



Muncy High School  
Athletic Hall of Fame  
Lon Balum  
Class of 1973  
Induction year 2004

Lon was a three letter winner in wrestling at Muncy High School from 1971 to 1973. His dual meet record was 35-2-1 (undefeated in junior and senior years). Lon's overall record was 60=7-1. He was a three time Sectional Champion, three time District IV finalist and won championships his junior and senior years while also garnering two Outstanding Wrestler Awards. In his Junior District title bout against Shamokin's Keith Jeremiah, Lon rallied from an 11-5 deficit midway through the 2<sup>nd</sup> period and come back to post an electrifying 13-11 win and then come back his senior year and again win a District final thriller as he knocked off a defending District Champ Mark Williams of Williamsport in the finals by 10-8. His season ended at Regionals in the finals as he lost to Pat Scully of Bethlehem Catholic by a 7-6 score. Scully went on to win States. Lon was a four letter winner at Wilkes College from 1974 to 1977. His overall record was 91-30. He two time Captained the Wilkes Mat men during his junior year Co captain and senior year Quad captain. Lon was a member of the 1974 Division III National Championship Team and in 1975 finished third. He placed third at the Division III tournament while twice being tabbed as a Division III All-American. After Wilkes moved up to the NCAA Division I in 1977, Lon qualified for the NCAA Division I tournament. He lost in the third round to the eventual National runner-up. Lon's claim to fame his senior year was giving the Division I National Champion Nick Gallo of Rostra University his only loss. Lon took Gallo down with 7 seconds remaining in the third period and eked out a 10-8 win. Lon capped off his career by being selected as Most Valuable Wrestler by Wilkes wrestling team and also garnered the same honors by a local Wilkes-Barre radio station.

Lon coached wrestling at Coudersport, Pa. from 1977-79, Wellsville N.Y. from 1981-84, Southern Columbia from 1984 to 1986, Susquehanna University from 1992 to 1996, Line Mountain Jr. High from 1997 to 2001 and Line Mountain High School Assistant Varsity Coach and Varsity Coach from 2002 to the present.

