



'And they're off!' on biathlon race

Diana Waltmann

Several Olympic and former Olympic athletes, including 1976 silver medalist John Wood, will be in Acton Saturday, September 20. But they won't be attending the Fall Fair. They'll be in town to compete in the second Acton biathlon, a combination bicycle-foot race through local streets.

There are 20 to 22 people entered in the race, says Scott Lee, a former member of the Olympic and national canoeing team and a Division Street resident. Four of them are women.

The race starts at approximately 10:15 a.m. at the start-finish line outside Lee's home. From there Lee has mapped out a route leading from Division Street to the Curling Club (on Churchill Rd., N.) on bicycles.

They hop off their bikes and run to Church Street and back.

From there, once again on their bikes the competitors ride east on highway 7 to the Bruce Trail at Silver Creek.

They run the trail to the sixth line, grab a ribbon and return to the bicycles. Then they ride back to Wallace Street, go north on Wallace to Division and the finish line.

The first and therefore fastest finisher with a ribbon wins a certificate, then everyone convenes for refreshments at Lee's home.

Last year was the first time Lee organized a biathlon. "I have been involved in sports for some time and I'm used to a lot of running. That's how we trained for canoeing," he said.

"Running is easy to do, so a number of us kept it up. We go to little runs (like the Mayor's Road Race), just for fun.

"So last year I thought, why not do something that involves two sports?"

"I think people (who already are running) look forward to a sporting event. It encourages them towards a goal.

Lee says he just wanted to hold a combination sporting event and social gathering.

"It's a fun thing," he says. "There's a fitness aspect too. I would like to encourage physical participation in the community."

The race is invitation only, which explains why few Acton residents were involved last year's or this year's. Lee says he invited people he knows are fit enough to race the course.

He says he sent a letter both humorous and serious in content to invite, encourage and whet the appetites of competitors.

Competitors are coming from as far away as Montreal and Ottawa. Penny Werthner-Bales, a member of the national track and field team and competitor in the '76 Montreal Olympics and Commonwealth Games in Edmonton in '78, and her husband, and Olympic canoe coach in 1976, has accepted the challenge. They will come from Ottawa to compete.

The fourth Olympic athlete is Jim Readren, a canoeist in the '72 Munich, Germany Olympics and an apprentice canoe coach.

Lee was a member of the national canoeing team from 1968 to 1972 and competed in both the

Mexico and Munich Olympics.

There are several Halton Hills and Halton residents competing however, including last year's winner, Archie Chase.

Chase, who played for the Georgetown Raiders, won with a time of one hour and 17 minutes.

Lee came third and the last finishers were struggling across the line in a little less than two hours.

Lee admitted to one hitch in last year's race, something he's determined won't be repeated. "A lot of people got lost," he said.

The race was held around Hallowe'en and the fallen leaves had covered the trail. Despite the markings on trees, it was difficult for racers to find their way out of the woods. "That's why I'm holding it earlier this year," he adds.

Also before the race, Lee is planning a grand tour of the ride route and is supplying maps.

Lee says he wants to keep the number of entries down so he's not publicizing it as an open event. "That way I can't get beaten too badly," he jokes. "Actually," he continued, "I worry about the traffic."

Race marshals will be placed along the route.

However Lee adds, he would like people to come out and watch. "I'm hoping my neighbours will come out and cheer us on."

The best view he says, would be at the start-finish line when 20 to 22 people are mounted and lined-up and ready to take off, all of them at the same time.

Peewees take crown

The ball season came to an end for the Acton Restaurant / Chicken and Pizza Spot peewee boys as Elmira took the third and final game in the O.A.S.A. playoffs.

The Acton Restaurant peewee boys meanwhile took an easy 5-0 win against Ponsonby in tri-county action with Steve Parker scoring two runs and singles going to Tom Bartolac, Chris Conroy and Kevin Lobsinger.

Acton was declared tri-county consolation peewee champs when Ponsonby failed to form a team for the second game in Acton.

The boys voted on two awards—selecting second baseman Chris Cooney as most improved player and sportsmanship to pitcher Kevin Lobsinger.

