

# Sports

## Rome runners

### Family runs for fun and fitness

By REBECCA BRIA  
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Running comes naturally for the Romes of Franklin Township.

Sisters Regan, 12, and Ally, 10, have been participating in races since they were 9 years old and their 7-year-old brother, Mitchell, ran his very first race, Run for the Fallen, in August.

Regan captured the title of first place in the female division in Run for the Fallen, marking the first time she has beaten her father, Craig, in a race.

"I really like it," Regan said about running. "My mom has always run and I took it on."

Amy Rome, 41, is a former Dallas High School cross country standout where she placed in state finals. She continued to run at Penn State University in State College and competed in Division I Nationals. After college, she took a break from running for 10 years to get married, earn her masters degree and have children. She started running again in her 30s and once again entered races.

Amy finished second in the Allentown Marathon twice, won Bernie's Memorial Run in Forty Fort on Memorial Day, the Harveys Lake Run and has placed in countless other races.

Craig was an all-state wrestler at Dallas High School and a Division I wrestler at Wilkes University. He runs recreationally with the rest of his family.

Even the family dog, a 3-year-old Golden Retriever named Penny, runs with the Romes while they practice. Penny jumps into Lake Louise to cool off when she's finished.

Having just begun seventh-grade at Dallas Middle School, Regan joined the junior high cross country team. She trains by running two to four miles a day, five to six days a week. She practices at the school and runs around Lake Louise, Frances Slocum, the Back Mountain Trail and Penn State Wilkes-Barre.

At the Wyoming Valley Striders 34th annual Cliff Robbins Sr. Memorial High School Cross Country Invitational Races

on Aug. 31 at Kirby Park, Regan made her debut as a member of the Dallas Junior High cross country team and placed third in the junior high girls 3K.

In the spring of this year, Regan captured first place in the female division in the Holy Redeemer 5K Scholarship Run.

She is also a member of a competitive in-district track team for grades five to 10 in the Dallas School District, swims and plays field hockey in the winter.

Ally, a fifth-grader at Dallas Elementary School, has always been athletic and is a member of Back Mountain Freedom, a soccer travel team. She saw the success her sister and her enjoyed while running and decided to give it a try.

"I love finishing and getting a medal because it makes me feel good," Ally said.

Although she enjoys running, Ally plans to keep her options open and would consider participating in other sports.

"I'm really excited to do middle school sports," said Ally, who still has two years before she can compete at the middle school level as a seventh-grader. "I probably will do cross country, but if I find something else I would try that, too."

Both Regan and Ally placed third in their age groups at a youth triathlon held in June in Pittston. Mitchell, a second-grader at Dallas Elementary School, enjoyed his first race and wants to continue running. He is also a member of the A's baseball team and plays soccer for Back Mountain Lightning.

"I think right now it's just some natural ability," Amy said. "They enjoy it now and are doing well and I'm glad they do."

An assistant coach for both the Dallas Junior High cross country and track teams, Amy was so concerned children aren't getting enough exercise that she approached former Dallas Elementary School Principal Dr. Sam Barbose and asked for permission to start a recess running program. Barbose allowed her to start the program and current principal Tom Traver permits it to carry on.

Amy estimates 450 of the school's 600 students run laps at recess and says parents of Dallas Elementary children are



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

Amy Rome, seated, and her children Ally, left, Mitchell, center, and Regan relax in the family's backyard.

needed to assist with the program during the school day. "The way that our lifestyles are, it's hard to be active," Amy said. "It gets harder as life goes on. If you don't enjoy it (exercise) and make it part of your routine when you're young, you probably won't enjoy it when you're older."

### SPORTS BRIEFS

#### Girls can play softball in fall

Girls ages 11 and younger are invited to sign up to play in the Back Mountain Little League Girls Softball Fall League. Games are played on Mondays and Wednesdays.

For team and individual information, contact John Peez at 675-8324 or johp-er@epix.net.

#### Youth basketball registration scheduled

Dallas Youth Basketball will hold registration for its boys and girls winter leagues from 6 to 9 p.m. on Monday, Sept. 15, and Wednesday, Sept. 17, at the Middle School cafeteria. Players in grades three through eight who reside within the Dallas School District are eligible.

The league is also looking for a commissioner for the third and fourth grade girls league and for someone to handle publicity.

For more information, call George Gracely at 406-8642.

