

# Tassel is on the run

A pair of Acton ladies are going to be getting a run for their money this week. Joanne Tassel and Audrey McCabe are going to be trudging almost 25 miles through the streets of Ottawa Sunday, during the Avon International Marathon.

Neither are newcomers to the sport of marathon racing.

"I started about two years ago," said Tassel. "I just started to put on a lot of weight so I started to run. I'd take my dogs out for exercise."

Tassel has since become a seasoned marathoner, with five races under her belt.

Some races she competed in just to finish, she didn't worry about how fast she finished. In others, like the upcoming Avon marathon, she tries to better her personal best time of 3:33.49.

It took many long hours and much training before she was ready to compete in a marathon. Even now she runs 70 miles a week in preparation for the race.

"I do easy days and hard days. If I'm going to run in a marathon I run 20 miles every few days," said Tassel. "If you set a goal of running a marathon you have to start training three months ahead of time. You can't just decide a week ahead of the race, you have to do a program and

run quite a bit or you'll never make it."

Running gets into your system she said. "If you enjoy it, the more you run it can get addictive," Tassel said.

This is more important to Tassel than most marathons. She is trying to make up for a less than satisfactory showing in the Hamilton Road-the-Bay-run. This is also going to be her last marathon of the year.

"I'm still going to run every day, just low mileage for fitness. It takes a lot of time to prepare for a marathon—I'm just going to think about next year," she said.

# Good sports

Going to summer school doesn't always mean hitting the books.

For some 220 students from Acton and Georgetown it means hitting the pools, basketball and tennis courts in the area.

The locals are all taking part in the second annual Halton Hills Sports and Fitness School, at both Acton and Georgetown High Schools.

"The main ingredient is fun, it the kids come out and have fun then it's enough," said Mike McMahon. "We're encouraging activity in a way that they can enjoy it as a lifetime pursuit they should start at this age."

The program, a co-operative between the Halton Board of Education and the Parks and Recreation Department is designed to show students from 6 to 14-years-old a variety of summer activities.

Four of the five days of the program the students take part in fitness activities, play basketball, soccer, football, lacrosse, volleyball and baseball. At the end of the day they take an hour out for a swim.

On the fifth day they travel to the University of Guelph to play tennis, badminton, squash and racquetball.

Despite the low cost of the program, only \$30 a week for eight hours of school a day, five days a week, McMahon said he is having difficulty getting

(Continued on Page B2)

## Free Press

# sports and recreation

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Second Section



Acton's Carol Bousfield watches as a Pineview player misses the ball in GIRLS soccer action at MacKenzie-Smith school. Pineview didn't miss the ball too often though they beat Acton 3-0.

## Chris is a Tiger around the net

Chris VanDam is a real tiger around the net. Last week VanDam booted five goals to lead Tigers to a 9-0 win over Rockwood in Acton Soccer League squirt play.

Steven Chlason, Chris Hayter, Shane Feenstra and Jason Higgins all scored singles for Tigers. Marcus Higgins and Kevin Pettipher both played a good aggressive game for the winners.

### LADIES

It didn't rain on their parade—just their soccer match.

Acton Ladies Laure Biffis scored Acton's lone goal as the locals tied Bolton 1-1 in a rain drenched GIRLS game.

Linda Richmond, Barbara Wright, Nicki Barends and Anne Trueman all put the pressure on the Bolton goaltender.

### FOXES

Acton Foxes proved too sly for Georgetown Blues as they humiliated them in a 7-0 rout.

Sue Mutch, Jane Trueman, Nancy Thomson, Pat Timmerman all connected on singles, Elke Zeitzeg split the pipes three times.

### ANGELS

Tigers know the trouble with Angels - at least on the soccer pitch.

Last week Bob's Angels blanked Tigers twice, beating them 4-0 and 3-0 in squirt house league soccer play.

Chris McGeragle booted a pair of goals, Harry Rinsma and Phillip Williamson each made good

with singles in the 4-0 win.

Erin MacDougall and Michale Kinnon looked good on the Angels' side. Karl Krasznal was flawless in the Angels' net.

