

Ladies basketball consolation champs



The Consolation champions were the Celtics who defeated the Bullets. Seen here are: (front, left to right) Karen Kearns, Sue Jamieson; (middle) Jane Palmer, Corrine Vandeweterling, Lorraine Brown; (rear) Elda Watts, Irene McCauley, Linda Leask. The Spurs won the overall championships over the Lakers in the other final.

(Herald photo by Chris Angard)

Only six weeks before gun sounds for Mayor's Race

Shape up Halton Hills runners — the annual local 5.5 and 11.0 kilometre Mayor's Road Race is only six weeks away! Flyers can be picked up at the Recreation offices in Acton and Georgetown this week.

Race coordinator Joy Gwilliam says the race format hasn't changed, but the organizers have added a new age category which they hope will more fairly balance the different ages of the runners.

Because only two men entered the 50 and over category last year, the Esquires have been converted to 1982 Masters category for men 40 and over.

Instead of a seniors 1981 age division of 19-39, competitors in that category will be from 20 to 29 years in 1982.

Those runners in their twenties not wishing to compete against all those high school track stars might get a break because the age category for the teens is now 13-19 instead of the previous 13-18 years. The junior category which is twelve and under remains the same.

HANDICAPPED
The race organizers, Joy Gwilliam, Eva Carney, Courtney Warner and Bob Danielle are also hoping to attract any handicapped athletes who might want to complete the course.

Colored coded bibs, which were utilized last year for the first time and assisted very well in recording time placings, will be used again this year.

Tee shirts will be available the day of the race for those who want to buy one. They will feature a logo from the Canadian track and field association.

The race organizers are still looking for additional sponsors for the trophies to be given to the winners.

Georgetown marathoner Bob Danielle says long-distance 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.

SET GOALS

People should set their goals on what type of pace they want to run for the race and try it out before June 13, Danielle 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.

Those who want to prepare themselves for running a road race or marathon should start practice training 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, Danielle says.

The race committee is expecting an even larger turnout than last year. If participation follows the trend started when the Mayor's Race first began in 1979. That year there were 108 runners in both the 5.5 and 11.0 kilometre races.

MORE RUNNERS
There were 160 runners in 1980 while last year a record 272 participated. Mayor Pomeroy dropped from 80th position in 1980 to 132nd spot in 1981.

The time to beat in the 5.5 k run is Doug Smith's, who completed the course in 16 minutes and 36 seconds last year. Smith's cross country teammate from Georgetown District High School, Lynn McPhail, holds the ladies 5.5 k record with the time of 20 minutes and 20 seconds.

In the 11.0 k race, Georgetown resident Bruce McIntyre who attends university in Georgia won the event in a time of 34 minutes, 14 seconds. For the women it was Marjory Watt with a time of 42:09.

Temperature always seems to be a factor in long-distance races, Danielle says.

Golf school at North Halton

Sunny Thursday afternoon ushers in a new season at North Halton

Under the tutelage of Golf Pro John Henderson and Assistant Pro Terry Miskolczi, the North Halton Golf and Country Club on Maple Avenue in Georgetown are set to usher in another season on the greens.

The North Halton course opened on a bright sunny Thursday afternoon last week which was about a week later than many other golfing establishments.

Resident Golf Pro Terry Miskolczi said all golf courses in Southern Ontario had had winterkill, but the extra week ensured that North Halton's course would be in top shape for the season.

The valley holes are dry because of better drainage added last year, he said. The 18 hole course underwent a few minor changes before opening. The two par three's: Number Four and Number Five holes were lengthened, but other than that, the course remains the same, Miskolczi said.

GOLF SCHOOL

Three golf schools are planned for the summer at North Halton, which is something that is new for the area, Miskolczi said. Usually a player pays \$15 for a lesson ranging from 30 minutes to 55 minutes in length, he said.

Now a non-member for \$45 (members' fees are \$50) can join a five day golf school consisting of two sessions (9-11 a.m. and 6-8 p.m.) which will cover every aspect of the game, Miskolczi said.

The dates for the new golf school are: May 31-June 4; June 22 to June 25; August 16 to August 20. A maximum of six people per session will be allowed.

The advantage of a golf school is that it gets the player out practising and almost immediately productive results can be seen in their game, Miskolczi said.

As a former instructor at the Fitness Institute in Mississauga, Miskolczi is a firm believer in a 12 month fitness program. He believes that golfers should do exercises that make them more agile. "Golf is a game where coordination and flexibility are important", he says.

During the winter, golfers would be better off to walk three miles a day to ease into a summer of golf, Miskolczi said.

POSITIONING
Positioning is a very important part of your game and Miskolczi stresses that a golfer's set up should be practised year round. One helpful aid is using a full-length mirror and try imitation swings, a tactic Miskolczi frequently uses himself.

