

Comets Compete In Postseason Tourneys

by Mona Steinhauer

The Lady Comet swimmers competed in five events last week at the District Three Class AAA Championships at Cumberland Valley High School and posted five personal records.

"I was really excited about the number of girls who qualified," said head coach CeCe O'Day, "especially the relay. The girls went five-for-five! Every swim was a best time."

Manor's Joelle Williamson was the top finisher, clocking in at 1:01.30 in the 100 backstroke, and taking 14th place.

Joining the seniors was a pair of sophomores. Leah Williamson jumped nine places in the 100 fly, touching the wall in 1:02.13 for 22nd place. She was the 31st seed with a 1:03.75.

Nicolette Mowry also dropped over a second in her 200 free swim, moving from 28th (2:05.41) to 20th place with a 2:03.77. Also competing in the 500 freestyle, Mowry, seeded 27th with a 5:37.93, worked a 5:34.26 and placed 26th overall.

The three girls, along with Lauren Longenecker, joined forces in the 400 free relay. The 17th seed (3:51.86) posted their best time, 3:55.05, and moved into 15th place.

"Joelle and Lauren are both seniors so it was a great last high school meet," said O'Day. "Leah and Nicolette and both underclassmen and this was their first district meet. It was a great experience."

Also making their district debuts were freshmen Jared Byrne and Tyler Lutter. Byrne was the third freshman, in a field of 32, to place in the 200 free. He placed 24th with

a 1:52.53.

Lutter was the only frosh to compete in the 50 free. He recorded a 23.70.

"We were happy to have two ninth graders gain the district experience," stated O'Day. "They swam well."

The top three swimmers automatically qualified for the PIAA Championships. There were 16 at large bids in most events. The Comets fell short in qualifying times and ended their season.

BOWLING

Penn Manor's bowlers, after a disappointing appearance at the Eastern PA Regional Singles tournament on Friday, February 28, made a turnaround in the team competition on Saturday as both the boys and girls squads punched their tickets to states with a top six finish.

The girls' team, with a 2679 pin total after qualifying rounds, moved into fifth place (out of 28 teams) with a 3765 after two baker sets. Elizabethtown (3950), Governor Mifflin (3921), Hazleton (3896) and Pennsbury (3893) loomed in front of them.

The Comets got strong three game performances from their seniors to advance. Liz Burkholder (575), Brianna Kauffman (570), Julie Bianco (555) and Brooke Peters (128), who split time with Sarah Abbas (315) helped pave the way. Shaylyn Fisher's 536 was another solid contribution.

"The girls brought home a very hard-fought win at Dutch Lanes," said assistant coach Neal Vital. "This was a total team effort as all six girls contributed at important times throughout the day. They should be

proud of what they've accomplished. Now one more hurdle," he added. "Bring home state gold."

They opened the bracket tournament opposite Pennsbury and needed three games to advance. Manor dropped the first game 199-160 but rebounded with two straight wins. They defeated Pennsbury 163-151, 168-156.

In the semifinals, the Comets knocked off Lancaster-Lebanon League foe, Elizabethtown, again needing three games to move on. Manor took game one 181-166 but fell off the pace in game two, falling 171-160. Determined, they buckled down to win 185-150 and moved into the championship match opposite Hazleton. The Comets posted a 2-0 sweep, winning 177-146, 168-147 to claim the team title and qualify for the PIAA Championships that will be held in Pittsburgh on March 15.

The boy's squad, settling for a fifth place team finish, will also join the girls on March 15.

Ricky Graham (698), Chase Bleacher (615), Austin Curtiss (604), Cody Simet (580), Jordan Wakefield (403) and Tanner Simet (195) combined for a 3095 after qualifying rounds and moved into third place, in a field of 36, with a 4250 total after two baker sets.

In the team bracket finals, however, the Comets fell 2-0 to Governor Mifflin, 200-185, 203-162. Neshaminy, Garden Spot and Milton also competed in the bracket finals with Milton defeating Pennsbury 2-0 to win the team title.

In the individual tournament on Friday, the girls competed at Dutch Lanes while the boys rolled at Leisure.