In the 3-0 win Harry Rinama, Christopher McGeragle and Williamson scored for the winners. Trevor Solowoniuk, Anne-Marie Kinnon, Troy MacDougall and Shawn Reynolds played aggressively for Angels.

The Angels' squad also held Gunners scoreless, as they edged Gunners 2-0. Williamson and MacDougall scored for Angels, David Patey, Glen Patterson and Derrick Robson were standouts on the Gunners side.

### WOLVES

Wolves edged Cougars in a close 4-3 decision. David Thorpe tallied two times, Chris Graham and Sean Yamashita scored one goal each.

Brian Creasy had a pair for Cougars.

### NIPPER

Rockwood B's nipped Eramosa 7-6. Scott Verhagen booted a Texas hat-trick (four goals that is) Jamie Brock had a pair and Don Winter scored one.

### A BLAZE

Georgetown Tigers put out the fire as they beat Acton Blazers 4-1 in Acton Girls soccer play.

Catherine Kinnon scored for Blazers, as Acton put up a good fight against the strong first place Georgetown club.

(Continued on page B2)

## Metros wear tie in two ball games

Halton Metros must be fit to be tied. Their last two Acton Industrial Fastball League matches have ended in a draw. The Georgetown Independent/Acton Free Press club tied Roadrunners 4-4 and Halton Hills Furniture 8-8.

Dick Spear, Roy Spear, Tim Evans and Williamson all scored singles for Metros. Bill Sunstrum crossed the plate twice for Roadrunners. D. Richard and B. J. Legate scored one run each.

Williamson was good for two Metros runs in the 8-8 draw. Dave Mills, Dick Spear, Dan Engleby, C. Payne, Butch Jennings and Jerry Marshall scored one run each.

Bob Turkosz scored two runs for Halton Hills. Milt Ball, Bob Little, John Ahearn, A. Campbell, C. Dollmier and W. Vickery all scored one run each.

In other industrial action Grant Usher fanned 13 batters as his Harvey's Firestone Oldtimers squad defeated Fread Construction 5-2.

Usher started the game on the wrong foot, when the first batter he faced, Rick McArthur, pounded a homerun. Usher settled down quickly, and allowed only three more hits in the entire game.

Mike McGregor got on base with a single and scored Fread's only run.

Don Archibard scored twice for the winners. Vince Thornton and Jim James both scored one run each.

Gordon B. Dawe's Roadrunners made Desmonds look bad in a 10-3 trouncing. Don Richard, B. J. Legate and Chris Tennant, each scored twice. Bill Sunstrum, Hachey, Bill Routledge and Black each scored once.

Playoffs begin Saturday, but the final standings won't be decided until Thursday night because of the tight playoff battle.

Games are Saturday at 7 p.m. and 9 p.m. and Sunday at 2 and 4 p.m.

The first and second place clubs, Roadrunners and Metros receive a bye in the first round of the playoffs. The third place club meets the fifth and the fourth place team plays the sixth.

### Revenge

Acton Transmission goes a little overboard when it wants revenge.

Last week the Tranny boys lost the first game of their best of three Tri-county playoffs 9-6 to Ponsonby. In the second game Acton showed no mercy to the Ponsonby club, as they humiliated them in a 21-1 rout.

Scott Williams fanned 17 batters in the win and poked a double and a single. John VanDam pounded a homer, Craig Cadenhead belted a triple, a double and a single.

Paul Campbell connected for a double. Carl Yaroshak was good for four singles, David Hinz, Evan Hayter and Frank Katsileris and Shawn McFadden all landed a pair of one baggers. David Roden and Rob Murray had one single each.

John VanDam was steady at the plate in the 9-6 loss. He swatted a triple, a double and a single. Scott Williams and David Hinz poked a pair of one baggers. Shawn McFadden hit single.

The club was also a winner in the Ontario Amateur Softball Association playdowns as it won the first of its best-of-three series against Woodlridge 25-2.

Frank Katsileris was a terror on the mound as he fanned 15 batters for the win, he also scattered three singles. Murray, Cadenhead, Hinz, McFadden, Williams, Hayter, Van Dam, and Yaroshak all had hits.

