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Waiting word from publisher

Local skier writes book on sport



PLAYING THE FIELD
 DAN RALPH
 Herald Sports Editor

Runner earns rest after Pan-Am Games

By DAN RALPH
 Herald Sports Editor
 ACTON - For the next week or so, running will be the last thing on Doreen Uranick's mind. The 18-year-old Acton High School runner will now take a few weeks off after taking part in the Junior Pan-American Games last week that were held in the Bahamas. Uranick made the Canadian national junior team in the 800 meters and was an alternate runner in the 1,500 meter event.

She competed in the 800 meters at the Games, and finished fifth. She said she was satisfied with her performance, which was the first in international competition.

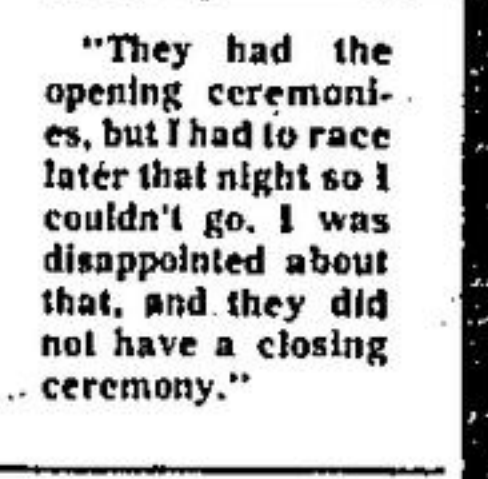
"I was feeling sick before I left," she said. "But I ran the best I could."

Uranick said while being excited about competing internationally for the first time, the meet itself was not quite what she had thought it would be.

"They were very slow in getting the official times," she said. "I never did get my time until just before I left."

"They had the opening ceremonies, but I had to race later that night so I couldn't go. I was disappointed about that, but they did not have a closing ceremony either," she said.

Prior to the Pan-Am Games, Uranick and the Canadian team took part in a dual meet with the American team in Miami. There Uranick finished fourth in the 800.



DOREEN URANICK

She said the feeling of sickness that plagued her in the Pan-Am Games was also prevalent in the dual meet.

"It was very hot in Miami, and I was not feeling well. I was running tight and struggled a lot."

"The track in Miami was very hard. It was like running on a pavement track. I wasn't really too happy with the track," she said.

By making the national team, Uranick had her own coach that was part of the national coaching staff. While she said she enjoyed the Canadian team coach, it was not like having her coach of two years Bruce Andrews.

"The coach was nice, but it just wasn't the same," she said. "He really didn't know me and how I run, but he did help me though."

Right now Uranick has no intention of running, saying it has been a long year and now she deserves a rest. In about a week Uranick will begin training for cross-country at Acton High School, then start thinking about running in some indoor track meets during the winter.

At the Games Uranick did not have to run in a preliminary heat because of a lack of athletes. Some South American teams did not come because they could not afford to send a team to Los Angeles for the Olympics and the Games.

One of the hardest differences Uranick said she had to get used to was the extreme heat. Her race was at night, which made the situation a little cooler, but going out for your daily workout became a real problem.

"I couldn't go out during the day. I went out one day, and I couldn't handle the heat."

Overall Uranick said the experience of competing was a worthwhile one.

"There was over 80 people on the team, and it was like one big happy family. When I wasn't running I could go shopping or go to the beach."

"The people in the Bahamas were nice, and I got a chance to see their culture. It was a very nice trip," she said.

John Peaker now has a first-hand knowledge of the trials and tribulations of a writer.

The Georgetown cross-country skier has written a book on the sport for both the competitive racer and the weekend skier. He is now waiting for word from a publishing firm on the chances of getting his book on the market.

"The book covers everything from initial training and exercising

to light touring and racing. I have always wanted to write this type of book.

"I was told if you wanted to write about something, it would be best to do it on something you know a lot about. With over 30 years experience, I know a little something about skiing," he said.

However, there were times when the venture became a labor of love.

"I had my moments

over the six-months it took to write the book, where I was not sure it would all come together," he said. "I couldn't believe the time it took sometimes."

"There were nights it would take me two or three hours to do just a couple of pages, where others I would have no problem. I can say I burned the midnight oil on a few nights."

The book is 60 pages and is entitled "Anyone



JOHN PEAKER

can be a Jack Rabbit-A Cross-Country Skier's Manual".

Peaker feels the market does warrant such a book.

"Cross-country skiing is becoming more popular than downhill. Everyone can get involved and stay involved."

