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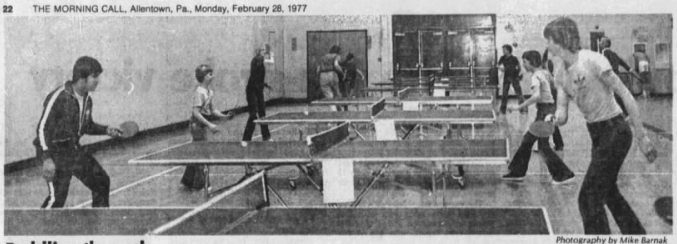

Photography by Mike Barnak

Paddling through
Mike Mesko of Springtown (right) awaits a return from Priyesh Negandhi of Allentown during a Class C quarterfinal match in the Lehigh Valley Open Table Tennis Tournament at Freedom Saturday. Over 200 entries competed in the 14-hour tourney.

Champ repeats in table tennis tourney

Pennsylvania Class A champion and defending titlist Joe Scheno of Berwick defeated Ed Potts of Pottsville in the feature attraction to capture the Bill McIntyre Memorial singles event Saturday during the Lehigh Valley Open Table Tennis tournament held at Freedom High.

Pam Simon of Bethlehem, rated second in the nation for girls' 13 and under, topped the 22-and-under women's class and 13-and-under boys and girls class. She also finished second in the Open Women's event, losing a close five-game match to Anita Moralis, also of Bethlehem, who was a collegiate champion while at Moravian College.

Karl Szakacs of Kintnersville, one of 45 trophy winners in the 13-event tourney, successfully defended his Seniors title for players over 40.

Fourteen-year-old John Richards of Emmaus swept the Class A singles and 16-and-under boys division, while taking second place in the 22-and-under men's category.

The 14-hour tourney, cosponsored by Northampton County Area Community College and the Bethlehem Recreation Department, drew 210 entries from Hazleton, West Chester, Bloomsburg, Pottsville, Harrisburg and the Lehigh Valley.

Open Singles
1. Joe Scheno; 2. Ed Potts; 3. Jung Wang; 4. Karl Szakacs.

Class A Singles
1. John Richards; 2. Dave Farrey; 3. Ellis Alley; 4. Dave Dickson II.

Class B Singles
1. Dave Farrey; 2. Frank Roth; 3. Carl Kishbaugh; 4. Dan Simon.

Class C Singles
1. Mike Mesko; 2. Dan Simon; 3. Thang Nguyen; 4. Mark Schnorr.

Class D Singles
1. Sam Maxwell; 2. Scott Kayen; 3. John Tao; 4. Mike Mulicka.

Seniors
1. Carl Szakacs; 2. Vito Pretuckles; 3. Dave Dickson; 4. Ed Coongrad.

Women
1. Anita Moralis; 2. Pam Simon; 3. Carrie Fielding; 4. Connie Grazier.

13-and-under women
1. Pam Simon; 2. Carrie Fielding; 3. Nancy Malone; 4. Connie Grazier.

22-and-under men
1. Joe Scheno; 2. John Richards; 3. Jeff Sabrowsky; 4. Frank Roth.

16-and-under boys and girls
1. John Richards; 2. Mark Schorr; 3. Sherman Steele; 4. Ed Sarko.

13-and-under boys and girls
1. Pam Simon; 2. Mike Davis; 3. Doug Luckie; 4. Tom Zermeyer.

Open Doubles
1. Ed Potts—Jung Wang; 2. Fred Kistler—Karl Szakacs; 3. Joe Scheno—Ellis Alley; 4. John Richards—Frank Roth.

"B" Doubles
1. Sabrowski—Ellis; 2. Roth—Krauss; 3. Scheno—P. Simon; 4. Alley—Young.

Photography by Tel Toulomelis

Trying to escape
Mike Brawn of Troxell (left) tries to escape as Raub's Brad Greenawald grabs for him during their 103-pound final Saturday night in the Allentown-Suburban Junior High Wrestling League tournament at Trexler. Brawn registered a 6–4 decision and was one of four Troxell champions. Harrison-Morton also had four individual titlists to share top honors.

26-mile marathon booked on Sunday

Running 26 miles may not be everybody's idea of Sunday afternoon fun. Most of us would rather sit in front of a TV set with a couple of beers. But it is true that running is becoming a popular sport nationwide among people of all ages, and marathon runners are the cream of the crop, arranging their lives for weeks so they will be able to complete the 26-mile, 385-yard marathon.

Lehigh Valley residents will have a chance to watch dozens of marathoners in action next Sunday when Prevention Magazine and the Lehigh Valley Athletic Association join to sponsor the first annual Prevention Marathon at the Velodrome in Trexlertown.

The event has been in the planning for several months, and is expected to draw runners from throughout Pennsylvania, New Jersey, Delaware, and the New York Metropolitan area, according to John Wachter, Bethlehem, the race director.

The race will begin at the Velodrome at 11 a.m. The AAU-certified course utilizes paved roads through the slightly rolling countryside of western Lehigh County, and runners will cover the course three times to complete the entire distance. Aid stations along the way will offer refreshments, fruit juices, and special drinks for endurance athletes.

