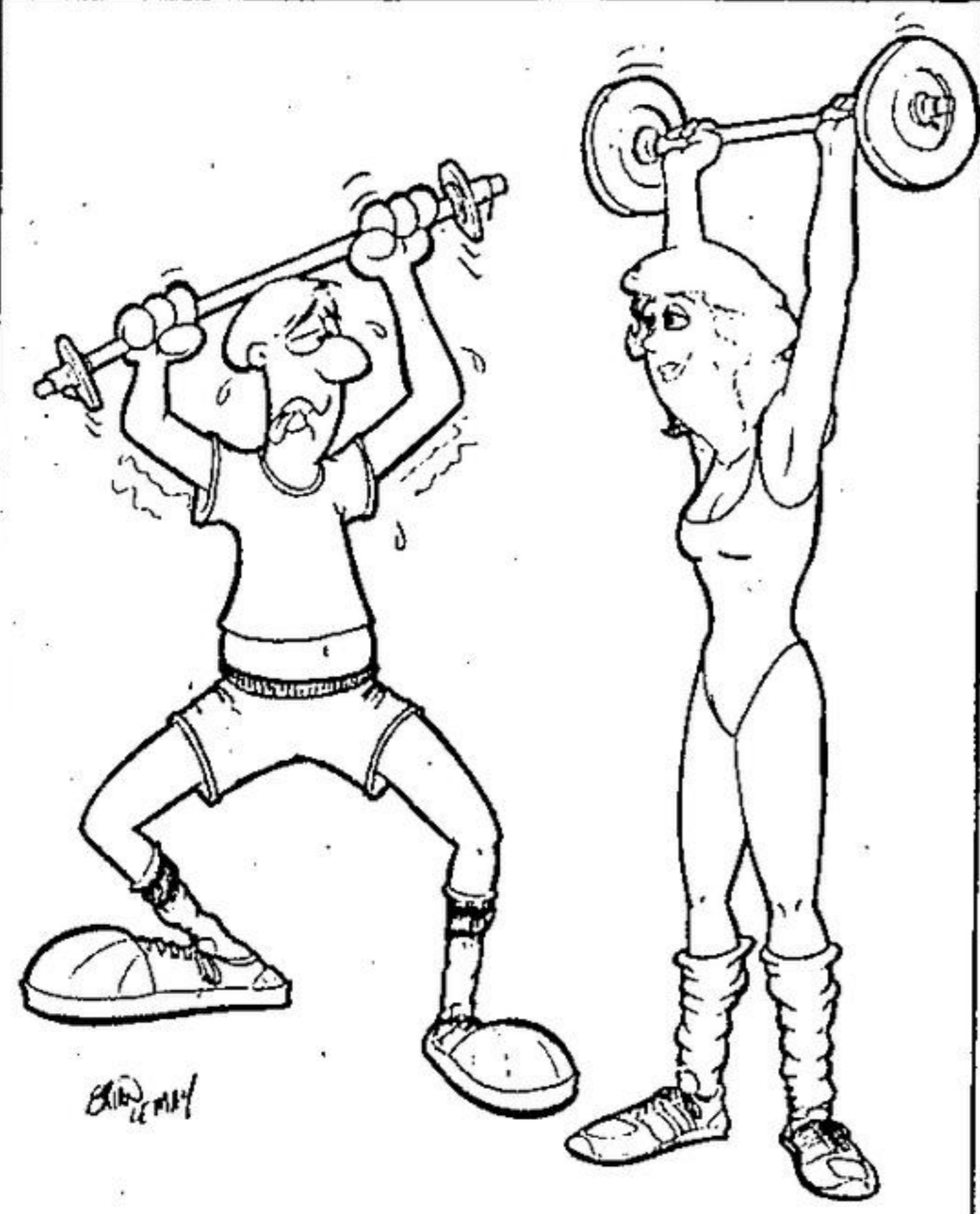


GETTING FIT: Proper diet and safe exercise are the keys



It's that time of the year again. Summer is just around the corner, and we're all trying to trim up for bathing suit weather. Diet and exercise are all-important, but make sure you go about it the right way.

