

Track star John Warnock has to prove himself all over again

John works hard adjusting to new school and country

By DAVE JONES
Herald Special

HUNTINGTON, WEST VIRGINIA (U.S.A.) — One cold, wintry day last January, 1981, John Warnock hopped into a car for a 12-hour drive to Johnson City, Tenn.

He had no special plans, aside from running in the prestigious Eastman Invitational at the East Tennessee State University indoor track.

The following day, the Georgetown native stepped onto the tartan surface in Memorial Center coming off a long, exhausting drive and irregular eating schedule. Warnock strode around the track in four minutes and sixteen seconds. That is a pretty good time for a collegiate miler in the United States, but John was still in high school.

Warnock's third-place finish (teammate Doug Smith was first), instantly drew the interest of U.S. colleges. The host school expressed interest. Furman and the University of Nevada at Las Vegas also found his finishing time impressive.

Three months later, Warnock was signing a letter-of-intent to run for the Thundering Herd of Marshall University. A little over a year later, Warnock paced nervously around the track at Cam Henderson Center in Huntington. He was about to make his first appearance on an indoor track in West Virginia.

FIRST RACE

His first race was the 1500 meter run and Warnock crossed the finish line in a less than spectacular 4:07.5, more than 10 seconds off his personal best in the event.

Next was the 1000, a race Warnock had never run in his life. He was second in 2:43.2. But despite the lackluster showing, Warnock couldn't help but smile.

The butterflies were gone now. His first meet was history. "I ran OK, considering it is so early in the year," Warnock said, sweat dripping from his green uniform. "My times weren't that great, but I didn't expect them to be this time of year. I'll be OK."

It was a different John Warnock who had sat edgily in his dorm room just a short sprint away in Hodges Hall,

which houses Marshall athletes, the day before.

PRESSURE REMOVED

Now, after running a pair of good races, the pressure seemed gone from an up-and-down cross country season in the fall, in which Warnock had, in his own coach's words,

JOHN WARNOCK

....John Warnock has made a name for himself ever since he came third in the Eastman Invitational last year in Tennessee. By placing so well in the race, John was eventually offered a scholarship to run for Marshall University. Warnock has progressed well in his rookie season and his coach feels he'll improve immensely over the next four years.

(Photo by Andrea Billups)



"been a disappointment."

"John doesn't particularly like cross country as much as he does track," said senior Herd runner Dave Henry. "Get him on a track and you'll see a whale of a difference. He isn't the same runner."

John originally took up running just to stay in shape during the off-season for his first love: hockey. Then, after finding success as a distance man in grade 10, Warnock realized he had a future in track spikes if he worked at it.

His coach, Bryan Barnes, coached the Canadian national distance team. So he had the coaching. His team consisted of such runners as Ian Clark (currently at California-Berkeley), Jim Allen, Arnold Brakel and John

Lancaster (all now at Georgia Tech). So he also had the competition.

WORKS HARD

"John is just a super athlete," O'Donnell said. "As far as conditioning and so forth, he really works hard at it. I think he is going to be an excellent addition to our program."

Warnock, in his adjustment to a new country and new school, has also had the help of having another Canadian on the Marshall squad with him: Roy Poloni of nearby Milton.

"It really helped me a lot having Roy around because we can relate similar experiences with one another, both of us being from Canada and all," Warnock said. "We've become really good friends since we came down here. We do a lot of things together."

Poloni almost quit school during the fall when he wasn't running well and got homesick. But Warnock talked him out of it.

"Yea, if he hadn't been here with me I probably would

have gone home," Poloni said. "I was seriously thinking about going home but John convinced me to stay."

IMPROVEMENT

Poloni also noted a vast improvement in Warnock's running since he came to Marshall with him in late August.

"John has improved his habits and his training has come a long way. For us, there is school and then there is training. And that's about it. There's not much time for us to do much because we are tired or have homework," Poloni said.

Warnock is majoring in sports management and marketing. He hopes to eventually latch on with one of the major athletic companies, like Adidas or Nike.

But first he and Poloni hope to carry the banner for Canada in the Southern Conference.

Among Warnock's immediate goals are, "running around a four-minute mile and getting down to around 3:54 or 3:55 in the 1500 meters."

Minor Atoms advance to final

The Georgetown Development Minor Atoms overcame a stubborn Stratford team to advance to the final against Burlington.

Georgetown took a 4-2 point lead in the series on Thursday when they overcame Stratford 2-1 in a very exciting game.

Georgetown jumped into a 1-0 first period lead when Wes McCauley banged home Mike Barnes' rebound after he was sent in alone on an

assist from Wade Serjeantson.

Shannon Finn and the Stratford goalie made spectacular saves for each team before Stratford scored early in the third period to tie it at 1-1.

With five minutes remaining Mark Lorito scored on a Wayne Gretzky move from behind the net with Sean Gardner assisting. Mike McElroy, Roddy Pasma, Mark Minnich, David Hodgson, Steve Alchin and Kevin Usher were a very big reason for this close victory.

Georgetown wrapped up the series in Stratford when they scored a 3-1 win in overtime.

SCORELESS HOCKEY
The two teams played three periods of scoreless hockey due mainly to outstanding goaltending by both

goalies. Chris Cambouris was in goal for Georgetown.

Again Georgetown's defence led by Roddy Pasma, Mike McElroy, Mark Minnich and David Hodgson were outstanding.

In the overtime period Wade Serjeantson hit Mark Lorito on a break-out pass and he skated the length of the ice to tuck it home with a backhand.

Mark Lorito then added a second goal on a long shot before Stratford finally beat Chris Cambouris.

With several minutes remaining, Mark Lorito completed his hat trick on an assist from hard skating Wes McCauley.

Georgetown is to be congratulated for a fine team effort, as they defeated a very disciplined Stratford team. Special mention to

Wes McCauley for an outstanding series.

Georgetown opened last night at 6:30 against Burlington.

Be active together!



Sports Camp tie 0-0

In the third game of six playoff series against Dundas, Georgetown North Halton Sports Camp reps tied their opponents 0-0.

The Sunday March 7 game featured some good team effort by Georgetown. Dundas outshot the Sports Campers 13-11.

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Exchange House 3
Goals: Mike Flynn 2, Neil Munroe.
Assists: Neil Munroe, Mike Flynn.

PLAYOFF STANDINGS							
	P	W	L	T	F	A PTS	
Neil's Music	2	2	0	0	10	4	9
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Fobert	2	1	0	1	13	9	5½
Barragers	2	1	1	0	7	8	5½
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Crossword Puzzle Answer on Page C7

ACROSS
1 Wimbledon
2 Store up
3 Burn
11 Spanish
12 Be delirious (4 wds.)
13 Partner of post
14 Asian river
15 — semper tyrannis
16 Suffix for pay or cup
17 Tooth substance
19 Palindromic name
20 Total paid attendance
21 Exercise instruction
22 Kingly title
23 Diplomacy
24 Religious ceremony
25 Brass instrument
26 — Wallach
27 Underwrite
28 Little Leonard
29 English river
32 Scottish headwear
33 Saturate; steep
35 Undulate
36 Succeeded
37 Similar
38 German city
39 Embraced

DOWN
1 Caustic
2 Fissile rock
3 Holding a grudge (4 wds.)
4 Sooner than
5 Liturgical vestment
6 — Brooks
7 More than enough (4 wds.)
8 Sealing substance
9 Run aground
11 Think
15 Locale
18 Waste allowance
21 All —
22 Squelch
23 Air
24 Conditment
25 Ready to drop
27 Type of match
28 Quibble
29 Revise
34 Large vase
35 Panda

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