

Judges look for symmetry and posing ability

# Bodybuilding requires strict diet

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create intensity and competitiveness among them and give the bodybuilders a goal to shoot for, he says.

Some members are inexperienced and a club competition will give them a better chance of being ready for the Ontario championships, Parker says.

The average competitor for the Georgetown

contest will be working out five times per week for almost two hours of hard weight training.

Parker stresses that diet is very important to the bodybuilder who eats foods with lots of protein and low fat such as turkey, chicken and cottage cheese.

Once on stage a bodybuilder has only 60 seconds to prove he is the

best of the group.

But physically posing is arduous work for a bodybuilder. Competitors have to practise posing 10 hours per week because if you can't pose, the muscles won't be highlighted properly, Parker says.

Charisma can affect the voting, but it's not the case of the strongest - it's the case of the best athlete who wins, he says.

"The judges are looking for muscle size, muscle definition, posing ability and symmetry," Parker says.

A pre-judging evaluation takes place three hours before the performance is scheduled before an audience, he says. At that time mandatory poses are marked and sometimes the winners are chosen at this evaluation.

The athletes strive to look their best so most shave their hair and sport deep brown tans to accentuate their muscles.

The judging is first rate, according to Parker. Judges from the Great Lakes Classic bodybuilding competition are coming for the event and "they are the best you get in Ontario," Parker says.

Why does someone submit themselves to the rigors of bodybuilding? Parker says most participate for their own personal satisfaction. Most don't lift weights for attention - some are almost shy, he says.

"When your body looks good, you feel high on yourself," he says.

Girls are not usually the most responsive watchers at bodybuilding contests and actually some can get bored, he says.

Men are usually much more appreciative of the male physique because they understand the amount of work involved in increasing muscle mass, Parker says.

However, a lady bodybuilder will be presenting the trophies on Saturday, Parker says.

The Brampton club has had little response from females wanting to join the male-dominated sport. However Canadian ski team member Laurie Graham trains there as well as Canadian Olympic team high jumper Julie Mills.



Jim Parker (seen above) wanted to start an inner-club competition to give his members more intensity and provide a goal to shoot for in participating in a bodybuilding contest. You'll be seeing the best bodybuilders in Halton Hills he promises, with prizes outmatching even the Ontario championships, he says. (Herald photo)

Jim Parker is a George Brown graduate in their Fitness Instructor Program. In Toronto, before buying his Brampton club, he worked at the

exclusive Cambridge Club for elite Canadian businessmen.

He has always taught general fitness, but his

specialty is the technical side, such as fitness testing. He has only been weightlifting himself for eight months.

## Slow-pitch championships

# Kinsmen looking strong

By BILL LANE

**Herald Special**  
The Kinsmen played Random Car Club in the first game of the championship series, second round.

The Kinsmen Unlocks played one of their better games of the season as they beat the league runner-up by a score of 5-3 at the Glen Williams diamond.

In game two, Random was up to par for this game as they came back to beat the Kinsmen by a score of 10-2. This means they take the two game total by a score of 13-7.

Royal Pizza had Choice Air's number all the way in this series as they won both games 10-6, 12-7 with a two game total of 22-13.

The third round is set to go this week with Royal Pizza set to play Park Lincoln. Random Car Club gets a bye to the championship series to play the winners of the Lincoln-Pizza series.

**CONSOLATION SERIES**  
In the second round the Newfoundland Club went up against the Lion's club.

In the first game the Newfoundland Club came out to play ball as they beat the Lions 12-6.

Game two was the Lions turn to play ball as they took a five run lead after four innings.

Then the Newfie club figured it was time to get things going as they scored a run in the top of the fifth but the Lions scored two in the bottom to make the score 7-1 with the two game total runs being tied 13-13.

Then the lights went out for the Lions as the Newfies came back in the top of the sixth and scored four and managed to hold the Lions to a triple in the bottom of the seventh. Final two game total was Newfoundland Club 17, Lions 13.

In a contest between the Jaycees and Elk's Lodge, the Elks played some of the better ball at the park over the summer. But as fate would have it, they came up short on both games.

