

Hunter education instructors take aim on safety C4

THE MORNING CALL **SPORTS** MONEY STOCKS SECTION C

TUESDAY, AUGUST 21, 1979

Allen wants to return — but not with Phillies

PHILADELPHIA (AP) — When the Philadelphia Phillies hold their Old-Timers Game Saturday, at least one member of the 1964 National League team pledges he won't participate.

"Nobody wants to be where they're not wanted, and I'm not wanted there," said Richie (call me Dick) Allen, one of the most controversial players of his time.

Allen, who played for the Phillies from 1963 through 1969, and then returned in 1972, is 37 years old now.

He and his wife, Barbara, live with their three children on a farm not far away in Perkasie. The temperamental former slugger raises thoroughbreds and aspires to syndicating a winner.

In an interview published in The Philadelphia Bulletin yesterday, Allen acknowledged he is interested in getting back in baseball, although not with Philadelphia.

"I don't quit baseball. Baseball quit me," said Allen, who in 15 years compiled a major league batting average of .292 with 33 home runs and more than 100 RBI three times.

The former Phillies first baseman hasn't played the game in two years, since he walked away from the Oakland A's midway through the 1977

season, miffed at being used as a designated hitter.

Allen had caught on with the A's after the Phillies released him earlier that year. He had batted .248 and hit only 27 home runs since rejoining Philadelphia.

Allen keeps in shape, staying a pound or two from playing weight, and is convinced he could play again. He said he could use the money but considers that secondary to the welfare of his family.

But the Phillies' invitation to play in the Old-Timers Game has been his only offer to play baseball.

"Heck, I'd probably be late for it and be fined again," said Allen, who was notorious for being late and sometimes not showing up at all.

To him, the Old-Timers Game is a sign "that you're all washed up."

"They (fans) are looking at you as somebody out of the past," he said. "That's not me. Hey, I can still play this game. I'm not ready to play baseball for show. It's a competitive thing with me and I don't want to be



RICHIE ALLEN

around just for a show, for some laughs."

A lot of people in the major leagues would consider Allen just a six-figure headache.

However, he says Pittsburgh Pirate Manager Chuck Tanner, once his manager with the Chicago White Sox, has expressed some interest in Allen as a coach.

"He brought it up the other day at the Vet (Veterans Stadium)," Allen said. "But as far as getting back in it, he said nothing like, 'Hey, come on down and play.'"

Braves get 3 in 9th to beat Phillies 5-2

PHILADELPHIA (AP) — Jerry Royster's sacrifice fly in the ninth inning snapped a 2-2 tie, and Jeff Burroughs drove in a pair of insurance runs to back Phil Niekro and the Atlanta Braves in their 5-2 victory over Philadelphia last night.

Rowland Office and Pepe Frias hit consecutive singles in the ninth. Bruce Benedict laid down a sacrifice bunt, and the throw to third was late, loading the bases.

One out later, Royster hit a long fly that scored Office. Gary Matthews walked to reload the bases, and Burroughs's single scored Frias and Benedict.

Niekro, 16-16, went eight innings, yielding four hits, before he was lifted for a pinch hitter in the ninth, and former Phillies Gene Garber limbed up. Ron Reed, 9-7, was the loser in relief.

The Braves tied it 2-2 in the eighth. Royster led off with a single and went to second on a wild pickoff throw by Phil's starter Nino Espinosa. Bob Horner drove in

Royster with a single.

The Phillies managed only a fourth-inning double by Mike Schmidt through the first six innings, but in the seventh, they got to Niekro for two runs and a 2-1 lead.

Schmidt led off with a single and was forced at second by Bob Boone. Garry Maddox doubled and Boone scored when Benedict was unable to handle the relay to the plate.

Maddox took third on the play and scored on Larry Bowa's squeeze bunt.

Atlanta scored in the second on a sacrifice fly by Frias.

Garber pitched the ninth in relief of Niekro and gave up only a single to Bowa while gaining his 20th save.

Until the two-run seventh, the Phillies' biggest threat against Niekro came in the fourth when Schmidt doubled and Boone walked on four pitches. However, Niekro got Maddox on strikes to end the inning.

Espinosa pitched out of jams in



PHIL NIEKRO

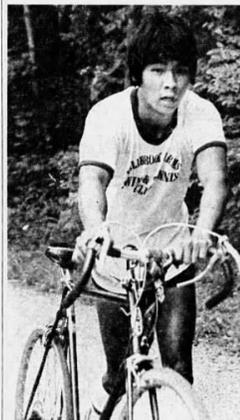
notches 16th the fourth and fifth. He struck out Burroughs and Horner to open the fourth, then Schmidt threw wildly on Dale Murphy's grounder.

Office singled to center and Murphy took third when right fielder Blake McKelvie bobbled the ball. Frias grounded to short to end the inning.

