



Halton Hills Mayor Russ Miller will be participating in the ParticipACTION challenge next Wednesday, May 16 and he is hoping that all residents of Halton Hills do their bit to get fit. Mayor Miller

got in a few push-ups in preparation for an extra long walk on 'Challenge Day'.

Halton Hills set for ParticipACTION

Residents of Halton Hills don't let a challenge go unnoticed, and that suits the Halton Hills Recreation Department.

Halton Hills has been challenged by Red Deer, Alberta to put up or shut-up about the athletes and physically fit people who live here. They have been made part of the ParticipACTION Challenge that will take place on Wednesday, May 16.

For the residents of Halton Hills it is a chance to prove they are as physically fit as those in any community and it doesn't mean by running a four minute mile. The challenge came from Mayor McGhee of Red Deer and states simply that "Each community will endeavor to motivate its citizens to participate in any physical activity that makes your heart beat faster, such as walking, jogging, swimming, cycling for 15 continuous minutes at their own pace. The amount of time rather than the distance or speed is the important thing."

Some 65 communities across Canada all the same size as Halton Hills, will compete with Red Deer in the ParticipACTION event hoping to get the majority of their citizens involved. Last year some 650,000 Canadians took part and Halton Hills is hoping to add another 35,000 to this year's total.

All Halton Hills residents have to do is take in 15 minutes of continuous exercise on

Wednesday, May 16, and then phone in to the Neilson's Hotline at 873-1091 and report.

Mayor Russ Miller enjoys walking and exercises that way whenever possible. He'll be one of the many that will be reporting in. "I endorse the program," admitted the Mayor, "everyone should at least walk." The Mayor is contemplating doubling up on his distance for that particular day, "it's a good idea for everybody."

Several groups are planning special activities for the day. The recreation department has contacted the schools about participating while several other groups have come forward and stated they will run activities. The Georgetown Track Club has organized a 'Fun Run' for that day beginning at 8:45 p.m. at the high school and everyone is welcome.

The Georgetown YMCA will be running fitness programs while the Hornby Girl Guides and Georgetown Klansmen will also be involved. Free swims will be offered that night at both indoor pools.

Groups can pick up registration forms at J-T Sports, North Halton Sports, either Halton Hills Recreation office or The Acton Free Press/Georgetown Independent offices.

Remember 873-1091 on Wednesday, May 16 and do your 15 minutes of exercise.

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Looking for lacrosse? Meeting at arena May 7

Lacrosse may be coming back to Acton. On Monday May 7 at 7 p.m. there will be a meeting held at the arena for anyone between the ages of seven to 15-years-old who wants to learn the game.

Mike McMahon, who is organizing the meeting, said there will be a minimal

charge for those who want to play.

Registration will follow the meeting if there is a suitable response to the proposed program.

For further information call Mike McMahon at 853-3218.

Two records broken at Neil McNeil games

TRACK

The Redmen track and field team made a tremendous showing last weekend at the Neil McNeil track meet in Toronto breaking two school records.

Doreen Uranick was the star of the day setting a school record by winning the Senior Girls' 1500 metre event with a time of four minutes, 35 seconds and she also took second in the Senior Girls' 400 metre event with a time of 58.2 seconds.

George Gidman recorded the second record breaking performance by placing second in the Senior Boys' 400 metre event with a time of 49.9 seconds. Gidman also placed fifth in the Senior Boys' 100 metre dash event with a time of 11.38 seconds.

Teresa Dunn followed the runners performance with a good showing in the Senior Girls' shot-put with a throw of 10.31 metres for a first place finish.

Susan Craig placed sixth in the Midget Girls' 80 metre hurdles with a time of 15.58 seconds.

Vicki Wainwright finished in the Midget Girls' 80 metre hurdles with a time of 16.93 seconds and in the Midget Girls' 100 metre event she finished with a time of 15.55 seconds.

Darryl Bartlett slipped over the finish line with a time of 15.97 seconds in the Midget Boys' 100 metre event and in the Midget Boys' 400 metre event he crossed the line with a time of 57.18 seconds.

Maria Brillinger ran the Midget Girls' 1500 metre event in five minutes 43.2 seconds, Susan Craig recorded a time of 73.4 seconds in the Midget Girls' 400 metre event, Pam Mahal had a time of 65.56 seconds in the Junior Girls' 400 metre event, Dave Ruse ran the Midget Boys' 400 metre event in 65.9 seconds, Dave Mahal recorded

a time of 74 seconds in the Midget Boys' 400 metre event, Mike Hannah crossed the finish line with a time of 61.45 seconds in the Junior Boys' 400 metre event and Gord March finished the Senior Boys' 400 metre event with a time of 52.96 seconds.

Vicki Wainwright, Maria Brillinger, Laurie Haddon and Susan Craig recorded a time of 58.2 seconds in the Midget Girls' 4x100 metre event.

Dave Ruse made a good showing in the Midget Boys' shot-put with a throw of seven point four metres, and Walter Kroezen jumped 4.34 metres in the Midget Boys' long jump.