Mike Ormsby was catcher, Gordie Mitchell played shortstop, Gary MacEachern covered third base, Jeff White was centre fielder, Paul Parry and Spencer Smith joined White in outfield, Steve Parker also filled in at third, Steven Fuller, Tom Bartolac, Rick Fellows, Darryl Johnson and Greg Landriault covered various outfield positions during the season.

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CLINICS & COURSES

<p>Level I Coaching Theory</p> <p>When: Sundays, Sept. 21-Oct. 12, 1980</p> <p>Time: 6:30-10 p.m.</p> <p>Location: Acton Library</p> <p>Fee: \$12.00</p>	<p>Level II Coaching Theory</p> <p>When: Sundays, Oct. 26-Dec. 7, 1980</p> <p>Time: 7-10 p.m.</p> <p>Location: Acton Library</p> <p>Fee: \$22.00</p>
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Gymnastics—Level I Technical

When: Fri. Oct. 17-Sun. Oct. 19, 1980

Time: Fri. 6-9 p.m., Sat. 9-4 p.m., Sun. 9-4 p.m.

Location: Rose Room (Memorial Arena) & G.D.H.S.

Fee: \$30.00 (Lunch Not Provided)

Hockey Coaching Technicals—Bring Hockey Sticks and Skates, Clipboard, gloves and helmet.

<p>Level I</p> <p>When: Friday, Oct. 3, 1980</p> <p>Time: 6-10 p.m.</p> <p>Location: Gordon Alcott Arena, Georgetown</p> <p>Fee: \$4.00</p>	<p>Level II</p> <p>When: Saturday, October 4, 1980</p> <p>Time: 8:30 a.m.-8 p.m.</p> <p>Location: Gordon Alcott Arena, Georgetown</p> <p>Fee: \$10.00</p> <p>(Lunch Not Provided)</p>
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Level III

When: Mondays & Wednesdays—Oct. 15-Nov. 5, 1980

Time: 7-10:30 p.m.

Location: M. Z. Bennett School, Acton

Fee: \$20.00

St. John's Ambulance (Standard First Aid Course)

When: Mondays, September 22nd, 1980—5 weeks

Time: 7-10 p.m.

Location: McKenzie Smith Middle School, Acton

Fee: \$21.00

C.P.R. Cardio Pulmonary Resuscitation

When: November 28th & 30th, 1980

Time: 9 a.m.-5 p.m. both days

Location: Georgetown High School

Fee: \$30.00

(Lunch Not Provided)

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SEPT. 2 LAKEVIEW CENTRE MIXED

First night of rolling saw the Mamas take two games from the Papas for a three point night.

The No-Name Brands outrolled the Lucky Six for two of the three games. It was an even split for the Woodpeckers and the Devils and Angles. Each walked away with two pieces.

Joan Knight was high single roller over all batters with her 257. Brenda Lloyd knocked off best ladies triple 623.

For the men it was Mel Lloyd best single 256 and Ed Wood tripled out at 640. Other top single shooters were Ed Wood 232, Harry Durham 232, Marion Storey 230, Brenda Lloyd 229 and Wayne Deforest 207.

In the triple department it was Marion Storey 348, Jackie Higgins 335, Wayne Deforest 307, Wes Storey 306 and Harry Durham 308.

SEPT. 8 BEARDMORE

First night back saw the Buffers take four from the Puffers. Chromers outrolled the Pamers taking three of the four points. The Swabbers were bowling with their mitts on as they only managed to take one point out of four from the Beavers.

Ladies high triple was rolled by Joanne Gordon 689 and Hennie Van Dam had best single 254.

For the men it was Bill Paley knocking off high single 300 and Dee Deforest rolled high triple 654. Other good single scores went to Joanne Gordon 239, Charlie Hubble 248, Dee Deforest 232, Brad Cripps 221, Earl West 220.

High triples were rolled by Charlie Hubble 649, Bill Paley 604, John Gordon 573, Charlene Hubble 571, Brenda McGiloway 564.