Miskolczi believes that a golf swing isn't as important as a golfer's position. The swing shouldn't be tampered with as much by an instructor or if the golfer feels comfortable with his swing, he said.

To tackle the North Halton course, "the first four holes are where you are going to score," Miskolczi said. The first hole is a birdie and so are the third and fourth holes, the Assistant Pro says. "The fifth hole is an unfair par four along with six and seven," he says. "You wait, get your par and quickly get out."

The eighth hole is a short par five and a good birdie hole. The ninth is a par three while the tenth hole is also a birdie hole.

Miskolczi calls North Halton one of the finest golf clubs around. It is a tough course, not long, with the length often a deceiving factor, he said.

The course has the unique qualities of a good course, because you can't get tired of

playing at North Halton, he says. Ponds, an apple orchard and the creek make a nice setting to play golf in, especially in the fall with the colors changing. The wind

makes sure the golf course is never played exactly the same, he says.

Miskolczi has made inquiries to see if North Halton could host the Ontario

Golf pen as he believes it would be a good site.

As far as equipment goes on the golfing scene, metal woods are new as are colored golf balls, he says. Metal

woods, they say, help you to hit the ball further and it's easier to hit, although Miskolczi hasn't tried one himself and he's not sure whether they will break into the market in a great way.

Colored balls are going like hotcakes, he says. One problem with concentration in using colored balls is that there is some reflection off

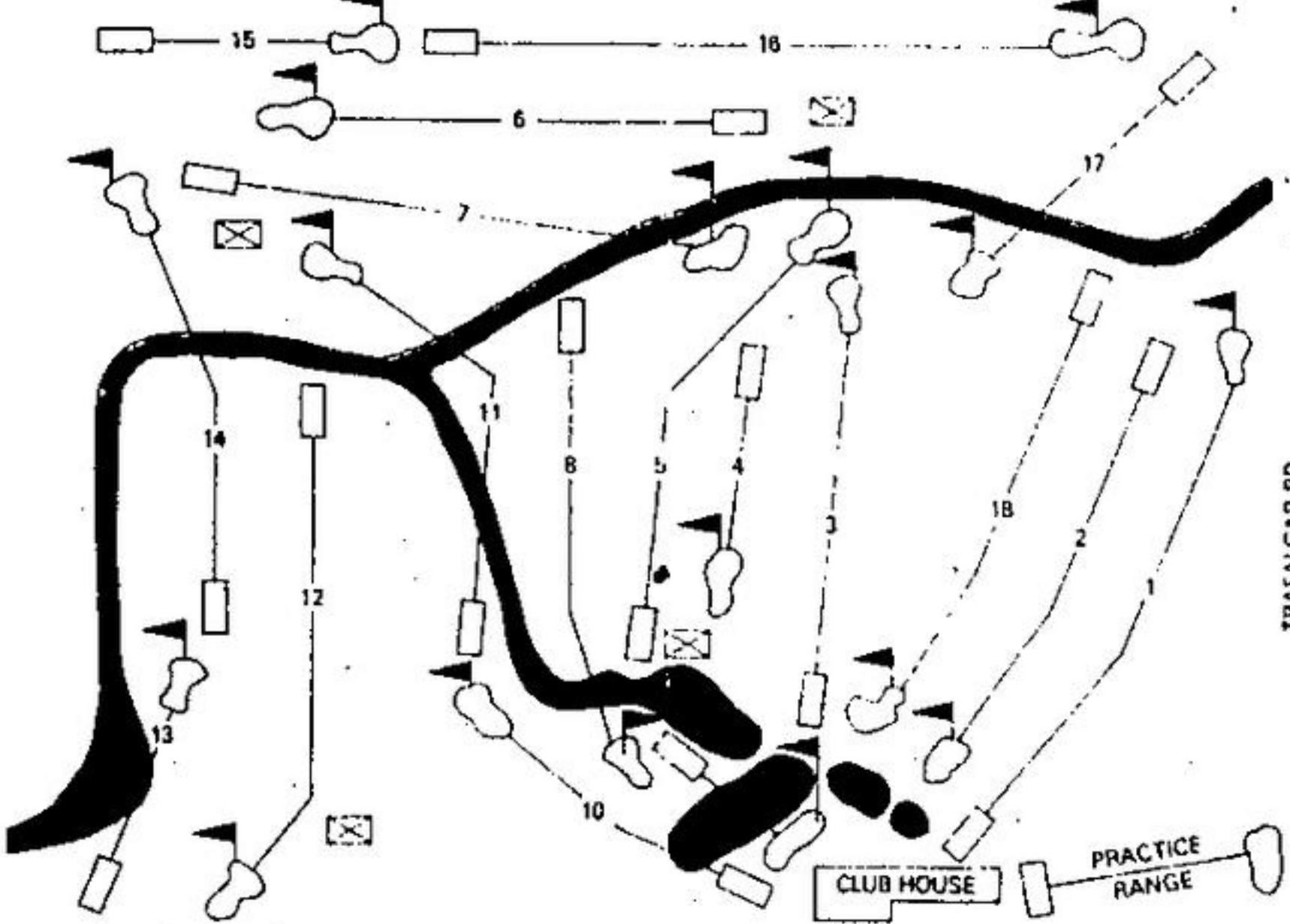
the metal when putting, said Miskolczi who just recently noticed the reflection factor.