By KELLY NORGATE
Herald Special
So you want to run in the Mayor's Race on June 10. But, after a long winter you find you've put on some extra pounds and you're out of shape. Where do you start?
"Probably the easiest diet I teach anybody to control their weight is to take whatever you currently eat and cut it in half," says Marny Dadson, the dietitian at

the Georgetown and District Memorial Hospital.
Dadson says you should eat a variety of foods from each food group: milk and milk products, bread and cereals, fruits and vegetables, and meats.

She says the grapefruit only fills you up and sells the diet. People tend to think that if the diet has grapefruit in it, the diet works.
She says that many people eat two ways. One way when they are on a diet and another when they're not. For effective weight loss the two ways must blend together.
"People can eat in fast food restaurants," says Dadson, provided

they supplement their diet with other choices."
EATLIGHT
While training for the Mayor's Race, a person should be eating light. Low fat foods like fruit and skim milk as well as protein foods like meat and cheeses.

Dadson suggests that on the day of the race you don't eat any solid food at least 2 or 3 hours before you run so you can avoid stomach cramps. There is no real evidence to support that stuffing yourself with carbohydrates or proteins the day before a race will give you any more energy than normal.

your body tissues will collect there to dilute it. At the same time your body needs to perspire to stay cool.
"In other words, you're doing yourself more harm than good," says Dadson. She says it is best to drink water during a run.

START WALKING
Dr. Boyd Hoddinott at the medical centre in Georgetown says that you should start training by walking 20 minutes a day and work that up to a light jog. He says you should always jog at a pace that you can carry on a conversation. It depends on your age and physical ability as to how often or how intensely you can train.

Hoddinott also said that the runner should try to keep off the pavement when training to avoid shin splints, knee complications and other running related injuries. It is also important to do a 10-minute warm up before each workout, stretching both front and back leg muscles. Some even suggest 'dancing' before you run to limber up your whole body.

Dr. Hoddinott also said to allow for a 'cool down' period after each workout. This would include light jogging and stretching. He said that too many people just let poisons from exercising settle in their muscles after a workout. This causes the muscles to become stiff and sore later.
To further your fitness, Ian Crichton of 'Muscle Works' in Georgetown offers a weight training program for a race. His business on Main Street in Georgetown has \$25,000 worth of weight lifting equipment which Crichton says he designed himself.

Crichton says that strengthening your leg muscles will help prevent injuries caused by running.
He says it is also important to have good upper body strength as a runner. His weight program for the runner would concentrate on strengthening muscles like biceps and triceps as well as the leg muscles.

Crichton says that a runner should practice high repetitions of weight lifting exercises using relatively low weights. This is to build up endurance in the muscles rather than bulk.
As the annual Mayor's Race fast approaches, along with the warm weather, it's time to recognize your personal, annual, battle with the body. Good luck, and see you there!



MARNY DADSON

Dr. Hoddinott also said that the runner should try to keep off the pavement when training to avoid shin splints, knee complications and other running related injuries. It is also important to do a 10-minute warm up before each workout, stretching both front and back leg muscles. Some even suggest 'dancing' before you run to limber up your whole body.

Runners edge Giants in Powderpuff opener

By JOYCE HUTCHINS
Herald correspondent
The Georgetown Powderpuff Softball League started its regular season games last week. There are 10 teams and each squad will play one game per week. Two games are played on Monday evenings and three on Wednesdays. In the opening games, the weather may have been glooming but certainly not the spirits of the girls.
Pink Panthers 11
Turquoise Tornadoes 10
Despite three double plays and great hitting by Jeanie David the

Tornadoes could not get the win in a close game with the Pink Panthers. The entire Pink Panthers team played a good game.
Rob's Mob 18
Sky Blue 8
Julie Fournier, Lori King and Candy Morgan got Rob's Mob off on the right foot in their opener with Sky Blue. Sky Blue had a slow start and just ran out of time to catch up.
Burgandy Brats 17
Violet 0
Great pitching by Janice Murray and Joanne Kemper brought the Brats their first win

of the season.
Knight Riders 23
Gold Star 3
Going through the entire batting order in two innings the Knight Riders dumped the Gold Stars in their opener. Barb McBean played a good game as rover for the Gold Stars.
Red Runners 13
Green Giants 12
In another close game the Red Runners edged out the Green Giants by one. A good all round team effort on both teams made it an exciting game.

