base error to score Kraszewski. Dailey would later score

on Adam Holena's fielder's choice, and Holena scored the inning's fifth run on Carson Baker's sacrifice fly.

National turned two double plays and committed only one error. Baker, the starting pitcher, had five strikeouts, four of which ended innings. He scattered seven hits and walked none.

Hunter Englehart also doubled and scored in the first. He and Stepanski, the only players from last year's team, each finished 2-for-3.

### BMT National 13, Pittston Township 3

July 9 — Josh Backes had three

hits, including two doubles, and Matt Ruch fired a three-hitter and struck out seven as Back Mountain advanced to the winners bracket final of the District 16 Junior Baseball Tournament with a 13-3, five-inning victory over Pittston Township.

Backes scored twice and drove in a run. Pat Murray added three singles and two RBI; Doug Harding singled twice, scored twice and drove in two runs and Ryan Phillips added a two-run double in Back Mountain's six-run third inning. Back Mountain started the game with a six-run first inning.

### D16 JUNIOR SOFTBALL

## Back Mountain moves to championship game

DALLAS — Ellen Morgan struck out seven and allowed four hits in five innings as Back Mountain advanced in the winners bracket tournament with a 12-2 victory over Wyoming/West Wyoming on July 13. She also had two singles.

Allison Evans and Brittany Rice doubled for Back Mountain and Tara Dombzalski added a single.

The championship game against Northwest was rained out July 14, and results of the rescheduled game were not available for this issue.

### Back Mountain 12, Nanticoke/Newport 2

July 10 — Ally Evans struck out nine in five innings to pick up the win and lead Back Mountain to a 12-2 victory over Nanticoke/Newport in District 16 Junior League softball.

Evans also added two singles. Paige Selenski had two hits, including a triple. Tara Dombzalski singled and scored a run, and Laura Karillo and Molli Grossman also added hits for Back Mountain.



FOR THE POST/CHARLOTTE BARTIZEK

Paige Selenski whipped around third base to score one of 12 runs for Back Mountain in their 12-2 win over Wyoming/West Wyoming.

### DISTRICT 16 JUNIOR BASEBALL

## BMT American wins D-16 title

July 13 — Mike Prater picked up the win by allowing two earned runs and striking out five in six innings to lead Back Mountain American to a 12-6 win over Plains in the championship game.

Prater also hit a two-run home run and knocked in four runs. Josh Backes added a home run, scored three runs and knocked in two, Matt Ruch had four hits and two RBI and Doug Harding had three hits for Back Mountain.

### Pittston Twp. 6, BMT National 0

July 11 — Joe Bevevino, Kevin Engler and Dave Luksh each had a hit for Back Mountain.

### Back Mountain National 10, Newport Township 5

July 9 — Eric Tucker was the winning pitcher, striking out seven in seven innings to lead Back Mountain National in a losers bracket game.

Kyle Arnaud was 4-for-5 with an RBI, Matt Alfano went 2-for-3 with one RBI and Mike Lipski added an RBI for Back Mountain National.

### LITTLE LEAGUE ROUNDUP

#### D16 MINOR BASEBALL

#### BMT National 14, Heights 0

July 10 — Drew Brandt pitched all four innings, striking out five and allowing three hits to pick up the win. Brian Stepniak had four hits and T.J. Schultz added three hits for Back Mountain National.

#### D-16 SENIOR BASEBALL

#### Back Mountain 9, Pittston Twp. 2

NANTICOKE — Back Mountain scored all nine of its runs in the fourth inning off of eight hits and a pair of errors in a 9-2 victory over Pittston Township in a District 16 Senior League game played Sunday at LCCC.

Greg Harris led Back Mountain with a pair of hits and pair of RBI. Chris Parrish and Matt Kapitula each scored a pair of runs.

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### HIGH SCHOOL SPORTS PHYSICALS

#### Lake-Lehman Junior-Senior High

Lake-Lehman Junior-Senior High Schools' first round of physicals will be held on Tuesday, July 20, at 9 a.m. for all senior high boys participating in fall sports. The second round will be held on Thursday, July 22 at 9 a.m. for all senior high girls who plan to participate in fall sports.

At 5 p.m. on Tuesday, July 27 physicals will be given for all Junior and Senior High School boys and girls. For those unable to make any of the above physical dates, a makeup day will be Thursday, July 29 at 9 a.m. for all boys and girls in both the junior and senior high school.

All physicals will be held in the nurses suite at the Junior-Senior High School. Students must have their forms filled out and signed by a parent or guardian before their exam.

#### Dallas High School and Middle School

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

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.