Also in track and field the Redmen journeyed to the Rebel Relays where another school record was broken.

In the Senior Girls' sprint medley Pam Mahal, Teresa Dunn, Maria Brillinger and Doreen Uranick broke the former school records by eight seconds with a time of four minutes, 17.46 seconds. The Senior Boys' also ran well in the event with the team of Gord March, John Kwiatkowski, Darryl Bartlett and George Gidman crossing the finish line with a time of three minutes, 43.09 seconds.

RUGBY

The high school Rugby squad hosted two exhibition matches last week and in five matches the Redmen managed to come up with three wins and two losses.

On Thursday both the Senior and Junior teams hosted Georgetown and the Seniors devastated their opponents 16-3 while the Seniors managed a 4-3 win.

On Friday Humberview took on the Redmen and in the Midget action the local squad was defeated 20-10 while the Juniors pounded their opposition 16-3. In the Seniors' edmen lost out 20-3.

encouraged to try out for one of the teams.

The league games are scheduled for Mondays, Wednesdays and Thursdays at M.Z. Bennett school and Tuesdays at Robert Little School.

The players range in age from 18 to 50-years-old added Mrs. Smith and she anticipates a competitive season with a tight race for the league championships this September.

This year's executive is: Jackie Phelan, president; Cheryl DaPonte, vice-president; Sue Robson, secretary; Heather Ferguson; treasurer; Janet Marshall and Sue Stone, reporters; and Karen Smith is the contact person.

Costs per player to join the league average around \$30 said Mrs. Smith and for further information interested people can call 853-3771.

The league's Curling Club Tournament is scheduled for July 7 and 8 and the Championship Tournament will be held September 8 in Limehouse.



"You're safe," said the umpire, as Roy Spear slides into home plate. In the Industrial league's season opener between Fred Construction and Canadian Tire on Sunday.



Steve Sheppard and Jimmie Wheeler both made a terrific showing at the Ontario Wrestling Championships on Saturday as they both took third spot in their respective divisions and ensured themselves a berth in the Canadian competitions later this month.

Wrestlers win bronze medals

The George Vanier school in Toronto was the scene of the Ontario Wrestling Championships on Saturday and two McKenzie-Smith wrestlers brought home bronze.

Steve Sheppard and Jimmie Wheeler knocked out all but one of their opponents to take third place in the event and ensure a berth in the Canadian Championships in Mississauga.

Both wrestlers have been hitting the mats for two years now and Sheppard who is in the 33.5 kilogram class, and Wheeler who is in the 41 kilogram class feel they can bring home more medals at the Canadian games.

Sheppard said he lost his first match at the Ontario meet and then took his next three opponents to the floor for two wins and third place.

Wheeler said he also lost his first match and then came back to defeat his next three opponent. Wheeler also challenged for second place but lost the last bout to remain in third spot.

McKenzie-Smith school also sent Julian Ashworth, Greg Wagner and Troy Foster to the meet where they attained fourth place finishes in their respective categories.

John Nealey, Allan Boyle and Paul Glass also put in strong performances.

Ladies' ball rolling

The Ladies' Recreational softball season got underway yesterday (Tuesday) as the first pitch of the year was thrown at the Robert Little School diamond.

The six team league is being run pretty well the same as last year with the exception of a new team in the league and a new first base bag explained the league's contact person Karen Smith.

The new team, the Black Brigade, will replace the Rockwood team which folded last season. The Curling Club, Marauders, Double Trouble, Goldiggers and Ballinafad will be back again this year.

The new first base bag is a safety precaution said Mrs. Smith who noted that many of the injuries in the sport are caused by collisions between the runners and the first base man. The new, bright orange bag will sit beside the traditional white bag and the runners will tag the orange bag and the first base man will tag the white bag.

There are between 15 and 20 players per team continued Mrs. Smith and, while most teams have a full roster, new players are

Junior ball club looks forward to a tremendous season

Despite losing two valuable players last year the Acton "A's" Junior Ball Club are anticipating a tremendous season.

Steve Marshall, the team's coach and manager, said that last year they finished third overall in their league, first in the Ontario Junior Championships and 10th in the Canadian National Elimination rounds and in their second season of play the team should move right up in all three competitions this season.

The two players who had to leave the team because of age requirements will be moving

up to coach this year said Marshall and the team is looking at several replacements.

"Right now, it looks like we'll carry 20 players," remarked Marshall, "although we are allowed to carry 25 players." The team will play clubs from Guelph, Waterloo, Cambridge, Maryhill, New Hamburg, New Dundee, Inverkip, Norwich and Bright.

Marshall also added that it doesn't cost the players a cent to play.

The season opener will be May 7 against the Waterloo Club which finished fourth in

the league standings last year.

The "A's" will be playing their home games at Prospect Park and on July 28 the Acton squad will host the league's All Star Tournament.

Marshall also commented that the team has obtained a really good pitcher from Milton and the team is still looking for a good clean-up batter to replace one of the overaged players.

For further information interested people can call Steve Marshall at 883-0156.