The Braves got singles by Benedict and Matthews in the fifth but Burroughs bunted into an inning-ending forecourt.



Rick Heimbech changing for the bike race after his 26-minute one-mile swim



Bruce Ikeda pushes his bike up a steep hill



Dave Jonik swims Christman's Lake



Jim Ponaski struggles up an Emmaus hill

Triathlon—it's a marathon ... and more

Story and Photography By PETER SCHILLING Morning Call Intern

They were not superstars or professional athletes. Just dedicated, well-conditioned and maybe a little crazy.

The 20 athletes, including two women, swam a mile in the cold slimy lake, then dodged cars in a drizzle (or 30 miles on lakes and finally ran 10 miles in the rain.

The event was the first annual triathlon sponsored by the Emmaus Road Runners. It was modeled after the Honolulu Ironman triathlon, a three-event contest featuring a 2 1/2-mile swim, a 112-mile bike race and a full

marathon run of 26 miles.

There was a spirit of friendly competition and camaraderie at Saturday's event. The entrants cheered for each other when they crossed the finish line; their support crews shared water bottles with other contestants.

And the two swimmers, Charlie Norelli and Rick Heimbech, strode across the finish line holding hands, beads of rain sliding down their smiling faces.

Nobody was surprised that Norelli won. The week before, several contestants talked about who could beat Norelli.



Ponaski changes after his mile swim



Heimbech and Chuck Norelli running together

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TRIATHALON

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One name that kept popping up was Fritz of Orind, an ex-Navy Seal. The Seals are an elite underwater demolition group noted for their fanatical training rituals. On amphib training in steamy trenches, Seals are not allowed to wear mosquitoes. During log training, a group of them ran with a



Gale Berkowitz gets a helping hand out of the water

300 pound log on their shoulders screaming. Kill. On both they have been known to bite heads of chickens or eat glass.

Fritz, however, didn't participate in the triathlon. A standstill in track and swimming at Emmaus High School, Norelli's 1972 record in the 50-yard freestyle still stands. In his senior year of high school, Norelli set the state record for the half-mile run at 1 minute, 32 seconds. He has also done a 10-mile run at Princeton University, he swam for a year before concentrating on track.

The surprise came when Heimback, a 25-year-old swim coach at Deruff High School, crossed the line with Norelli in three hours, 27 minutes and 35 seconds.

"I told my girl friend after the race I'm sure my alarm will go off in half an hour and I'll wake up," Heimback said. "I surprised myself."

The race started at Christmas's Lake outside of Vigawille at 8:30 a.m. Most of the entrants greeted their bodies with Yaxelene before taking the plunge into the icy lake for the mile swim. The early morning run let up temporarily, clouds still hung in the sky.

FIRST SECOND THIRD

After the first half-mile, Norelli and Heimback touched shore together. Come on, Heimback, said Norelli as he turned for the next quarter mile swim out to the buoy. The two climbed out of the water together after 26 minutes and 24 seconds then hopped on their bikes.

Heimback said they agreed to swim together after the first half mile, so they wouldn't be fighting each other's wakes.

Gale Berkowitz, one of two women and the youngest contestant, had the next fastest time in the swim at 29 minutes, 54 seconds. As she climbed out of the lake swimming, the wavy, blue-eyed, 19-year-old quickly towed-off, then climbed on her bike to chase the leaders.

But Berkowitz slowed down on the agonizing hills, between Virgineville and Route 22. She finished the bike race in 1 hour and 5 minutes.

Heimback covered the 30 miles between the lake and Emmaus Community Park in an hour and 47 minutes, two minutes ahead of Norelli. Heimback said they had been riding together over much of the course, which traversed Routes 22 and 180 through Marungie, until Norelli's chain popped off.

minutes ahead of the leaders. But the handsome, 34-year-old chemical engineer shrugged after the race and said "as far as I'm concerned, with this thing it's all part of the game."

Another racer almost got held up by the trains, but he was determined to continue. Pete Schrampl, 1 Bethlehem, a 37-year-old, rode right in front of the oncoming train in Emmaus. "I looked up and saw the engineer's face," Schrampl said. He finished eighth.

The fifth-place finisher, Stan Williams, climbed out of the water next to last. He then turned in the second fastest bike time at 1:41:22 and the fastest run, 68 minutes, 46 seconds.

After the race, the veterans of the Emmaus triathlon sat around eating hot dogs and hamburgers and replenishing lost calories with glasses of beer. The athletes burned more calories in the triathlon than a full 26-mile marathon, according to race director Neil Nook.

They all trained differently

By PETER SCHILLING Morning Call Intern

There is a sign on Stan Williams's TV that says "while you're sitting on your butt watching TV, Heimback is out there training."