SEPT. 9 LAKEVIEW CENTRE

Second week of rolling for Lakerview saw Janet Timbers taking high ladies single 231 while Joan Knight rolled best ladies triple 831. Ed Wood captured both high single 298 and triple 731.

Other good single shooters were Wes Storey 344, Dave Piper 277, Marion Storey 219, Brenda Lloyd 217, Ron McEachern 208.

High triple scores went to John Dzum 677, Brenda Lloyd 616, Ron McEachern 600, Wes Storey 604, Dave Piper 600.

Standings are the Woodpeckers with six, Devils and Angles five, No Name Brands four, The Mamas 4, Lucky Six four and bringing up the rear we have the Papas with one.

SEPT. 11 MEN'S MAJORS

Majors are in their second week of competition now and it looks like a good year coming up. Max Herrington had best single of the night with his even 300 game. High triple went to Norm Curst 274.

Other top scores were also taken on the score sheet but they are so close in high triples and singles, by the time you figured them all out, there would be no room for the rest of the league in the spot.

Leading the race in points we have Sonco Steel Tube and Acton Lanes (Yeah!) tied for first with six points, followed by Acton Meadows four, Mame Ross one, Imperial one, House of Boys none.

Meta van Dyk "strikes" again because arthritis research is paying off.



Watching Meta van Dyk hold a 230 average with her Tuesday night bowling league, it's hard to believe she has rheumatoid arthritis.

At first, Meta didn't believe it either. Even after several years of working in the X-ray department office of a hospital specializing in the diagnosis and treatment of rheumatic disease, she shrugged off the early symptoms of arthritis. Like a lot of other people, Meta tried to live with her aches and pains. But, there came a time when that was no longer possible.

While Meta didn't take time off work because of her condition, she found it increasingly difficult to perform simple tasks. Pain, swelling and weakness in her hands and wrists made it almost impossible to pull out a drawer, turn a water faucet or open a jar lid.

"When it got to the point that I had trouble opening the door of my refrigerator, I realized I had to have medical help," she says.

Meta got the professional help she needed. She still has arthritis but its painful, debilitating symptoms are being controlled through medication and therapy. She wishes now that she'd gone to her doctor earlier.

For Meta van Dyk, and thousands of other Canadians, arthritis research is paying off.

About one in every eight Canadians has some form of arthritis. But victory is coming within reach. Your support for The Arthritis Society is used to fund vital medical research.

For more information about arthritis contact your local Arthritis Society or write to Box 98, Terminal A, Toronto, Ontario M5W 1A2.

THE ARTHRITIS SOCIETY

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Personal Conversation With

DAVE MANES

of Acton Jug City, Acton IGA and Georgetown Jug City

Dave Manes is a going concern. He seems to have crammed more in his short life than a man twice his age.

The year after Dave was transported from Streetville in 1963, he got a job as a delivery boy at Lodge's IGA. He was 17 years old at the time. Two years later, he was store manager and by 1963 he owned the store.

The story of Dave's business career sounds like something out of "How to succeed in business etc." By 1965 he owned Erin IGA and three years later the Woodbridge IGA joined the family. By 1978 Dave had sold all his IGA's and settled on his farm near Ospringe to raise cattle.

However like most entrepreneurs, he couldn't sit still and re-purchased the Acton IGA in 1978. Now Dave also owns both Acton and Georgetown Jug City.

It doesn't sound as if Dave has much spare time for outside interests but he manages to keep busy. He's been married to Marnie for 20 years and they have four youngsters, Michael, 18, Shelley 16, John 14 and Tom 9.

The 45 acre farm no longer fosters beef cows and their calves but there's still a few horses and one goat.

Dave takes a very active interest in his family and youngsters. Travelling is his favourite holiday pastime and he says "we've been to most places in Europe."

In his "copious" free time, Dave plays softball and coaches his own Jug City team. He plays golf and would like to get back into curling. He's a member of the Rotary Club, Walker Lodge, the Guelph Shriners, Acton and Georgetown Chamber of Commerce, and Royal Canadian Legion. Dave has the distinction of being the youngest Rotary Club president in North America at age 21.

The future holds expansion for Dave in the area of the Acton IGA or more Jug City stores.

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