

At track and school

Perseverance paces runner Frank Houston



Story and photo
By Peter McCusker

The essential prerequisite to success of any kind is perseverance. Frank Houston of Acton has practised this in both his academic studies and athletic.

For three years Mr. Houston has been training an average of six days a week. His running is usually executed in the evening hours as he trots eight miles along rural roads, and around town.

Running for the Scarborough Optimists track club, he said he feels it was a good move to compete and train with a Toronto unit. Better facilities and runners, which influenced him greatly, are two reasons why. Racing and training with these runners increased his efficiency and lowered his time in the running game.

Heat times

His best times in three events are 4.06 minutes in the 1500 meters, two minutes in the 800 meters, and 8.52 minutes in the 3000

meters. A lot of people try running at one time or another but only those who really enjoy it and work at it, stay with it.

If Frank is one of the top five in his age group in Ontario, he will be sent to Hellish Columbia in November to take part in the Canadian Cross Country championships. He ran in the Canadian competition last year at Brock University. He'll turn 17 this month.

Not easy

It's not easy-going training to be a top runner. Frank trains all year round out of doors. In the winter he has his shorts, sweat-suit and gloves and patters down the slushy road with the cold air punishing his face. "It's the only part of my body that really gets cold."

The arms and legs are continually moving and your sweating during a good workout. In an average work-out he will run seven miles in an hour or else concentrate on speed. On Tuesdays and Thursdays he

runs at the nearest track, 30 miles east of Acton in Brantford. In speedwork, it's stop and go, trying each time to better your speed.

Training is the hardest of Frank's activities. Everything else, golf and school, comes easy to him. He was an Ontario Scholar with an 85.5 per cent this year.

Frank started running after a talk with Acton High School Physical Education instructor Bruce Andrews. He said Mr. Andrews told him he could do it and since then he has been out to win.

Houston's philosophy on and off the track is "you've got to be out to win or else you wouldn't go through the training and competition." He reported that he has no special diet, however, on the day of a race he stays with plenty of carbohydrates.

He trains as a juvenile because of his age. This past weekend, however, Frank competed in a junior track meet at Birchmount stadium in Scarborough against a tough field of juniors and reportedly per-

formed excellently. Junior is higher age bracket than juvenile.

In this tough field of juniors, Houston held the lead all day at 800 meters with a time of 1:57 minutes and at the completion was placed fifth with a time of 4:06 for 1500 meters. He was pleased with his placing because of the competition.

"There is no excuse for a bad run," Frank preaches, and no such thing as luck in the running game. "If some guy trains harder than you then he'll win."

There is a limit to training. He told of a pair of runners associated with his club from York University. They covered 90 miles a week until their feet gave out. "In training you have to work yourself enough to beat someone, but not so hard that you beat yourself."

In the fall he will be studying at the University of Western Ontario for his BSc. There, he will continue to take part in track events and with his perseverance, who knows, maybe a gold medalist in future Olympic games.

6 The Acton Free Press, Wed., July 9, 1975

Free Press Sports Page



Sportlite

with PETER MCCUSKER

Despite reports on the violence in amateur sport, the high cost of equipment, rental of facilities and lack of coaching staff, minor sport is a physical and moral lifesaver of the community.

Lowly Satellites ruin Rams run

The long trip to Owen Sound may have been too much for the Halton Hills lacrosse Rams Thursday night. Rams, with only one loss in the five starts leading up to the Owen Sound visit, dropped a 13-10 decision to the hometown Satellites.

In their last meeting two weeks ago, the local boxers squared handed the bottom ranked Satellites a 12-6 drubbing on the home Georgetown arena floor.

Starts strong Owen Sound started strong with a pair of goals in the early minutes of the game but Ram sharpshooter Ron Turkoz fired a pair of tallies to even the score. Satellites led 3-2 after the opening period.

Rams charged back in the second frame to even the Satellites 9-9 in a wildly offensive stanza but the Satellites quieted the game down in the final third and coasted to the three goal win.

Ram sharpshooter Turkoz paced the Hills crew with four goals and a pair of assists

while high scoring Paul Wilson and Bruce Cookley turned in double scoring efforts for the visitors. Jim Chisholm and Glen Sherman added single Rams scores. Wilson picked up a pair of Ram assists with brother Paul Wilson, goalie Doug Taylor, Chisholm, Cookley, Bill Fox and George Artem earned single assists.

Al Hutchinson, Roger Daldwell, Bill Cupkey and Mark Kazarian each netted two goals for the Satellites with single Owen Sound scores coming from Bruce Mahar, Tim Leonard, Tim Abbott, Randy Robins and Robert Minard.

Entertain Lions Rams host the powerful Orillia Lions at the old Georgetown arena Thursday and will be travelling to match the Rexdale Warriors Friday night. Rexdale returns the visit to Georgetown July 17.

Rams may still return to the Acton Arena for the balance of the season.

Pitcher Janet Ager leads Golden Hawks

Pitcher Janet Ager led the Golden Hawks to a 4-2 victory over the Blue Angels in Acton Minor Softball house league play last Wednesday evening. Blue Angels took a 1-0 lead after two innings of play with a run from Lisa Mason. In the third inning Golden Hawks Bev Glenn and Linda Paton rallied two runs to Blue Angels one by Kim House, to tie the game at two apiece.

