

Acton High runners vying for scholarships

By BRIAN MARTIN
AHS student

George Gidman is Acton High School's most prominent male runner. Presently he spends approximately two hours every day training. He averages 15 miles a day, five in the morning and 10 in the afternoon or evening.

The seventh day of each week is an easy day of five miles. Training tactics can be changed as often as every few weeks to obtain desired results. George is training year round with a rest of only two weeks after the cross-country season.

George mentioned that he used to play basketball but the time he now spends training won't allow time for basketball or other sports. There is also a loss socially as a result of his dedication to running with time being the inhibiting factor.

Before a meet or race

George admits he is always nervous but is more comfortable now than in previous years. He prefers strong competition because it lets him know where he stands.

Two years ago he placed second in the 400 m run at the Peel-Halton finals. He placed second in the 400 m and 800 m events in Halton and third in the 800 m at the Ontario Juvenile Bantam championships.

George is hoping for a track scholarship in the United States. He believes that his dedication will help to build his character and will help him in many other areas in the future.

Doreen Uranick is another outstanding athlete in our school and is also very dedicated to her running. She also spends about two hours every day training, seven days a week, in the morning and evening.

Doreen is training year round as well which keeps her fairly busy. After a day of school and training she admits that she is pretty well spent. She agrees that there is some lack of social activity as a result of her dedication.

She says she's always

cautious in other activities where she could possibly injure herself or hurt her running endeavors.

She prefers strong competition and there is always pressure from her rivals but Doreen has confidence in herself. Before a race she is

always nervous but when it's all over she says she feels very relaxed.

Doreen is particularly proud of her 10 km road race in Hamilton where she became Queen of the Mountain. She placed first in the 1500 m event in

the provincial championships and first in the Peel-Halton Junior Girls' cross-country race and fifth at OFSSA this year.

Doreen hopes for a track scholarship and would like to build a name for herself in track and

field and cross-country running.

George and Doreen would like to extend a special thanks to Mr. Bruce Andrews for his time and efforts in helping them in their endeavors.

National Ski Week bargains

Winter fast approaches, and Canada's ski industry will again offer special incentives to encourage more Canadians to try downhill and cross-country during NATIONAL SKI WEEK, Jan. 22-30, 1983.

Under the guidance of the Canadian Ski Council, the entire ski industry has joined forces this year to convince the population that winter is a season to

be enjoyed -- not to escape from!

Many resorts and areas will offer "50 per cent off" package deals (by advanced reservation) including equipment rental, lift or trail tickets and lessons, in the belief that once beginners make first tracks, they'll be hooked for life on skiing and winter.

Retailers across the country will be offering equipment opportunities

for beginners during the Jan. 22-30 period.

"Not only is skiing healthy, it's fantastic fun," says the Council's Executive Director Judith Hunter. "Four-and-a-half-million Canadians can't be wrong -- they enjoyed winter and skiing last year."

And there's plenty of room for lots more people to get out there on the slopes and trails. Skiing is a sport for everyone --

seniors (look at Jackrab-bit 100), middleaged and young to tiny tots -- including disabled folks as well.

"Long-range weather forecasts predict a good winter for recreation, with plenty of snow," she encourages. "But whether the snow falls from the sky or a machine, skiing is a marvellous way to stay healthy and to make the most of winter."

And everyone within

the skiing industry is doing all they can to convince people that the sun shines on the snow as well as on sand; that winter is a warming experience! Just remember that you will enjoy skiing much more if you get fit through pre-season exercises -- and, especially for the newcomer -- take a lesson."

Fitness facts

Let me see your thighs. Um-hmmmm.

Let me see your bottom. Hm-mm.

Have you noticed two little self-help books at the cash register of your bookstore: "Thin Thighs in Thirty Days" and "Thirty Days To A Beautiful Bottom"?

They're not really books -- they're too slight and their content too thin. I believe publishers call them "trade paperbacks" and you're encouraged to buy them as an after-

thought to your larger purchases -- like buying a package of flashlight batteries at the grocery checkout.

Buy these two books -- and you won't be able to sit down for a month! But seriously, they might do you some good -- all over!

The true purpose of weight loss is to take a load off your heart -- not your seat. For, with your cardio-vascular system operating at its peak, your body benefits

Industrial hockey

LEADING SCORERS:	GP	G	A	TP	PM
Chris Milne, AC	13	14	23	37	6
Ray Peacock, DBM	14	16	18	34	2
John Kwant, DAS	10	20	7	27	28
Chuck Williams, MandM	12	7	20	27	0
Ian Syme, HT	13	15	10	25	8

FUTURE GAMES: Jan. 16: 9:00 De Boer's Movers vs. M and M Pro Sports; 10:30 Don's Auto Service vs. Hollywood Tavern; 12:00 Akers-Clark vs. Acton Knights.

Rep hockey

Sun. Jan. 16	NOVICE: Georgetown at Ching 3:45 p.m.
Sun. Jan. 16	MINOR ATOM: Georgetown at Ching 4:45 p.m.
Tues. Jan. 18	Milton at Georgetown 6:30 p.m.
Thurs. Jan. 13	ATOM: Burlington at Georgetown 6:30 p.m.
Sat. Jan. 15	Georgetown at Streetsville 7 p.m.
Sat. Jan. 15	MINOR PEEWEE: Georgetown at Brampton 5 p.m.
Tues. Jan. 18	Brampton at Georgetown 7:40 p.m.
Thurs. Jan. 13	PEEWEE: Burlington at Georgetown 7:40 p.m.
Sun. Jan. 16	Georgetown at Streetsville 5:30 p.m.
Sun. Jan. 16	MINOR BANTAM: Georgetown at Ching 8:15 p.m.
Thurs. Jan. 13	BANTAM: Burlington at Georgetown 7 p.m.
Sat. Jan. 15	Georgetown at Brampton 5 p.m.
Sun. Jan. 16	Brampton at Georgetown 4 p.m.
Thurs. Jan. 13	MINOR MIDGET: Georgetown at Ching 7:30 p.m.
Tues. Jan. 18	Georgetown at Burlington 9:15 p.m.
Sun. Jan. 16	MIDGET: Georgetown at Streetsville 7:30 p.m.
Thurs. Jan. 13	JUVENILE: Milton at Georgetown 8:20 p.m.
Sun. Jan. 16	Orangeville at Georgetown 5:30 p.m.
Mon. Jan. 17	Georgetown at Ching 8 p.m.

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