

# Shape up Halton Hills runners! Mayor's race coming in six weeks

If you haven't started training for the Halton Hills Mayor's Race June 14 it may be too late to start now - that's if you want to take the race seriously, Georgetown marathoner Bob Daniell says.

Those already in shape can step up their pace in preparation for the third annual running of the local Road Race but those sporting winter-weary tendons, ligaments and joints might want to watch from the sidelines.

Daniell, who is on the four-member Mayor's Race committee says competition is a tremendous stress on the system. He says that some

people may feel that eight to 12 weeks is enough to train for the race, but not if you want to run at 100 per cent of your capability.

People should set their goals on what type of pace they want to run for the race and try it out before June 14, Daniell says. Within the first two or three months of training the leg muscles will still be tight because they are not used to running at a quickened race-style pace, he says.

**TRAINING METHOD**  
Those who want to prepare themselves for running a road race or marathon should start practice training



Bruce McIntyre stands with Mayor Pete Pomeroy accepting his trophy for winning the Mayor's Race for the second year in a row. (Herald photo)

for one half hour per day and try alternating walking with running. For a 5.5 kilometre race a person who runs two or three miles per day should be in good condition to finish the race, Daniell says.

The race this year consists of a 5.5 kilometre and a 11.0 kilometre run. The Town of Halton Hills Recreation department and the race committee have initiated some new changes for the 1981 race. There will be a pancake breakfast offered for the participants after the race for a nominal fee at Gordon Alcott where the race starts and finishes.

Another new addition to

the race is a colored-coded registration system for the various age groups which should speed up the tabulations at the end of the race. The trophy presentations should be speeded up because of the color-coded 'tabs' the racers will wear on their T-shirts, Daniell says.

**200 RUNNERS**  
The committee is expecting a good field for the race, Daniell says. There is some concern that some athletic magazines are still advertising the old starting date, June 7, when the race has been changed to June 14. Some out-of-town runners would be affected if they do

not find out the correct date. The 11.0 km run is an open race while the 5.5 km run is for Halton Hills residents only.

Last year there were 140 participants in both races, but there could be as many as 200 runners this year, Daniell says.

Temperature always seems to be a factor in long-distance races, Daniell says. On a hot day it is important that people drink a lot of fluids - even for a 5.5 kilometre race, he says. There will be water provided at different spots along the Mayor's Race. On a hot day you can lose as much as 10

pounds and one gallon of water running a marathon, Daniell says.

The road race committee consists of Jennifer Linton, Bob Daniell, Joy Gwillam and Courtney Warner. There are six categories for the Mayor's Race for the 5.5 km run. The Juniors consist of boys (under 12) and girls (under 12), Teens are boys (13 years to 18 years) and girls (13 years to 18 years). Seniors are considered 19 years to 39 years for men and 19 years to 34 for women.

**TROPHIES OFFERED**  
Master runners are men 40 years to 49 while women Masters are 35 years to 49.

Esquires are men and women over 50 years of age. There is also a team entry for an adult and junior for the same family.

In the 5.5 km race a trophy will be awarded to the first place male and female in each category while medals will be presented to the second and third finishers in each category. A trophy will also be awarded to the youngest-oldest competitor and the first male-female overall to complete the race. All entries who complete the race will receive a certificate.

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## Overage veterans awarded their Acton Sabre sweaters (and more...)

The 1980-81 Acton Junior B Sabres held their final get together as a team last Friday before overage players move on to other pursuits. During their awards banquet at the Acton Legion hall the players, coach, fans, and members of the executive said their good-byes and honored each other with accolades for the excellent job they did in icing such a competitive squad during the past season.

Eight individual awards were handed out to Acton Sabre players for their excellence throughout the season as well as the recognition and tribute paid to coach Jules Russiani and members of the executive for their hard work throughout the season.

Starting off as a recipient was Glenn Murray who won the honors of most points per season. He was rewarded with the William Campbell trophy presented by Mrs. Carol Campbell.

**MIP TWICE**  
The Most Improved Player award went to Barry Trood who was also selected by the Central Junior B league as MIP. Vice-President Ray Graham made the presentation.

The Lady Gerth trophy, named after Acton's first secretary and presented for a player showing a good mental attitude and sportsmanship was given to captain Pat Fung. Mrs. June Gerth in person made the presentation.

The Basil 'Fuzzy' Mellon trophy is presented to the Acton player who is considered the most outstanding graduate from minor hockey. Mark Duval won those honors and was presented with the award from Harold Townsley from the Acton Minor hockey association.