Game one the score was tied 7-7 at the end of six innings and the Jaycees outscored the Elks in the seventh by a 3-0 score to make the score 9-7 for the Jaycees.

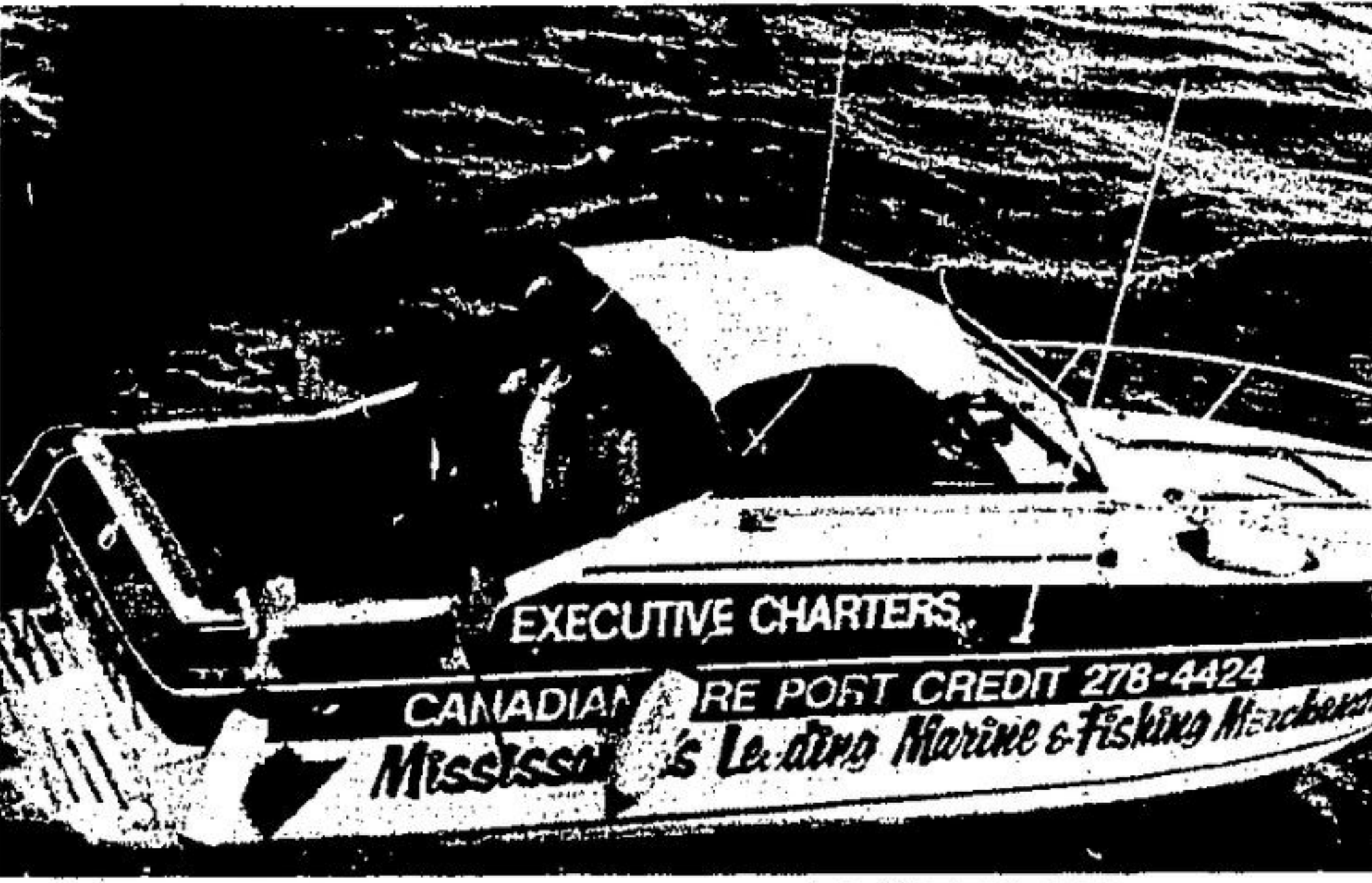
Game two the Elks started this game out right as they took a two run lead in the first inning, scored two more runs in the second inning and had a lead of 4-3 at the end of two innings.

