

Sports Week

Robbins to compete in Hawaiian Ironman Being pushed to the extreme

By DAVE KONOPKI
Post Editor

SHAVERTOWN — Got a few hours? Try this: Jump into the swimming pool at the Anderson Center on the campus of College Misericordia in Dallas. Swim 178 laps without stopping, while people are kicking water in your face.

Get out of the pool and make your way to the parking lot. Run along Route 309 south, across the Cross Valley Expressway, and up Route 81 north to Scranton. Follow the Central Scranton Expressway to the University of Scranton entrance on Linden Street.

At the school, hop on a bike and ride nonstop back to Route 81 and to the Pennsylvania Turnpike. Pedal as quickly as you can down the turnpike to the Schuylkill Expressway near Philadelphia. Keep going past the center of the city until you come to Citizens Bank Ballpark, home of the Philadelphia Phillies.

You're finished.

Now, you have an idea of what Sean Robbins will experience in Kona, Hawaii on Oct. 15.

The Shavertown man will compete in the grueling Hawaiian Ironman.

The three-sport event features a 2.5-mile swim, a 112-mile bike race, and a 26.3-mile marathon. Competitors have 17 hours to finish the race and the world's best triathletes will cross the finish line in approximately 8½ hours.

When it comes to the sport of triathlon, the Hawaiian Ironman is the Super Bowl, Stanley Cup and World Series rolled into one.

"The distance is daunting," said the 36-year-old Robbins, who began competing in triathlons in 1994. "I never thought being able to do this distance was a possibility for me. I never imagined doing it."

After being one of the top local finishers at the annual Wilkes-Barre Triathlon — which features a 0.9-mile swim, 24.8-mile bike race and 6.8-mile run — for several years, Robbins decided to make a run at the invitation-only Hawaiian Ironman.

"I was really focused on doing it," he said. "I took a full year to prepare for it."

And the training includes much



Sean Robbins has a qualified for the prestigious Hawaiian Ironman.

TIMES LEADER FILE PHOTO/FRED ADAMS

more than swimming, biking and running.

"There are three components to training for a race like this — physical, mental and nutritional," said Robbins. "You have to embrace the race. You have to put your arms around it."

Robbins, who qualified for this year's race by competing at Ironman Wisconsin, knows what to expect. He competed in the Hawaiian Ironman in 2002 and 2003.

"It's an amazing race," said Robbins, who has competed in more than 60 triathlons.

"I'm not going to make the mistake of trying to set a (time) goal. That got me into some trouble during the race a couple of years ago. My only goal this year is to feel as

See IRONMAN, Page 8



Sean Robbins has been competing in triathlons since 1994.

FOR THE POST/
CHARLOTTE BARTI-ZEK



At the Hawaiian Ironman, Sean Robbins will bike 112 miles, swim 2 miles and run a 26-mile marathon.

POST FILE PHOTO/
CHARLOTTE BARTI-ZEK

Dallas takes two of three from Raiders

Brett Wanek rushed for more than 200 yards and four touchdowns as the Dallas Junior Mounts B team captured its division championship in the Wyoming Valley West Junior Football League for the second consecutive year with a 34-8 win against Kingston Township. The two Back Mountain youth football programs met on the field last weekend for four games in Dallas Township.

In the C division game, Ryan Zapoticky scored four touchdowns as Dallas handed Kingston Township its first loss of the season with a 24-14 win.

And in the D division contest, Tanner Gattuso scored two touchdowns as Kingston Township remained unbeaten and in first place with a 20-14 win against the Junior Mounts.

Here's a brief look at the



Tanner Gattuso of Dallas attempts to get away from a Dallas defender during a D division youth football game last weekend at Mountaineer Stadium. The Dallas Junior Mounts won two of the three contests.

games:

B DIVISION

Dallas improved its record to 7-0 with the win against the Raiders. The offensive line controlled the line of scrimmage for most of the game and paved the way for almost 400 yards of total offense.

The running attack, which gained 350 yards, was led by

Wanek. Garrett Artsma added another touchdown and a two-point conversion, while Ryan Hanson also scored two points.

Billy Dixon played well at quarterback, completing four of five passes to Ryan Hanson, including a two-point conversion. F.J. Costantino and Jordan Visneski also had big gains on

See FOOTBALL, Page 8

SPORTS BRIEFS

Dallas aquatic club seeks new members

Dallas Mountaineer Aquatic Club began its 2005-06 swim season Oct 3 with a free 2-week trial period for all new swimmers and regular practice for returning team members. The free trial continues for two weeks at the Dallas Middle School pool. All participants must register no later than Friday, Oct 14.

Anyone who can swim a 25-yard lap unassisted is invited to join the team. There are no residency requirements. For more information, e-mail Kathy Berger at kateberger@epix.net or Ken Greenwood at kbwmk@epix.net.

Little League sets cleanup

Back Mountain Baseball, Inc. will hold its final field cleanup for the 2005 season from 9 a.m. to noon Saturday and Sunday, Oct. 15-16 at the complex on

Church Street. All major league and minor league managers should attend. Parents and players are also encouraged to attend.

Rakes, shovels, brooms, and pickup trucks are needed. For more information, call John Perez at 675-8324.

Fall craft show set for Oct. 23

The Dallas High School Boys Soccer Club will hold its annual fall craft show from 10 a.m. to 4 p.m. Sunday, Oct. 23 at the high school. More than 100 vendors from Pennsylvania and New Jersey will be represented, selling various crafts including hand made items, semi-precious gemstone jewelry, needlework, candles, ceramics, pot-pourri, quilts, stenciled lampshades, woodcrafts, wreaths, handmade dolls and homemade candy.

Club members will be selling lunch and baked goods throughout the day. There will also be raffle tickets sold with prizes

donated by local stores and shops.

Newberry Ladies end golf season

The Newberry Country Club Ladies Golf League recently held its annual awards luncheon at Appletree Terrace with outgoing president Sharron Davis presiding. Final awards for the 2005 season were presented to league champion JoAnn Campbell, first place; Terry Cook,

second place. Flight A: Romaine Kunkle, first place; Lois Hartman, second place. Flight B: Rita Kugler, first place; Alice Niskey, second place. Lillian McManus and Diana Dreher tied for the Play of the Day award, while Ruth Federici and Lillian McManus scored the most birdies during the season.

Following the awards, officers were elected for the 2006 season. The officers are president, JoAnn Campbell; vice president, Ruth Federici; secretary, Jane Jones; and treasurer, Janet Dent.