The Fisher Memorial trophy for attitude, sportsmanship and ability was given to Dave McGilloway by Mr. Sonny Townsley (a lifetime member of the Sabres). The President's Cup was given to Denis Charbonneau

and Bob Allsop and presented by Acton Sabre president Frank Allsop.

The McPhail-Marshall award, named after Acton's first president and vice-president was presented to Wayne McDougal by Mr. Bill Dawkins, the first coach of the Sabres. He was heralded as being a "rookie-of-the-year who played like a veteran."

**CRAZY LEGS**  
Steve Miller was presented with the James Gordon award for the best team player. Known as "Mr. Hustle" and "crazy legs" by

teammates and coach, Miller has made the reserve team of the Toronto Blizzard and could see action this summer with the team. Jim Gordon (no relation to the donor) was on hand to make the presentation.

Goaltender Steve Kruk who is now overage with the Sabres was singled out for honorable mention for his efforts throughout the season. All of the players leaving the team due to overage were presented with their old sweaters as personal mementos of their time spent with the Sabres. The

team as a whole gave Sabre coach Jules Russiani a combination plaque and pen holder set as a token of their appreciation for his efforts during the year.

**OVATIONS**  
The Sabre who prompted a standing ovation for his excellence throughout the season was winger Glenn Murray. Coach Jules Russiani made the presentation to Murray for winning the Molson's Golden Most Valuable Player award. Russiani said

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## Town completes final list for recognition awards

Final examination of candidate requirements by the Honors and Recognition selection committee have been made for the Town of Halton Hills' awards banquet.

The dinner and presentation night will be held May 13 at Gordon Alcott arena and our athletes who have gained recognition on a provincial level will be in the limelight.

The following are a list of athletes who were not part of the original list published in last week's edition of The Herald: Rob and Sue Masson for their swimming accomplishments. Teresa Dunn, Grant Richardson, Roger Gervais, Sharon Pehyk, Nikki Carney, Jan Emmerson, Ethel Hardman for bowling plus the bantam bowling team of Phillip Hughes, Barry McLenn, Brian Franks, Glen Kaiser, Mark Miller and Gary Hale (coach).

The Georgetown Baseball association tyke boys will be honored for reaching the tyke provincial finals. For

increase coach John McCauley and minor leaguers Wesley McCauley, Shannon Finn and Rod Pasma will be presented with medal pins for reaching the Ontario finals in the tyke

division. Wrestlers Bob Sweezie, Gord Savage, Dave Power, Doug Gillespie and Wayne Morrow along with coach Bob McKay will also be honored.

## Intermediates decide cooperation better than confrontation

Finn Poulstrup of the Raiders has been an extremely busy executive member this past week. Not only has he attended a league meeting last Wednesday but also the annual OHA convention in Toronto on Saturday.

Poulstrup, who is the first vice-president of the Raider executive came away from both meetings with a measure of enthusiasm. He travelled to Collingwood for the Intermediate 'A' league meeting. There was really good cooperation at the end of the meeting, Poulstrup said.

Speculation of the Intermediate 'A' league folding seemed premature and instead many of the teams offered their support in continuing the league. Poulstrup made an interesting presentation to the league about the possibility of printing pocket schedules such as the Toronto Blue Jays have for their league. A general sponsor would have his ad on the front while the inside pages could be reserved for local advertising in each of the hockey towns playing in the league.

**ENTHUSIASM**  
The team representatives were enthusiastic about the idea. Poulstrup says he has a verbal commitment from a sponsor and when procedures are formalized he will announce the name.

Dave Kentner, general manager of the club also made a presentation about the possibility of an all-star game. Poulstrup says the Raiders, or whoever are the league champions would play against an all-star selection from the Intermediate 'A' league. Further consideration of the matter will be pending at their next league meeting in July.

Poulstrup also mentioned the possibility of Brampton playing in the Intermediate 'A' league. Apparently a

gentleman named Pete Whitaker who used to coach the Orangeville Cougars of the Intermediate 'A' league two years ago is interested in starting his own Brampton franchise.

Whitaker has 11 people working with him to accomplish this goal but details won't be known until June 3. There is some consideration about finding an adequate arena.

**PORT ELGIN IN**  
Around the league it looks as if Port Elgin will stay in Intermediate hockey while Barrie should also be back in the league. For Barrie to join the intercontinental league they must guarantee a certain amount of ice time and apparently the town will not support them, Poulstrup said.