Pitcher Janet Ager crossed the plate in the fourth to give the Golden Hawks their leading run and Shirley Renforth tallied the final Golden Hawks run in the fifth inning

to settle the score at 4-2. Pitching for the Blue Angels was Teresa Dunn. Members of the winning team were Karen Wayne, Angelina Shamaoun, Bev Glenn, Linda Paton, Diana Romano, Patricia Henry, Shirley Renforth, Janet Ager, Kim White and

Member of the Blue Angels were Teresa Dunn, Lynn McCord, Lisa Thomas, Andrea Jenkinson, Robin House, Rita Bottero, Lisa Mason, Chris Parker, and Kim House.

Peewee girls lose three straight

Acton Peewee girls were edged 24-20 by Limehouse in Halton rural minor softball play here Monday evening.

Brenda Majewery of Limehouse tallied the first run at the top of the first inning and was followed by Lorraine Brown and Karen Paton to total three runs. Acton's Cindy Brouillard retaliated with a run and was followed across home plate by Ann McCord, Barbara Wilson, Connie McCristall, and Janet Britton to give Acton the lead at 5-3. In the second and third innings, Limehouse rallied five runs

per inning to lead Acton girls 13-6.

Ann McCord tallied the lone Acton run in the second. In the top of the fourth Limehouse Debbie Clark, Karen Paton, Lorraine Brown, Lisa Paton, Wendy Stephens and Sheila Johnson each crossed the plate to garner a 19-6 lead until Acton's Brouillard, McCord, tallied a run each to give Acton eight runs total.

In the fifth and sixth innings, Limehouse tallied another five runs to Acton's one. The closing seventh inning found Limehouse held to no runs.

It was Acton's inning at the bottom of the seventh as the girls began connecting wood on leather and grabbed 11 runs to make a comeback and a contest of the game.

Cindy Brouillard led the Acton onslaught and was followed with runs scored by Gwyneth Gibb, Cheryl Page, Barbara Wilson, Connie McCristall, Denise Paton, Janet Britton, Laurie Coulas and Michele Jones. McCristall, Britton and Coulas nabbed two runs each in the final bottom.

In a July 3 contest, Acton Peewee girls were edged by Lowville 13-12. Acton took the lead in the first inning 2-0 and in the bottom of the second Lowville had tied the score. Lowville went ahead with one run in the third and tallied three in the fourth inning to Acton's one.

At the close of the fifth inning Lowville had Acton pegged 10-5 for a loss. A sixth inning rally drove in six runs for the Acton tally and shut out Lowville. With the score of 11-10 for Acton going into the seventh, the peewee girls were held to one run while Lowville sent home three to give them 13 runs and the game.

On June 30 the peewee girls suffered their first defeat of the three being dumped by Omagh 17-8. Omagh led the game 5-0 at the end of the third, 13-14 at the conclusion of the fifth.

Acton runners place well in meet

Acton's Frank Houston, Rodger McEachern and Glen McKenzie competed in a league track meet for western Ontario at Centennial Stadium in Etobicoke Monday evening.

In the 3000 meter steeplechase, Houston placed first in the all-comers division with a time of nine minutes and 54 seconds. In the overall steeplechase he placed fourth.

Hawks blank Red Knights

Coach Wally Kowall's Golden Hawks raised doubt about the Red Knights' power in Acton house league minor softball play early last week by solidly trouncing them 17-0.

Allison Chaisson of the Golden Hawks had to fill in as pitcher for the Red Knights to reach a minimum roster of nine players.

Angela Shamaoun and Bev Glenn scored runs in the opening inning to begin the Golden Hawk lead. In the second inning, Shamaoun tallied another run, with Joanne Gordon and Simon Ager to bring the Hawks' total to five.

In the third inning Linda Paton, Janet Ager, Joanne Gordon, Simon Ager and Angie Shamaoun each tabbed runs.

Janet Ager, Kim White, and Simon Ager crossed the plate in the fourth and Janet Ager, Kim White, Joanne Gordon and Simon Ager nabbed runs in the final.



HALTON HILLS Electric catcher, Hugh Forbes, tags Dave Allen of Ledger's IGA in the first game of a double header at Prospect Park in



Men's recreational softball. A double header is played at the park each Sunday.

Hillsburg baseball

Boys Division
July 4 (Peewee) Hillsburg 12 - Puslinch 4
(Bantam) Eramosa 17 - Hillsburg 9
July 4 (Squirt) Hillsburg 27 - Eramosa 8
July 4 (Peewee) Hillsburg 12 - Puslinch 4

Girls Division
June 29 (13 yrs. A) Hillsburg 22 - Grand Valley 3
(19 yrs.) Hillsburg 12 - Grand Valley 9
June 30 (19 yrs.) Hillsburg 28 - Erin 7
(16 yrs.) Hillsburg 7 - Erin 0
July 2 (10 yrs.) Hillsburg 6 - Maryhill 3
July 3 (13 yrs.) Brookville 26 - Hillsburg 3
July 8 (13 yrs.) Hillsburg 72 - Pomonby 1
(13 yrs. B) Hillsburg 7 - Eramosa 0

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