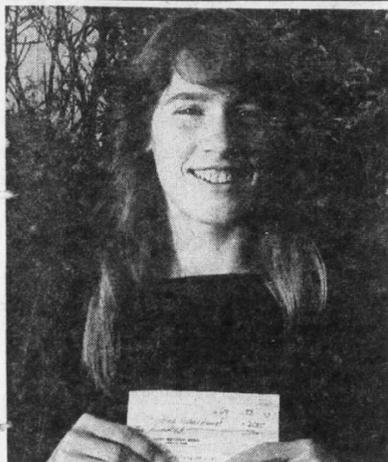


22 SPORTS



Morning Call photo—Mark Will-Weber

CHRIS HABERSTUMPF

# ERR award to 'Habey'

By MARK WILL-WEBER  
Call Sports Writer

Cross country running was never high on Chris Haberstumpf's list of things she most liked to do, but when you happen to be one of the best sprinters around who wants to run three miles, anyway?

Always a competitor, however, once Haberstumpf got involved in the hill-and-dale stuff she did a whole lot better than one might have suspected considering her forte was 200 and 400 races on the track. "Habey", in fact, was a two-time all-East Penn Conference selection in cross country for the Emmaus High School harriers and finished sixth overall in the District 11 Cross Country Championships last fall.

Haberstumpf's serious burning, however, came when she blasted out of the blocks. She was the District 11 200 and 400 champion both in 1982 and 1983. She won a silver medal in the 400 at 1982 state championships and medaled again this spring in the state 200 dash. She will attend West Virginia University on a partial athletic scholarship. Her presence is obviously well known and respected.

The Emmaus Road Runners (ERR) recently recognized Haberstumpf for her prowess in both cross country and track and awarded her a \$200 scholarship award.

ERR established the award this year, the standards being "a runner must place in the top 10 in both the District 11 cross-country and track championships, plus have at least a 2.5 grade point average."

Running down Haberstumpf's credentials for the award at the recent club meeting held at the Brass Rail on Lehigh Street, ERR mainstay Rich Heimbach noted her cross country results were "not bad for a sprinter that just took it up to keep in shape!"

Haberstumpf accepted her award to a rousing round of applause from ERR members, and, after thanking the club, confirmed that she would be competing for the Mountaineers this year in track and cross country.

ERR plans to continue the scholarship award on an annual basis. It is just one of several projects the club undertakes that benefits the running community.

The Emmaus Road Runners once again will conduct the Lite Milk Triathlon. One of the most popular events in the Lehigh Valley, the triple-threat race will throw longer distances at participants this time around when it gets the starting pistol next month.

Heimbach, incidentally, is back in the Valley visiting and taking a break from his teaching job in Japan. He notes he will return to Japan just prior to the triathlon — "that way I won't be tempted to do it," he says. Heimbach and Neal Novak were co-creators of the event.

## Making good use of his pasta

By JOE KITA  
Call Sports Writer

Every Monday night the Hare family eats spaghetti. No, they don't own stock in Ronzoni. Rather, they twirl their forks and dab their chins because 16-year-old Jim needs the carbohydrates.

To explain, Jim Hare is a bicycle racer. Through the miracle of digestion, the pasta he ingests on Monday night becomes explosive, Tuesday evening energy at the Lehigh County Velodrome in Trexlertown. And judging from his performance of late, his mom must be a pretty good cook.

"Supposedly it helps," explained Hare of his early week feast. "Maybe it's psychological but you have to do everything that'll help you."

Hare, who will be a senior at Parkland High School this fall, was the second best rider according to points in the Bicycle Racing League held this spring at the velo-

drome. Blessed with natural speed, he was also one of the top qualifiers for Friday night's Merchants Bank Junior Olympics Final, where he finished fourth in the sprints.

"If you'd have to compare him to someone, it'd probably be Harvey Nitz," said his bicycle racing league coach, Gibby Hatten. "He doesn't have great speed but he's fast. Plus, he has the endurance and strength for the distance events. He's quite smooth."

Hare was anything but smooth when he first joined the league in 1982, however. Intimidated by the banked track and bicycles that had no brakes, he was as shaky as a six-year-old without training wheels. In time, though, the quivers subsided and Hare acquired that two-wheeled know-how called track savvy.

"I improved a lot since then," chuckled Hare, who was among the top 10 in points that year despite his greenness. "I remember when I first got on the bike I couldn't do anything but ride normally. Then as I got used to the track, it began to feel natural. Gibby helped me a lot. He doesn't just explain how it should be done, he shows you."

Ironically, Hare lives next door to Hatten in Breinigsville. His interest in bicycle racing no doubt came from watching "The Bear" start on his morning training rides or tinker with his expensive two-wheeled machines. In fact, when their Trexlertown team, which won the league championship in 1982 and finished third in 1983, was approaching an important match, the two would often get together to discuss race strategy.

Hare, who trains between 20 and 30 miles a day, got his junior racing license this spring and besides competing in the regular Tuesday night card at the velodrome has also ridden five criteriums. While he has yet to win any races, he is receiving quite an education.

"When I first visited the velodrome in 1980, I didn't know anything about bicycle racing," admitted Hare, who also skis and plays soccer. "Now I have a road and a track bike, and I'm learning what it takes to rides the sprints, the criteriums and the pursuit. I enjoy the speed that's involved with racing and, I suppose, my dream is to one day win a national championship. I'm not really surprised at how well I've done because I think it came pretty naturally. Actually, I consider myself lucky."

And on weekends, the Hares eat pancakes. Carbohydrates for those criteriums, you know.



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JIM HARE

## Worobey, Yurconic are Zeller titlists

Brian Worobey and Monica Yurconic captured the 14-and-under singles title last week in the seventh annual Ted Zeller Memorial Tennis Tournament at the Zeller Court in Allentown.

Worobey, a ninth-grader-to-be at Southern Lehigh, defeated Springhouse student Colin Delaney 6-2, 6-2, while Yurconic had to go the distance to turn back Kara Saab 6-3, 3-6, 6-3 in a battle of Salisbury Middle School students.

For Yurconic, it was a second straight Zeller title. A year ago she won the 12-year-old division, but this year she was extended by a courageous gal who plays a steady baseline game in spite of an artificial left arm from the elbow.

The tourney was a huge overall success from the standpoint of the Cancer Society, which received a check for \$1,800 as the proceeds from the event.



Morning Call photo—Pete Shaheen

Monica Yurconic hits a backhand return during 14-and-under girls' finals