#### Wrestling club schedules registration

The Back Mountain Wrestling Club will hold registration from 6 to 8 p.m. on Thursday, Sept. 18, from 10 a.m. to 1 p.m. on Saturday, Sept. 20, in the basement of the Dallas American Legion Post Home, Route 309. All those registering should bring a birth certificate, a current physical from a doctor and an insurance certificate.

For more information, call John Hutchins, president, at 675-0185 or Joe Martinez, vice-president, at 675-1211.

#### REASON plans Open House

R.E.A.S.O.N, the Retired Equine Adoption Society of the Northeast, will hold an Open House from 11 a.m. to 5 p.m. on Saturday, Oct. 4, at its farm on Route 292 in Centermoreland between Dallas and Tunkhannock.

The open house will include a silent auction, pony rides for children and adults, bake sale, food and drink plus new and used horse tack and horse-related items for sale. Admission is free.

There will also be horses looking to be adopted. Diana Tuorto, a children's author and poet from New Jersey, will sell and sign copies of her children's novels with 50 percent of all sales from the event to be donated to REASON.

R.E.A.S.O.N, is a non-profit 501-(C)3 equine adoption organization dedicated to providing the first step to a new beginning for all equines. For more information, call 333-5266.

#### Rock Rec Center plans basketball clinic

The Rock Recreation Center, 340 Carverton Rd., Trucksville, will hold its Third Annual Fall Basketball Clinic on Monday and Wednesday evenings October 13-27 on Monday and Wednesday evenings. The clinic is open to boys and girls kindergarten through sixth grade.

For more information, call The Rock Rec Center at 696-2769.

## Wyoming Valley Youth Football Conference Sept. scores

Following is a roundup of games played in September in the Wyoming Valley Youth Football Conference:

#### A TEAM

**Dallas 44 West Pittston 8**

The West Pittston Rams got off to an early 8-0 lead over the Dallas Jr. Mounts as they marched the ball down the field for a touchdown. Jeff Skursky scored from eight yards out, then added two more points on the conversion.

That was the incentive the Dallas offense needed to get itself into gear. Dallas QB Jason Siminovich connected with Zack Macosky for a 55-yard touchdown. Siminovich then hit wide receiver Eric Zawatski in the end zone for the 2-point conversion and the first quarter ended in an 8-8 tie.

In the second quarter, Siminovich intercepted the West Pittston quarterback and darted down the field 35 yards for six points. Macosky added two more points on the conversion. With less than two minutes left in the half, Siminovich connected for a 43 yard TD pass with Zawatski to put the score at 22-8.

Siminovich had his second TD interception of the game with seconds remaining in the half to make it 28-6 at the half.

Siminovich again connected with Macosky for a 55-yard touchdown and Mark Michno gave Dallas two more points on the conversion. The third quarter ended, 36-8.

Early in the fourth quarter, Siminovich pitched to Michno behind the line of scrimmage and Michno connected with Aaron Napkora for a 58-yard touchdown. Nick Luzetski added

points on the conversion.

The Dallas defense was led by Connor Martinez, Michael Harrison, Steve Mingy and Aaron Napkora. Mingy had a fumble recovery in the fourth quarter to squash any chance the Rams had of scoring.

The Jr. Mounts extended their undefeated season to 4-0.

**Back Mountain 40 Swoyersville 0**

Back Mountain lost to Swoyersville in the playoffs last year, but this year it was BMT's turn with an impressive 40-0 victory over the Sailors.

The offensive line, led by Cody Long, Ryan Deremer, N.P., Josh and Justin Winters, Dylan Pilger, Justin Butler and Bryan Durling, opened up huge holes for the runningbacks to put up over 300 yards rushing. All of the runningbacks took part in the scoring as Brady Butler, Aingelo Baltier, Justin Mucha, Nate Vario and Justin Butler each scored TDs. Dylan Pilger, Angelo and Brian Goode added the 2-point conversions.

On defense, the BMT Big D held its opponents scoreless for the third consecutive week. The D-line, led by Long, Deremer, Chris Cooper and Josh Winter plugged the middle while Mucha, Justin Butler, Josh Winters and Evan May contained the outside game.

Baltier had an interception for the Bobcats while Vario, Justin Winters and Justin Mucha each had a sack. Butler and Pilger led the team in tackles for a loss.

The Bobcats take on the Shawnee Indians of Plymouth today in a battle of unbeaten as both teams sport 4-0 records.