Fisher, with a pair of 225's, earned the highest finish for Penn Manor at 16. The top 12 advanced. Bianco rolled a five game 976 with a high game of 223 for 22nd place. Burkholder was 49th with an 898 and Kauffman, with an 875 and a high game of 203, was 60th. Abbas finished with an 816 for 90th and Peters rolled a 625.

Simet, in a field of 176, led the boy's squad with a 20th place effort. His high game was 257 and contributed to a 1042 five game total. Curtiss was 34 pins back and 38th overall. Graham rolled a 969 and finished 63rd and Bleacher added a high game of 229 and rolled an 882 for 117th place.

Regional Volkssport Conference Welcomes Local Walkers

By Dayna M. Reidenouer

Rain, shine, or - heaven help us - snow, the attendees of the seventh biennial Atlantic Region Conference of the American Volkssport Association will hit the pavement on Friday, Saturday, and Sunday, March 14, 15, and 16. The conference, which is sponsored by the Keystone State Volkssport Association (KSVA), will be held at the Lancaster Host Resort, 2300 Lincoln Highway East, Lancaster.

The public is invited to join conference attendees on featured walks each day of the event. Check-in for all the ventures will be held at the rear of the Host, and then participants will drive to the starting locations for the walks. Water and hard candy will be offered at checkpoints on the walks, and restrooms will be available as well.

Registration for Friday's featured walk, "Shop 'Til You Drop," will be offered from 9 a.m. to 5 p.m. Two trails - 5K or 10K - will take pedestrians on strolls through Rockvale and Tanger outlets, as well as past neighboring farms. Saturday's feature, with registration from 8 a.m. to 2 p.m., will begin at the Strasburg Rail Road. Participants may choose between 6K and 10K trails that will take them past the Railroad Museum of Pennsylvania and through the village of Strasburg. Registration for Sunday's walk will be open from 8 a.m. to 1 p.m. Participants will drive to the East Lampeter Township Community Park, from which they will walk past several apartment complexes, the Amish Farm and House complex, the Willow Hill covered bridge, and the American Music Theatre on 5K and 10K trails.

If you are noticing a theme among the walks, it is because the planners designed the event to take advantage of the cultural diversity in eastern Lancaster County.

"You've got to tell a story (to prospective out-of-town attendees): why do you want to drive two hours to go walk?" KSVA president Tom Jackson explained. "They've seen the Amish 'reality' shows. Now they want to see how much is real, how much is fake."

Jackson described the varied zoning as the "dichotomy of Lancaster County," with Amish



Keystone State Volkssport Association president Tom Jackson holds the commemorative patch with three pins that attendees of this weekend's volkssport conference can earn by participating in long-distance walks through eastern Lancaster County. Members of the public are invited to participate in the walks as well.

farms located next to shopping outlets. Pins, which participants can earn at the completion of each walk, will be available in the shape of a cow, a locomotive, and a covered bridge, respectively. The pins act as incentives for individuals, particularly children, who especially enjoy collecting the items.

"This time of year, you need motivation to get out (and walk)," Jackson remarked. "Hopefully, the weather will be nice so we can go out and get some exercise, get rid of cabin fever, and find new places to walk."

Jackson prefers the cross-country walking offered by the KVSA over using a treadmill or taking loops around a mall. "I like to find new places to walk," he added. "The PDP (Penn Dutch Pacers) has a good program here."

The PDP is the local Volkssport club, which regularly hosts long-distance walks. The group also maintains the eight year-round walks in Lancaster County. During the conference,

many attendees will enjoy the featured walks in the morning, and then go on one of the year-round walks in the afternoon.

"Most people do a 10K walk in about two hours," Jackson said, noting that the shorter options on the featured trails will take about an hour each. "If you don't have a lot of time or you're still building up physical endurance, come out and do the 5Ks and 6K," he invited.

The conference brochure is available online at www.ksva.net. Questions about the event may be directed to Jackson at 677-6511 or thomasjackson@embarq.com. Folks who would like to learn more about the PDP may visit www.penn-dutch-pacers.org or contact Pete Byrne at plhbyrne@verizon.net or 393-6700.



Penn Manor's 400 free relay squad (from left), Joelle Williamson, Lauren Longenecker, Leah Williamson, and Nicolette Mowry set a personal best record in the District Three Class AAA Championships at Cumberland Valley High School last weekend.