Then the fire went out as the Jaycees scored two runs in the fourth inning and three more runs in the fifth to make the final

score Jaycees 8, Elks 4 for a two-game total runs of 17-11 for the Jaycees.

The third round starts this week with the Jaycees playing the firefight-

ers with the Newfoundland Club getting the bye in this round.



Brian Doonelly of Bramalea shows off his fish to Bob Ollivier who took this picture from a helicopter using a 200 mm telephoto lens. Herald photo

# Million dollars good idea

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pack. I never even saw any evidence of fights or upsets and was generally well pleased with the behavior of those around and on the water. When asked if I thought the million dollars was a good idea, I did and still agree it was fishing's finest hour.

Personally I hope it is repeated next year by the Toronto Star's Great Salmon Hunt. The contest runs until next Sunday and with this in mind, and the \$10,000 fish still at large, let's go fishing. The charter boat for this week was introduced to me by my friend Bruce Park of the Producer. Terry Byam runs the Rod Wrester fishing charter and comes highly recommended.

### SOME CLOSED

Terry runs a 26-foot Trojan fully equipped and has a great track record with Lake Ontario, and it was pleasant to soak up bits of news while we shared coffee. Terry can be contacted at 751-1508 for a day on the lake after the big ones.

As the fish enter the rivers (I watched several rainbows and coho taken there last weekend) it must be remembered that certain areas are closed to fishing. The Ministry of Natural Resources at Maple will send you a copy of the Public Fishing

Access pamphlet that has a complete map of the closed areas.

Most of the river south of Streetsville is closed so better make sure of where you are fishing. Trout season closes Sept. 30 in this area, and there are severe penalties for fishing out of season.

The Muskoka Parry Sound Hunt Camps Association has been doing extensive work with its deer feeding program. From \$30 in 1976, this program cost them \$3,200 last winter. This work is so important in my eyes that I will include the address in order for you to help the association in its work.

Write to Muskoka-Parry Sound Hunt Camps Association, Box 1913, Huntsville, Ont., P0A 1K0. Send money, Oats, Corn, Clover, it is all needed and appreciated. Gord Clow of Maple Rock shooting range above Acton reminds me that you had better get your ammunition soon for the duck and goose season.

Also a good time to sight in your guns, if you have not done that already. Call him at 877-6859 for details. Next week, Sept. 26 Hunter Skills demonstration at Kortwright Centre for Conservation. Same place on Oct. 24, woodheat demonstration.

# Centennial school wins 1st at McMaster University run

By JACK HARLOW

**Herald Special**  
Public school cross-country runners had a chance to run last Saturday at the University of McMaster in Hamilton.

Centennial was first overall, winning both the girls and boys divisions with 56 points.

Stewartown was second overall, as they were in both divisions, totalling 79 points. Both the girls and boys were open age divisions.

Running exceptionally well in the boys division of 44 runners for Centennial

were Jeff Amato, first, Joe Wilkins, third, Bob Donker (a ten-year old) fourth, Glenn Mulder (who's eleven) in seventh position and Rob McGuigan, ninth.

Stewartown's top five finishers were Jim Clark, second, Chris Stoddart, fifth, Chris Hodgins, sixth, Mark Shepard, 11th, and Jim Black, 17th. Traci McFarlane led the way for Stewartown in the girls division of 31 runners by placing first.

She was followed by teammates Tammy Green, second, Janelle

Lewis, ninth, Carolyn Grasby, 11th and Tammy Skan, 15th.

Centennial's top five finishers were Tammy Morrow, third, ten-year

old Nancy Cocks in fourth, Samantha Windsor, fifth, 11-year old Holly Hewitt in eighth, and Jenny Fancy in 12th position.

## Major atom boys soccer

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Stingrays	2	1	1	9	8	5
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Jr. Attackers	0	3	1	2	9	1

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