#### B TEAM

**Dallas 32 West Pittston 8**

The Dallas Jr. Mounts defeated West Pittston, 32-8. David Simpson returned the opening kickoff 60 yards for a touchdown and Cole Dixon added the 2-point conversion.

Ryan Chescewicz scored 3 touch downs. Ryan Monk added 3 two point conversions. Matt Harrison had an interception and Keith Gillette picked up a fumble.

Great blocking from the offensive line was provided by Jackson Shaver, Aaron Yurko and Jimmy Barlow. The defense was led by Frankie Bevevino, Cameron Shaner and Joey Bevevino.

**Kingston Township 14 Plymouth 6**

The Kingston Township Raiders suffered their first loss of the season at the hands of the Plymouth Shawnee Indians who won a hard-fought 14-6 victory.

The game saw only two touchdowns until Plymouth scored the decisive score with 45 seconds remaining in the game.

The Raiders' defensive front, composed of Ryan Martin, Jason Morgan, Matt Wargo, Connor Motley and Michael Golden, kept the game close with a grueling battle up front. Tanner Gattuso tallied the only score with an 18-yard scamper behind the blocking of Mitch Kelly and Bret Storrs. Peter Capitano remained solid at safety with eight solo and four assisted tackles.

#### C TEAM

**Swoyersville 32 Back Mountain 8**

The Swoyersville Sailors got on the scoreboard early by returning a punt by Back Mountain Bobcat Nate O'Donnell and scoring a 2-point conversion. RJ Driscoll returned the kickoff to the

50-yard line and, on the next drive, Danny Schnable and Zack Gabel carried the ball but the Bobcats turned the ball over on downs.

During the Sailors' next possession, a great defensive effort was turned in by Thomas Piatt, Bradley Adams, Ian Evans, Nick Karusa and Alex Kristeller but the Sailors managed to drive the field and scored again to go up, 16-0.

Danny Schnable returned the kick for the Bobcats to the 45-yard line and Stone Mannello had a 15-yard run for the first down. Carries were made by Driscoll, O'Donnell and Mannello and the offensive line of Erik Sweppenheiser, Nate Hazeltine, Chris Allen, Owen Morgan, Anthony Grandinetti, Charlie Kuschke and Eric DeReemer made it possible for Nick Whitesell to find his way into the endzone for a Bobcat touchdown. O'Donnell ran the ball in for the 2-point conversion and the Bobcats were on the scoreboard.

The third quarter saw great defensive play by Bobcats Nick Whitesell, Erik Sweppenheiser, Nat LaBar and Marcus Steele. Great tackles by Cameron Brennan, Stone Mannello, Joey Ciaccia, Zack Bloom and Chris Allen forced Swoyersville to turn the ball over on downs.

In the fourth quarter, the Bobcats took possession the 30-yard line but carries by Zack Gabel and Danny Schnable were not enough for a first down and the Sailors returned a Cameron Brennan punt for a touchdown. Brennan punted and the Sailors returned the ball for another touchdown to seal the 32-8 victory.

#### D TEAM

**Dallas 14 West Pittston 0**

The Dallas Jr. Mounts D Team continued to roll last Sunday with a 14-0 victory over the West Pittston Rams in a battle of undefeated teams.

The offensive line, led by Sean Cuba, Jarrod Frank and Xander Shaner, did another outstanding job, giving the backs some running room. Jack Gallis, Todd Phillips and Hunter Love carried the ball into the Rams' secondary for some big gains, as Phillips added two touchdowns.

The defense pitched another shutout. Colin Zeiss, Jack Farrell, Jacob Brennan and Christian Sebastianelli combined for multiple stops for no gain. Toward the end of the game, the Rams' quarterback dropped back to pass, but was drilled by Ryan Maloney for a sack to end the drive.

Dallas moves to 4-0 and will play at Exeter today.

**Kingston Township 22 Plymouth 0**

The Kingston Township Raiders D team turned in an impressive performance at Plymouth with a convincing 22-0 victory.

Derek Answini got the Raiders on the board early with a 65-yard touchdown run for a 6-0 lead. Mason Gattuso then put the game away for KT with two long touchdown runs in the second and third quarters. Answini and Michael Doggett punched in the conversions to round out the scoring.

The offensive line, led by Devon Butwin, Michael Starbuck and Troy Turinski, was able to open holes all day. The Raiders defense was just as impressive with Kyle McAndrew, Matt Maransky, Tyler Meyer and Ben Emershaw making a lot of nice tackles.