### In Trouble

Double Trouble and Curling Club battled to a 19-19 draw in Acton Ladies Softball play.

Kathy McClure pounded two homers and scored twice more. Ann Miller cracked a pair of four baggers and scored another run. J. Berry hammered a homer and scored once more.

Brenda McGiloway hit a homer and scored three more runs. Ann Irwin, Doris Toebes and Judy Pink also scored for Double Trouble.

### Good start

Acton peewees got off to a fine start in their first game of the Tri-county playoffs as they beat Puslinch 11-1.

Spencer Smith, Mike Cunningham and Kevin Lobsinger each scored twice. Jeff White, Brad Demone, Randy McIntyre, Chris Cooney and Tom Bartolac scored once each.

Lobsinger fanned 14 batters in the win and was supported by solid infield play.

Things went just as well in the second of the best of three series as Acton dumped Puslinch 13-2.

Ormsby pounded a homer and a single, White, McIntyre, Smith, Bartolac, Lobsinger, and Cooney each chipped in with one run.

Lobsinger struck out nine batters for the win.

### Take a walk

Acton AB atoms believe in walking, not running to fastball wins.

Last week the AB boys beat Brookville 13-4 and 3-0 to advance to the second round of the Tri-county championships.

In the first game Brookville gave up seven runs on walks.

Mike Manuel, Todd Demone, Robbie Lockhurst, Mike Shannon, Geoff Burton, Marty McAfee, Brydon Gillis, Greg Waller, Troy Winters, Jason Piper

### acton ball

and Duane Schwartz scored for Acton in the first win.

In the second game Geoff Burton gave up a mere hit and walk and fanned 15 batters as Acton beat Brookville 3-0. Robbie Lockhurst, Jamie Lowrie and Troy Winters all scored for Acton.

### Suspense

Halton Hills Furniture and Appliances pee-wee girls like keeping the opposition in suspense.

Last week, in the first game of the best of three semi-finals, it took two extra innings before Acton upset league leading Maryhill 10-14.

Dianna Dunn went the distance for Acton. Gaynor Jenkinson pounded a three run homer for Acton.

### Manes the man

Jug City edged Bovis 7-6 when Fred Landry singled in the bottom of the final frame to score Bill Manes.

Mike Manes got the win, Bill Manes was credited with the save.

Bill Clarke scored three runs for the winners, Bob Doyle and Andy Dyc crossed the plate once each.

John Cadenhead put two runs in the book for Bovis. Denis Kirtin and Grant Karn and Ed Leatherland scored one run each.

Milton Greenworld picked up an easy two points when Desmonds failed to field a team.

A strong sixth inning comeback gave Foberts Real Estate a 3-1 win over Ridley's Firemen.

The Foberts side was down 1-0 until Clint Peacock and Frank Oudeslays put them on the scoreboard. Tom Chesney put things away when he scored Foberts' final run.

D. Fereson scored for Ridley's off a single from Chris Tennant.

### Almost there

Indusmin pee-wees are almost there.

The Halton rural club dropped Hornby in two games straight to advance into the finals. Acton beat Hornby 3-2 and 17-5.

In the first game pitcher David Haynes and fielders Mike Arbie, Mike Baker, David Paul, Peter Cargill, Cyril Nibbs and Chris Lewis put up a strong defense for Acton and had the game tied 2-2 at the end of regular innings. In the tenth frame Troy Nolan laid down a bunt to score Mike Baker and give Acton the 3-2 win.

Acton suffered through two rainouts before beating Hornby 17-5.

Haynes again was the best on the mound, as well as poking a triple. Cargill also cracked a three bagger. Nolan, Nibbs, Baker, Paul, Brett Auger, Sean Fitzgerald and Arbie scored for Acton.