Each registratn will receive a race T-shirt and a lunch of natural foods at the Trexlertown Fire Co. after the race. Finishers will receive certificates stating that they have completed the course, and medals will be awarded to the first 20 finishers. In addition, awards will be granted to the top finishers in five other categories.

Runners run an event like the marathon for a variety of reasons. Some go the distance just to finish and thereby prove something to themselves. Many long distance runners believe that their strenuous training renders them virtually immune to coronary problems, a claim supported by the work of Dr. Thomas J. Bassler, a physician from Inglewood, California.

Bassler says that if a runner conditions himself to the point where he can finish a marathon, and if other risk factors (such as smoking) are absent, he will be virtually immune to heart attacks from atherosclerosis.

Bassler's views are being challenged by other members of the medical profession, however. The consensus of the participants in a four-day conference dealing with the medical, psychological, physiological, and epidemological aspects of marathon running was that Bassler simply did not have enough evidence to reach his conclusions.

Other unexamined, perhaps equally important, factors to be considered include lifestyle and diet. For example, Dr. Paul Milvy, a biophysicist at Mount Sinai School of Medicine, pointed out that the overwhelming majority of marathoners are thin, do not smoke, drink sparingly, and do not eat much meat. All these factors could contribute markedly to the alleged coronary immunity of long distance runners.

Even though the medical profession has not decided if marathoners live longer than other athletes, running is still considered an excellent exercise. Prevention, the largest health magazine in the U.S., decided to sponsor the marathon to publicize the benefits of running as well as exercise in general. The magazine is published by Rodale Press in Emmaus.

The Lehigh Valley Athletic Association is a group of Lehigh Valley residents who are runners. The LVAA is handling local arrangements, registration, and is coordinating the race; the organization has sponsored a number of shorter races in Allentown and Bethlehem, and its members often attend marathons elsewhere on the Eastern Seaboard.

Striking, Greek-motif T-shirts designed especially for the premier running of the Prevention Marathon, will be on sale to the public at the Trexlertown Fire Co. on Route 222.

Swimming

7 triple winners spark JCC

WILMINGTON, Del. — Paced by a scintillating team effort of seven triple gold and seven double gold winners, the Allentown Jewish Community Center climaxed a perfect season by running away with the Middle Atlantic Swimming Championships Sunday with 413 total points at the Wilmington JCC.

Harrisburg finished a distant second at 328, while Wilmington and Reading took third and fourth with 144 and 89 points, respectively, in the four-team tournament.

Allentown, which has now nailed down six successive titles and is 22-0 in three seasons, added the tourney crown to its Middle Atlantic Region season title.

Allentown simply dominated the tournament with 22 first places and 24 seconds of a possible 46 individual events. It did equally as well in the relays, teaming for seven of 10 firsts.

Rich Roberts spearheaded the 9-10 year-old class with three firsts, while Kris Whitner and Keith Landry each grabbed three top spots in the 11-12 year-old division. In the 15 year-old and over group, Allentown enjoyed its biggest advantage as Gale Berkowitz, Nancy McGinley, Craig Weinert and Jim Weidner clinched three firsts apiece.

Allentown's double gold winners were Shawn McDonough, 8 and under; Mary Hastings and Karen Sussman, 9-10; Mike Nemes and Tom Brown, 11-12; Diane Roberts, 13-14, and Roger Arsht, 15 and over. Rose Yannes was Allentown's lone single gold winner.

Allentown smashed four records in the relays: Ted Flick Scott Bohner, Bob Kiesel and Rich Roberts, 9-10 boys, 2:04.3; Shawn McDonough, Jean Brown, Sussman and Hastings, 9-10 girls, 2:22.3; Tim Bentz, Dean Novosat, Holly Sussman and Tom Nolfa, 13-14 group, 1:45.4; Diane Roberts, Cindy Kaplan, Berkowitz, McGinley, 15 and over, 1:54.4.

Shawn McDonough reset the eight-and-under 50-yard butterfly with a quick :17.4 and McGinley was clocked in :26.9 for a new 50-yard freestyle mark in the 15-and-over class. Berkowitz cut time off the breaststroke with a record :36.2. Rich Roberts (9-10) set a pair of records, racing to a :28.7 in the 50 freestyle and :33.8 in the 50 backstroke.

Y's Schiavone sets 3 marks

WEST CHESTER — Mike Schiavone of the Allentown YMCA boys' swimming team shattered three records for three firsts Sunday in the Pennsylvania-Delaware Boys' Swimming League championship held at West Chester State College.

Schiavone took the 50-yard butterfly and breaststroke events in :27.8 and :33.0, respectively, and raced home in :54.6 in the 100-yard freestyle, missing the state record by two tenths of a second in the 12-and-under class.

In the open competition, Barry Dayton won two first places, setting a record :51.4 in the 100-yard freestyle and winning in 1:55.6 in the 200-yard freestyle.

Karl Heydt, in the 12-and-under division, supported Schiavone with firsts in the individual medley (2:30.8) and 50-yard backstroke (:33.2) and a third in the 50-yard butterfly.

Steve Helm of Allentown copped two seconds in the 100-yard butterfly and 50-yard freestyle.

Allentown will now prepare for the district championship set for March 12 at Widener College.

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