



BOB DANIELL is justly proud of his accomplishments. Here Bob poses in front of just some of the awards he has won as a competitive runner...

By Bob Daniell  
The jogging craze continues unabated throughout Canada and the United States. Men and women of all ages have taken to the roads and sidewalks to improve their physical and mental health and perhaps, to deflate that spare tire that continues year after year to increase in size.

class? However these questions often go unanswered because they are unaware of the local organizations that exist specifically for this purpose - to promote fitness and well-being through running, to encourage participation in age class competition with the accent, not on winning, but on steady improvement in performance. Hundreds of Ontarians have left the ranks of the joggers to become competitive runners and the number of local meets which cater for the age-class athlete are steadily increasing.

Athletes who are over 40 years of age are broadly categorized as "Masters" and those in the 30-39 age group are "Sub-Masters". (Ladies Masters events begin at age 30.) Within the Masters division, events are held in the age groups 40-44, 45-49, 50-54 and so on. The main organization, dedicated to age class athletics is the Canadian Masters Association, whose president is Mr. Don Farquharson. This organization sponsors several meets during the year including the Ontario Masters Track Championships which are held during the summer and the Ontario

Masters Indoor Track Championships held during the winter months.

Last summer Canada hosted the first World Masters Championships in which hundreds of athletes from Canada, U.S.A., Europe, Britain, Australia and New Zealand competed at Etobicoke Centennial Stadium. The World Championships will be held every two years, the next being in Sweden in the summer of 1977. Another local organization which promotes age-class competition is the Metro Toronto Road Runners Association (MTRRA). This association was formed approximately five years ago and membership has increased every year.

The MTRRA has an annual membership fee of \$5 and this includes fee entry to 10 road races during the membership year. These range in distance from 10,000 metres (approximately 6 1/2 miles) to the Marathon (26 1/2 miles). Medals are awarded to the first three finishers in six age groups (juniors, senior, submaster, master, equivo (over 50 and ladies.) I will be pleased to provide additional information

# The challenge must come from within

on these and other activities to anyone who is interested.

How does one become sufficiently fit to compete on the track or on the road? The first step in the quest for competitive fitness is the medical check-up. It is advised that persons over 30 have an ECG (electrocardiogram) and those over 40 should have a "stress" ECG (an ECG taken while exercising). The Georgetown hospital has the equipment to take a stress ECG.

The next step is simply to start jogging. Comfortable running shoes should be worn with a thick sole for good cushioning and they should have a good arch support. The initial workouts should be carefully regulated so that no overstress occurs. These should be limited to a maximum of two miles (for those already in fairly good shape; less if not in good shape) and should contain periodic intervals of walking. Under no circumstances should you allow yourself to become overtired or out of breath. If your breathing increases to the point that you cannot carry on a normal conversation while running, you are overdoing it. Also if your legs become overly stiff as a result of this exercise, again, you are overdoing it.

Following this routine you will soon be able to jog the full two miles without stopping or walking. Once you have reached this stage, i.e. jogging 10 to 15 miles a week, increase the weekly mileage by 1 mile every two weeks. This doesn't sound like a very large rate of increase but it soon mounts up so that after one year the weekly mileage has increased by 25 miles, after two years by 50 miles and so on.

This running is done sufficiently hard to ensure a good training effect but, again, should not be overdone to the point that conversation cannot

take place while running. Mileage is more important than pace and this form of LSD (long, slow, distance) running is practised by many world class distance runners.

After one year, when training mileage has increased to approximately 35 miles per week, the intensity (or pace) of the running effort can be increased periodically i.e. speedwork, but this is not

essential if distance running is your goal.

The sprinter may elect not to increase his mileage any further. The middle distance athlete may decide to develop towards a 50 or 60 mile per

At this point, endurance will have increased to the point that you have probably left the ranks of the jogger, and have become a runner. There is not a fine line between jogging and

running but it is usually considered that if your training or racing pace is faster than seven minutes per mile you are a runner. The pace will naturally reduce for the older age classes. Athletes who have become "runners" are particularly sensitive to being called "joggers".

I started jogging using the above principles 3 1/2 years ago at age 34. I was reasonably fit at the time but was overweight and getting less fit year by year. I found, using a slow jogging pace I had no trouble completing the two-mile daily run without undue strain.

By the end of my first year of jogging, I had increased my training to 40 miles per week. I had lost 25 lbs. and had run 10 miles around a track in less than one hour.

By the end of the second year, my 10-mile time had been reduced to 54 minutes (MTRRA 10-mile road race) and my ability to race over longer distances was increased.

In my third year I ran 30 kilometres (18 1/2 miles) in a hour, 45 minutes and at 3 1/2 years, I ran my first marathon (26 1/2 miles) in 2 hours, 35 minutes.

I am still averaging one mile increase every two weeks in training and now try to run approximately 70 to 100 miles per week. Once this level of effort is achieved it is usually necessary to train twice a day and finding sufficient time to train is often a problem.

(Nevertheless, since mileage is more important than pace to the distance runner, a World class marathon runner now finds he or she must run 100 to 140 miles per week to remain competitive at the world class level. However, it is doubtful that mileages in excess of 150 per week are particularly beneficial.)

The level achieved by a



The finish line at last. Bob was entered in the second annual Ottawa Marathon and placed 42 out of 534 runners.

competitive athlete is limited only by the training effort expended and because of the development of organizations dedicated to age class athletics, Masters, Sub Masters, and Esquires now have new reasons to remain competitive.

The accent continues to be on participation and improvement rather than on winning and because of this, competitors are relaxed and informal without the competitive stress normally associated with championship meets.

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## Rams open on losing note

The Acton Rams of the OLA's Junior "C" Central Division made an inauspicious 1976 debut last Wednesday evening in Dundas, when they dropped a 14-8 verdict to one of the league's new members.

namely the talking of too many penalties-served to frustrate the Acton squad in its initial tilt.