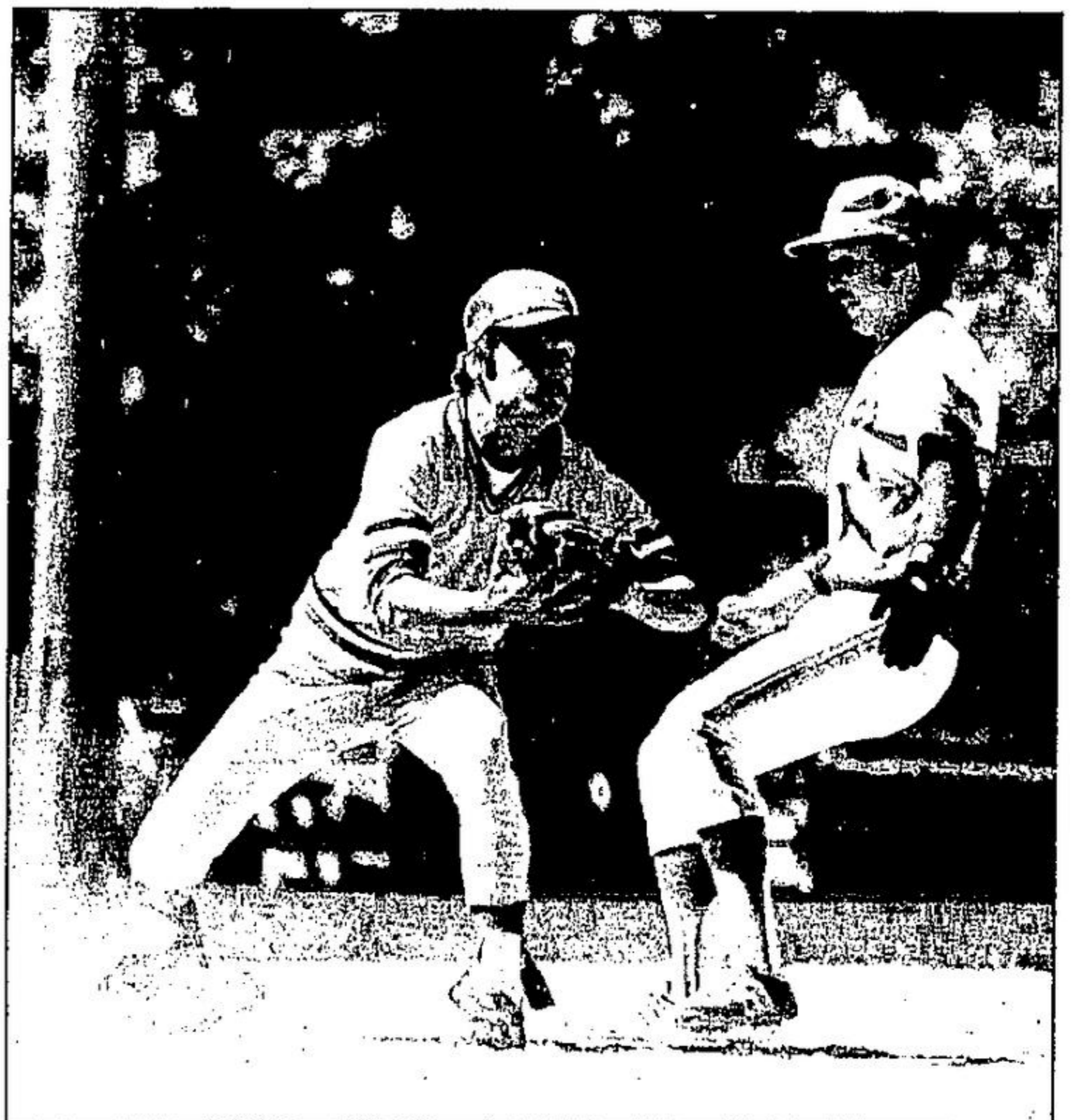


He's out... cold. A Metros runner looks like he's unconscious as he slides in safely past catcher Don Richard in A.I.F.L. play last Sunday.



## Flip Flop

Area gymnast Sarah Aggias was a special guest of the Summer Program Gym Camp and the Halton Hills Sports and Fitness School on Friday. Sarah currently ranked fifth in Canada, demonstrates some moves and then went through her routine for the youngsters.



Gotcha! Roadrunners' Gary Moore looks like he closed his eyes while making the catch, but he still was able to put out Metros' Floyd Hillier. Metros and Runners tied the game 4-4.