Brisk weather and the winds of change opened the season at Welland County Speedway as the Cornwell Racing Group introduced the new look in short-track machinery.
The Harley-Davidson 500cc single supplied to Georgetown racer Jon Cornwell by Fred Deeley Imports had only been fired up for the first time Friday night and arrived at the Welland track so new the paintwork wasn't complete. In his heat, Cornwell won handily but appeared to be taking it easy, breaking in the motor and getting acquainted with the bike's handling. Off the start in the final the Harley broke free of the pack within five feet of the line and within five laps Jon had opened up a half-track lead over the rest of the field. Easing back in the corners, Cornwell held the lead comfortably despite heroic efforts by second place Chris Evans and at the checkered flag it was clearly no contest.

Olsen, wearing very wide smiles agreed that the bike's power was "awesome". Olsen amended this description by suggesting that it combined the torque of the Yamaha engine and the top end of the Honda's and put it all to the ground.
Cornwell just shook

his head grinning, "I'm in love."
While this engine is new to Canadian racers it is the equipment to beat in the United States. Cornwell will be riding it in U.S. Camel Pro short tracks and TT's and in the 500 class in Canadian half-miles and short-tracks.

Students will teach water safety

Project PAWS underway

Three local university students will be touring Halton Hills public schools the next few weeks to spread the word about water safety.
Sharon McBride, Pam Andres and Lori Kentner expect to visit 19 schools in a three-week period, to teach children water safety for the summer season. The program is called Project PAWS (Public Awareness of Water Safety), and is designed to reach children from Kindergarten to Grade 8.
The three students will prepare and perform various skits for the students to impart their safety message. The presentations will also include a short film and discussion period.
The Halton Hills Parks and Recreation Department started Project PAWS last year, and found it to be very successful.
"We had a good response from all the schools," project coordinator Mary Byrne told The Herald. "Many of the teachers and principals asked us to return this year."
Byrne says the skits put the idea of safety on a level the kids can understand.
"They pay attention to it," she said. "They can identify with the characters."
"Last year, it was Darth Vader, who wouldn't follow the rules, and Luke Water-



Sharon McBride, Pam Andres and Lori Kentner will enter Halton Hills public schools with their message about water safety.

(Herald photo)

walker and Princess Look-Out who saved him." The students will

begin appearing at the schools on May 28. For further information about having the PAWS

group appear at your school, call Sharon McBride at 877-5185, extension 250.

Kate Jennings, 13, likes to keep active. That's why she joined the Halton Hills Jills gymnastics club two years ago, and after five seasons in the

community recreational program.
"Gymnastics occupies my time," Jennings says. "It's enjoyable. I like doing the flips and



KATE JENNINGS

walkovers." A Grade 8 student at Stewarttown School, Jennings likes math and

science and maintains a straight-A standing. She has a 98-average in math, and hopes to attend Queen's University or the University of Toronto some day to study law.

When Kate isn't at the gym, coaching the younger members of the Jills, she may be at home playing the piano, or listening to rock music. She likes Rick Springfield and Duran Duran.

Project PAWS

The Halton Hills Recreation and Parks Department are pleased to announce that Project P.A.W.S. (Public Awareness of Water Safety) has returned to Halton Hills. Three University students are at work preparing informative skits about different aspects of water safety. These skits will be presented to students from kindergarten to grade 8. Watch for them!

Gemini meeting in Stewarttown

The Georgetown Gemini Junior 'B' Hockey club will hold their annual election of officers, Tuesday, May 29, at the Stewarttown Community Center.
The meeting will begin at 7:30 p.m. Everybody is welcome to attend.

**RUN THE LOWEST PRICED AD
AROUND FOR YOUR ...**

GARAGE SALE

A 1 COLUMN INCH — ONE TIME AD IN THE

the HERALD

only **\$4.99**

And when you bring your ad in to us and
Pay this small amount in advance

FREE

WE'LL GIVE YOU
2 FREE SIGNS
and ...

COMPLETE INSTRUCTIONS ON HOW
TO RUN A SUCCESSFUL GARAGE SALE
DEADLINE: Tuesdays at 10 a.m. for Wednesday.

WE GIVE YOU MORE!

the HERALD

Home Newspaper of Halton Hills - Established 1866

45 Guelph St., Georgetown
877-2201

GREAT
CANADIAN
PARTICIPATION
CHALLENGE

Wednesday, May 16,
1984