The sign sat on the TV last week to remind him of what the competition was doing for the first annual triathlon sponsored by the Emmaus Road Runners. Contestants had to swim a mile, bike 30 miles then finish with a 10-mile run.

Williams and Rick Heimback, both of Emmaus, had a friendly rivalry going on Saturday evening.

"I gave Williams a dry twig and told him if he passed me he could break the twig," Heimback said. A Sports Illustrated story on the Honolulu Ironman triathlon made reference to one contestant who "broke like a dry twig."

Unfortunately, Williams never got

to break the twig. "I start training on Monday," the blond-haired, tanned, 37-year-old said after the race.

If his training routine stays the same, Williams might get a chance to break that twig next year. Normally, Williams said he runs 80 miles a week. When he heard about the triathlon two months ago, he cut back his running and began doing 120 miles a week on the bike.

Sometimes he worked out four times a day.

Williams, now 37, started running when he quit smoking seven years ago. He began by doing laps around the pool table in his basement, he said. Since then, he has run the Boston Marathon six times.

To prepare for the swimming in the triathlon, Williams began doing laps in the Emmaus Community Park pool, which has a lanch hour. Two months ago, he could only do 60 yards. Satur-

day he swam the mile race in 50 minutes.

Others put in equally grueling workouts to prepare for the event and some had equally inconspicuous beginnings for their running careers.

Heimback, for example, rode his bike from Emmaus to Kutztown State College every day where he was taking a course. He averaged about 10 miles a day running as well. Three years ago when he first started running, Heimback said he vomited after going a quarter mile.

He said he and Neil Nook, the other director of the triathlon, ran a half triathlon — a half-mile swim, 15-mile bike and five-mile run — to prepare for Saturday's contest.

Nook, a 32-year-old teacher in the Allentown School District, said he worked out five hours a day at times. Last week he went to the Jersey shore with his bike to train for three days. He

left his wife and family home. Before he started running, Nook weighed 220 pounds. In high school he lifted weights and took steroids used to fatten cows. Now, he weighs 185.

Pete Schrampl, who finished eighth, said he ran 14 miles a day to train for the race. Schrampl, who lives in Bethlehem and works for Bethlehem Steel runs to work and back each day.

"They did me a favor recently," the 37-year-old said. "They transferred me to the oxygen furnace. It's an extra."

Schrampl started running seven years ago. He said he had been running for a while.

Another Bethlehem Steel employee, Jim Ponaski pedaled to work to pre-

pare for the race. He averaged between 30-40 miles per day on the bike.

He ran the 10-mile race with a knee brace on.

The day before the race, Ponaski said he "carb-loaded." "I sat in Naples eating a spaghetti dinner watching the go-go girls Thursday night," he said.

The morning of the race he thought, he had nothing to eat. Carbhydrate-loading is a training technique used by some long-distance runners. Supposedly, by increasing their carbohydrate intake several days before a race, after a period without carbohydrates, they will boost the glycogen levels in their muscles.

Glycogen is a sugar found in muscle tissue that provides the energy for muscular motion. Have Jonak, who finished third, also tried carb-loading. Three days before the race, the 34-year-old Potomac chemical engineer was working in Milwaukee. He said he loaded up with

carbohydrates by "drinking beer and eating the finest French and German restaurants" in the area.

But Ponaski had not run in three years after tearing ligaments in his knee. He ran the 10-mile race with a knee brace on.

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BASEBALL STANDINGS

Table with columns for National League, American League, and West. Includes team names, wins, losses, and percentages.

Table with columns for Yesterday's Results and Tomorrow's Games. Lists game dates, times, and locations.

BOXSCORES

Boxscore for Montreal vs Cincinnati. Shows runs, hits, errors, and individual player statistics.

Boxscore for Los Angeles vs Chicago. Shows runs, hits, errors, and individual player statistics.

Boxscore for Houston vs New York. Shows runs, hits, errors, and individual player statistics.

Boxscore for Boston vs Minnesota. Shows runs, hits, errors, and individual player statistics.

Boxscore for Philadelphia vs Texas. Shows runs, hits, errors, and individual player statistics.

Boxscore for Atlanta vs Baltimore. Shows runs, hits, errors, and individual player statistics.

Boxscore for New York vs Kansas City. Shows runs, hits, errors, and individual player statistics.

TODAY'S LOCAL CARD

Table listing local sports events including Allegheny City Leagues, St. Pitch results, and Tennis matches.

LEADERS

Table listing league leaders for National League and American League in various categories like batting average and home runs.

SOCCER AT A GLANCE

Table listing soccer league standings and match results for various leagues.

HORSE RACING

Table listing horse racing results and odds for Liberty Bell and Penn National tracks.

AUTO RACING

Table listing auto racing results and standings for various series.

GOLF

Table listing golf tournament results and scores for various events.