Midland is angry but will stay in the league even though they voted against the new league convener, Debbie Brown, a manager of Barrie's television station and former league official. Poulstrup does not share Midland's feeling and says Brown will do a good job because she is a "fantastic organizer".

**OHA CONVENTION**  
But the meeting that has Poulstrup enthusiastically eyeing the future was last Saturday's OHA convention. The time spent in Toronto proved to be eventful as it seems that such teams as Milton, Rockton, Dunnville and Paris are somewhat interested in joining the Intermediate 'A' league.

Apparently the four teams are upset with the import rule which limits the amount of talent they can bring in to play for their town. In the Intermediate 'A' league there is no such import restriction.

Poulstrup said that if teams such as Milton and Dunnville decided to join the league there could be a



Competing in East Germany earlier this month, Georgetown resident Sara Aggiss is seen here at the opening ceremonies with the Canadian delegation. The team is led by an East German flagbearer followed by Sara and her fellow teammates and coaches. Behind Sara are Ann Marie Deserres, Nigel Rothwell, Frank Nutzenberger, Bonita Hope (Women's national coach), Tom Zivic (Men's national coach), Lenki Strathmayer Canadian International Judge. To the right is Sara finishing her floor routine in a recent local meet.

### Sara returns from E. Germany

## Aggiss, Canadian team moving up gym ladder

Competing for the Canadian team, gymnast Sara Aggiss of Georgetown returned from competition April 10 and 11 in Cottbus, East Germany placing an impressive 17th in her overall performance.

There were 37 women gymnasts at the meet held just outside of Berlin for the two day event. Many of the top countries were represented such as Russia, Rumania, Czechoslovakia, East and West Germany, Japan plus the United States and Canada.

In the first day of competition Sara placed fourth on her floor routine which enabled her to advance to the finals the next day. In the finals Sara finished seventh on her floor routine. She also placed well in the beam and

was classified as a second alternate on the beam which meant that if someone had hurt themselves Sara would have replaced them.

For the Canadian team as a whole it was one of their best placings in recent years. Each team member reached the finals in each event. Sara's next big meet will be the provincial finals May 9 and 10 in London, Ont.

southern division created which would serve a number of advantages to Georgetown and the league. In a nutshell, there would be the following positive factors, Poulstrup says:

- intercommunity rivalry
- fans have something else to look at; expand the competition with more hockey to see
- save money in travelling for league and team
- more local players might be

tempted to play in a southern league with less travelling. The OHA also discussed a rise in fees to offset the deficit costs the Canadian Amateur Hockey association has incurred.

## Senior gymnasts place second at OFSAA

### Dave Bootle takes individual crown

By HAROLD BRANSCH  
Herald Correspondent

The GDHS boys' gymnastics team had their best showing ever last Friday and Saturday when they competed at the OFSAA (provincial) championships. The seniors placed second in Ontario behind last year's champions Algonquin.

Excellent performances by Steve Brown, Scott Ball, John Thorpe, Brad Ferguson, Peter Morris, George Farrow, Duane Wilson and Dave Bootle accumulated a score of 133.95 points.

At the finals, teams from all over Ontario gathered in North Bay to determine the

best team. Algonquin, who hosted the meet, won the senior division with 144.3 team points followed by the Georgetown seniors. Third and fourth belonged to Adam Scott and Lakefield respectively, both from Peterborough.

The junior team unfortunately didn't place in the top three, due to its inexperience.

Individually, Dave Bootle's incredible first place finish in the senior all-round was a significant



Dave Bootle

factor in the senior's second place finish. To achieve his first place in Ontario standing Bootle racked up firsts in the senior pommel horse and vault, second on the parallel bars, fifth on the high bar and sixth on both the rings and floor.

Going to the Ontario, Bootle was hoping that his training since October would get him a placing in the top three, leaning towards second or third. He said as the meet progressed he was reaching for first but was not

sure of his victory until, through the Algonquin coach, he found out that his nearest competitor from Algonquin was more than two full points behind him.

The only other Rebel gymnast competing in the senior all round was John Thorpe who combined for 41.40 points.

There was only one junior all-round competitor from Georgetown, Kevin Kotani, who in his first year of competition placed 13th in the province. His total score added to 36.6.

Other strong junior individuals were... Continued on page B3



### A COACH'S TIP

GBA Itep team coach Rich Lorito shows John Brooker some helpful hints on playing in the outfield last Saturday afternoon at the Georgetown Fairgrounds. It's tryout time of the year for the various baseball teams with game schedules just around the corner. (Herald photo)