Clothing in golf has stayed pretty much the same, but knickers are selling well, he says. Dexter shoes, the type that Tom Watson wears are considered by Miskolczi to be a very comfortable and quite reasonable in price.



Assistant Pro at North Halton Golf and Country Club, Terry Miskolczi checks Pro Shop employee David Houston's stance for proper positioning.

(Herald photo)



The 18-hole course at North Halton Golf and Country Club (seen above) must be attacked early, in the first four holes to score well.

Former Gem is MVP

Former Gemini forward Herb Kewley was chosen his team's MVP for the 1981-82 hockey season in the Maritimes, playing hockey for the Junior A Tier 2 Valley Wildcats.

Herb averaged better than a point per game in attaining 40 points in 30 games. The Wildcats finished the season in fourth spot while Moncton completed the year in top spot.

The former Gemini MVP

was taking a first year business course at Acadia University. At the end of the hockey season he was picked as an all-star.

Herb says the calibre of hockey in his league was better than Junior B, but the teams weren't quite as strong as the Ontario Tier 2 teams.

Guelph squashed the Maritime champs four games to one in quite handy scores, Herb says.

FIND THE FOX
New To Enter! Pg. 2.
COUNTRY GENTLEMEN
YOUR COMPLETE PROGRAM CENTRE FOR:
• FILL UPS
• COFFEES/TEA
• SPORTING EQUIPMENT
Hwy. 7 & 3rd St. W. of Acton 853-3130

GEORGETOWN Custom Car Sound
Repairs to all stereos:
• Tape Decks • Turntables • Portables
Home or Auto
• 90 Day Guarantee
• FREE Estimates
55 SINCLAIR AVE., UNIT 5
GEORGETOWN, ONT. L7G 4X4
877-2425

GEORGETOWN TIRE SALES LTD.
Get improved steering control and longer tire life!
Wheel Alignment
Here's what we do:
• Adjust camber, caster and toe-in to manufacturer's specifications
• Adjust torsion bars
• Inspect front end suspension, springs, shocks and steering assembly
Phone for appointment now!
Georgetown Tire Sales Ltd.
345 Guelph St., Georgetown
877-1535
GOOD YEAR

THE CANADIAN ARMED FORCES NEEDS SAILORS
If you love the sea we'll make you a sailor
The Canadian Forces needs sailors and even if you've never set foot on a ship you could qualify. The Forces will pay you to learn any one of the many interesting and important sea trades. And you'll see more of life than you ever dreamed in the bargain. Interested?
For more information visit the Canada Employment Centre, 232 Guelph St. on the first Wednesday of each month 11:00 a.m. to 4 p.m. or mail the coupon. You can also call collect 416-523-2751.
There's No Life Like It
THE CANADIAN ARMED FORCES
Canadian Forces Recruiting Centre
150 Main Street West
Hamilton, Ontario L8P 1H8
I'm interested in a Sea Trade career in the Canadian Forces. Please send me information.
Name _____
Address _____
City _____ Prov _____
Postal Code _____ Telephone _____

KAWASAKI
"Let the good times roll"
1982 Kawasaki KZ550GPZ
1981 KZ550 LTD. \$2499
• Front & Rear Disc Brakes
• Front "Dual Disc" Brakes
• Uni-Trak Suspension
• Oil Cooler
• 6 Speed Transmission
HAZEN'S SALES AND SERVICE
55 Sinclair Ave. Georgetown 877-9473

Present this ad for a...
FREE
WHEEL ALIGNMENT
With Every Exhaust System Installed at
thruway mufflercentre
Offer does not include: parts, I beam adjustments, Vega or Chevette
347 Guelph St. Georgetown 877-7042
— HOURS —
Mon. - Fri.: 8 a.m. - 6 p.m.
Saturday: 8 a.m. - 1 p.m.
MasterCard VISA

HOME OF THE OIL UNDERCOATING
is offering a special on...
With this coupon
INTERIOR SHAMPOO \$49.95 PLUS...
• Exterior Wash
• White Walls Cleaned
• Windows Cleaned
• Scotch Guard
• Motor Shampoo
• Dash Armoured
OIL CHANGE AND SPRAY \$29.95
LUBE-IT
5 Armstrong Ave.
10 MINUTE OIL CHANGE CENTRE
Cut and Save