Midway through the opening period, the Rams had built up a 4-1 lead but then their game fell apart and Dundas walked off the floor with a 5-4 first period lead. The Rams didn't get untracked in the sandwich frame either and found

themselves behind 10-5 after forty minutes of play. Defensive lapses rather than poor goaltending allowed Dundas to build up the lead and although the Rams came up with a stronger effort in the final period the margin of difference proved just too great to handle.

Doug Taylor was in the Rams net until the midway point of the third, when he was replaced by John DeCourcy. Steve Wilson and Ron Turkosz led the scoring parade for the Rams. Turkosz potted a hat trick to go with two assists, while Wilson hit for two markers and notched three assists. Single counters for the Rams were added by George Artem, Bill Mathieson and John McDonnell.

The Rams open their 1976 home stand this Thursday, when they host the Rexdale Warriors. Game time is 8:30 at the Acton arena.

### ACTON RAMS 1976 SCHEDULE HOME (GAME TIMES 8:30 p.m.)

- Thurs. May 13 vs Rexdale
- Mon. May 17 vs Owen Sound
- Thurs. May 20 vs Windsor
- Mon. May 24 vs Mississauga
- Thurs. June 3 vs Dundas
- Thurs. June 10 vs Orangeville
- Thurs. June 17 vs Rexdale
- Thurs. June 24 vs Dundas
- Thurs. July 8 vs Mississauga
- Thurs. July 15 vs Huntsville
- Thurs. July 22 vs Orillia

### AWAY

- Wed. May 5 at Dundas 8:30 p.m.
- Thurs. May 27 at Owen Sound 8:30 p.m.
- Sun. May 30 at Mississauga 7:00 p.m.
- Wed. June 16 at Dundas 8:30 p.m.
- Sun. June 20 at Orangeville 2:00 p.m.
- Tues. June 22 at Rexdale 8:00 p.m.
- Sun. June 27 at Windsor 2:00 p.m.
- Fri. July 2 at Rexdale 8:00 p.m.
- Fri. July 9 at Orillia 8:30 p.m.
- Sat. July 17 at Huntsville 8:30 p.m.
- Sun. July 25 at Mississauga 7:00 p.m.

## Falcons round into shape

The Georgetown Falcons are slowly rounding into shape as their 1976 season looms ahead.

According to coach Joe Cairns the potential for winning is still needed before that potential can be realized.

Twenty possible first teamers have already been inked but the draft will be separated from the wheat this week as two exhibition tilts have been scheduled. Thursday night at Cedarvale (game time, 8:45) the Falcons will face Neerlandia, while on Sunday at Cedarvale, the local favourites will go against Oakville Portuguese. Sunday's game will get underway at 10:30 a.m.

The Falcons are still attempting to enter a team in the Intercounty League but to date have run into opposition. They have not given up hope however on being given a chance to operate in that league.

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## Skaters succeed on Test Day

Following are the successful skaters who took part in the Georgetown Figure Skating Club's Test Day held last Wednesday at the Gordon Alcott Memorial Arena.

Intermediate Club Free Skate: Cathy Smeaton.  
Preliminary Figure: Cheryl Thompson, Judi Petrlich, Deborah Gilbert, Susan Cameron, Barbara Treviranus, Carole Johnston, Donna Friesen.  
Bronze Free Skate: Tom Simpson, Karen Sparkes, Kimberly Grummett.  
Dance Tests: Julie Ann

14-Step: Ron Sparkes, Tom Simpson, Tricia Splitzer, Mark Snow, Teri Lamb, Stephen Percival.  
European: Karen Sparkes, Fox Trot: Lesley Shanks, Sonja Pettingill, Jo-Anne Shannon.  
Tango: Janet Shepherd.  
American Waltz: Kelly Barber.  
Rocker: Carol Ann Lovell.

Swing Dance: Laura Gordon, Deborah Gilbert, Elise Mosher, Terry Major, Sharon Nell, Debra Dougal, Susan Cameron, Deborah Newman, Carole Johnston.  
Fiesta Tango: Kimberly Thompson, Deborah Duff, Joanne Searle, Heather Rogers, Jonathan Duff, Carol Snow, Cathy Smeaton, Judi Petrlich.

## GDMHA meeting this Sunday

The conclusion to a successful season will come for the Georgetown and District Minor Hockey Association at the annual meeting coming up this Sunday, May 16.

A review has been made of the past season by the executive and this, along with input from the managers and coaches, has led to a number of proposed constitutional

amendments to be put forward at the meeting. The election of an executive for the upcoming season will also take place.

This is an excellent opportunity to find out how the league operates and to voice your opinions. So plan to attend. Remember the date, Sunday May 16 at 1 p.m., at the Gordon Alcott Memorial Arena.

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## Can halt baldness Finnish scientists say

LONDON (Reuters) - Two Finnish scientists say they have developed a scalp treatment that can halt baldness and even start new hair growing in many cases.  
The scientists, who are putting the treatment on sale in the form of a solution, say that among volunteers who applied it to their scalp for 28 weeks, hair growth resumed in 60 per cent of the cases and hair loss decreased within four weeks.  
The claim, however, was

fructified with initial reservation by some medical experts.  
The product contains a synthetic detergent, which clears away dead hairs and other dirt clogging the follicles. The tiny sacs in which hair grows.  
Another ingredient, a compound, then sets in motion a process which allegedly results in the growth of new hair.  
For further information write to Finnish Scientists, Box 113, Adelaide St. P.O., Toronto, Ont. M5C 2H8.

Halton-Burlington Provincial Liberal Assoc.  
**ANNUAL MEETING**  
8:00 p.m.  
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