

KM reports sewer overflow Monday on Phenix Street

The City of Kings Mountain had a sewer overflow of 7,800 gallons Monday at 610 Phenix Street.

The cause of the overflow was due to a storm pipe settling on the sewer pipe, causing it to break, said Dennis Wells, Director of Water Distribution and Collections Systems.

The maintenance crew responded quickly and was able to contain the overflow in a timely manner, Wells said.

Athletes from across U.S. compete in KM triathlon

BY ABIGAIL WOLFORD
Staff Writer

People flocked to Kings Mountain from all over the United States Saturday to compete in the fourth annual "Over the Mountain" triathlon. Competitors came from as far away as Colorado, California, and Washington.

The triathlon involved a one-mile swim across Moss Lake, 45K (27.8 miles) bike ride through Kings Mountain National Military Park, and a 10K (6.3 miles) run down Gold Street and Phifer Road.

The triathlon was part of the North Carolina Triathlon series, which is the largest triathlon series in the United States. The Kings Mountain race is the smallest in the series, in part because it is the newest. However, the race has grown every year it has taken place. This year, 301 people competed in the triathlon. A total of approximately 10,000 people take part in the races each year.

Organizing the triathlon took the cooperation of many. Set-Up, Inc., an organization that specializes in putting together triathlons, dealt with the timing and related issues. The state troopers, local police, public works department, and hospital also contributed to the effort by providing needed services, like patrolling the bike route and providing first aid.

Participants also needed food and water along the course and at the finish line. Volunteers were also needed to help with registration and logistics.

"We had a great turnout of volunteers this year," said Kathy Neely, of the Kings



ABIGAIL WOLFORD / HERALD
Sian Hunter, of Chapel Hill, was the top female competitor on Saturday, with a time of 2:37:11.

spends 11-12 hours per week training for triathlons, although his training has been effected lately by some back injuries. He said the best way to train for a triathlon is to build a basic fitness program and then gradually intensify it.

The top male Elite finishers were Dan Peairs, a graduate student at Virginia Tech, with a time of 2:12:08 and Jamey Yo, of Charlotte, with a time of 2:12:55.

The top female Elite competitors were Sian Hunter, of Chapel Hill, with a time of 2:37:11, and Anne Basso, of Raleigh, with a time of 2:38:01.

David Koontz, of Charlotte, and Suzie Hosman, of Chapel Hill, won the Masters Elite Male and Female divisions respectively. The Masters Elite divisions are for people over the age of 40. Koontz finished the course with a time of 2:26:47. Hosman finished in 2:41:19.

Other winners were Maylene Wise, of Morrisville, in the Athena category, Michael Guzek, of Arlington, VA, in the Clydesdales category, Michael Morris, of Roanoke, VA, in the Masters Clydesdales category, Thomas Blake, of Charlotte, in the Novice Males category, and Sarah Primeau, of Boone, in the Novice Females category.

Age group winners were Ross Hughes, Greg Harris, John Shilt, Edwin Barry, George Sprinkel, Paul Gantzer, Brian Wilson, Bruce Wieand, Harold Hudson, James Green, Robert Phay, Herb Brown, Michelle Lindsay, Melanie Stock, Alexandra Classen, Claudia Goins, Lori Dawson, Sharon Balas, Donna Sassano, Diane Sharp, and Sharon Duncan-Koontz.

Local finishers were Calvin Caunt, Henry Stogner, Jon Wright, Steve Winstead, Jason Hovis, William Shipley, David Wells, and Rodney McGinnis.

Mountain Business and Professional Association, which helped with the spaghetti dinner for the participants the night before the triathlon.

Neely said that she and many others stayed up late the night before the triathlon to prepare for the event. They also started working again at 5:30 the next morning to make sure everything was in place.

Neely said she enjoys meeting the athletes who participate in the triathlon because they are so dedicated to what they do.

"It's so awesome to see these athletes because it's just their life," she said.

Training is, indeed, a very big part of the lives of many of the athletes. Some spend up to 30 hours each week practicing the three parts of the event.

Monette Williams, of Chapel Hill, has been participating in triathlons for four years. On average, she

spends 7-12 hours training per week. This year, she is participating in eight triathlons, including the one on Saturday. This is her longest racing season to date. Last year, she only participated in four triathlons.

This is Williams' first year to participate in the Kings Mountain race. She said she enjoyed the race very much. "It's a great race. It's so much fun, hilly but fun," she said.

Bill Wightman, of Harrisonburg, Virginia, has been competing in triathlons for two years. This year is the first time he has participated in the Kings Mountain race. He said the course was very nice. He especially enjoyed the run and noted that the bike ride was very challenging.

"With all the rain we've had, this is the best day for a race," he said, of the sunny weather on Saturday. Wightman normally

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CONTRIBUTED PHOTO
Carolina Sting finished second in the ASSA June Jamboree last weekend. Pictured are front row, left to right, Kyle Bell, Mitchell Hinson, Jamie York, Justin Heinback, Tyler Ross and Jared Spicer. Middle row, Caleb Henderson, Jeffrey Howell, Brantley Blalock, Rai Robinson. Back row, coaches, Ray Robinson, Todd Blalock and Scott Howell. Not pictured, Hogan Sellers and Rodney Sellers.

KM And Athletic Department Needs New Direction Under New Leadership

Several hundred sign petition for change (Fans that pay have a right to ask for change)

Where was the A.D. the last 2 years when the basketball team was playing 30 road games and winning 2 conference championships?

Dave Farquharson needs to resign as the Athletic Director and Football Coach

60 student athletes names were used in an unsigned paid advertisement

Football The Last Three Years	KMHS Team Standings 2002-2003
Record - 2000 4-7 - No Play Off 2001 6-4 - No Play Off 2003 - 4-8 - Play Off under new format as the 13th seed.	Men's Sports Soccer Last (7th) in conference Baseball 4th in conference Tennis 4th in conference replaced tennis coach during the season Wrestling 4th in conference Cross Country 4th in conference Track 5th in conference Golf 3rd in conference Swimming conference champions Basketball conference champions sectional champions Football 4th in conference (4-8)
These 4 wins were played against teams with a combined record of 6 wins and 38 losses. Record with county rivals 1-8 <input type="checkbox"/> Crest has out scored KM 93-7 <input type="checkbox"/> Have had 5 different defensive coordinators <input type="checkbox"/> Athletes transferred to other schools <input type="checkbox"/> Athletes quit during the season <input type="checkbox"/> All the letters to the publisher <input type="checkbox"/> Several hundred sign petition <input type="checkbox"/> Group wanted to meet with principal <input type="checkbox"/> Accusation was made that a student athlete's letter was torn up	Women's Sports Softball 4th in conference Basketball 4th in conference Tennis 4th in conference Track 3rd in conference Cross Country 2nd in conference Volleyball 2nd in conference Soccer conference champions

Ask those 459 FANS that paid if it was a great year

Paid for and signed by fan, William Martin