"There are not many books on cross-country skiing on the market right now."

"It would be ideal if it could be out in time for

the season, and I'm hopeful it will be available at that time. Right now we'll have to wait and see."

For Peaker, knowing what to do while skiing was the easy part of writing the book.

"I found it extremely difficult to put actions into words. I would stand beside the table and go through the different motions trying to find the easiest way to write it all down," he said.

Peaker said if the book does come out and becomes a hit, he would like to write another. But if Academic Press (the publishing firm looking at the manuscript) does decide not to publish the book, he said he will look elsewhere and try to get his project on the market.

"Right now I'll have to wait and see, but regardless of the outcome, I enjoyed doing it," he said.



UNEXPECTED SHOWER
 Mark Daquano grimaces as he is hit by a splash of water as a result of the football being underthrown. Daquano, a counsellor at the Y Day Camp, was playing catch at Lake Kelso on a spare afternoon, when his partner underthrew the ball, thus giving Daquano an unexpected shower.
 (Herald photo by Dan Ralph)

Webster hopeful as Gems open camp

By DAN RALPH
 Herald Sports Editor
 The Georgetown Geminis are not going to take a back seat to anyone this year.

Team general manager Bob Webster said he anticipates this year's team will be as strong as any other in the Central Ontario Junior B Hockey League. The Geminis officially open their training camp September 9 at 8 p.m. at the Alcott Arena.

Webster said the team will be strong in goal and on defence as a number of last year's starters return to those positions. He said he and coach Ken Southwick will be focusing on finding quality players, particularly forwards.

Returning in goal will be league all-star Wayne Cowley. On defence the Geminis will have Peter Haller, Blake Harrison, Dave Doucette and Mike Doucette.

The team's second leading scorer last year Rivy Kennedy will also be returning to his centre position along with Terry West (who can play both left wing and centre), left-winger Kevin Frank and right-winger Bob Morrow.

Webster said he will have some interesting prospects in camp too.

"We have a commitment from a Junior C player who last year scored 80 points who can play both wing and centre. We will also be bringing in a darkhorse player from Weston Dukes of the Metro Toronto league, who can play centre and wing," Webster said.

Webster would not mention names.

Webster said camp would begin after the team's second training session September 10, and a team will be selected in time for the Geminis' first game of the season September 29 when they entertain Oakville.

This season will be the first for first-year coach Southwick. Southwick was named to the coaching position last June when interim coach Jules Russian retired at

the end of the 1983-84 season.

Southwick has coached prior with Carolina Thunderbirds of the Atlantic Coast Hockey League and two years ago picked up the reigns of the Port Credit Titans midway through the Metro Junior B Hockey League schedule.

Last season the Geminis finished fourth in league standings, and lost to Mimico in the first round of the playoffs four games to three. Webster is hoping his team can duplicate or better last year's finish.

"We are going to be strong in goal, where we should be the strongest in the league. I think we'll be heard from this year."

"Our goal is to finish in the top four again," Webster said.

Ross paces win

Julie Ross had three goals as Strikers and Mustangs tied 3-3 in Pee Wee Girls Soccer "Cup Series" play.

Erin Hughes had two goals for Mustangs while Rhonda Ellard had the other. Laura Fisher and Kathy Tyrell played well for Mustangs while Kim Weidrick, Esther Gerrits and Cathy Magee played well for Strikers.

In other play, Dairy Queen and Hillsburgh tied 2-2.

Tara Burroughs scored both goals for Dairy Queen. Hillsburgh scorers were not available.

Errors key to Eagles' losses at tournament

Georgetown Eagles of the Halton County Junior Baseball League ended their season on a dismal note at the Ontario Baseball Association (OBA) championships.

The Eagles committed a total of 25 errors in just two games, and were thus eliminated from tournament play. It was a far cry from last year when the team came one pitch away from taking the provincial championship.

The tournament was played in New Lowell.

In their first game, Georgetown dropped a 7-1 decision to the host team. Andrew Braun took the loss going the distance while fanning 12.

The lone Eagles run came in the fifth inning when Gerry Milne walked, stole second and scored on Paul Guistini's single. But errors hurt Georgetown, as they committed 14 in the game, and could muster but five hits, two of those by Guistini.

In their second game, Georgetown committed 11 errors in their 3-1 loss to Windsor. Milne handled the pitching duties, and fanned six in nine innings of work.

Again Georgetown scored its lone run in the fifth inning when Jay Anderson walked, stole second and scored on Guistini's single.

Eagles manager Kevin Burke was disappointed



PAUL GUISTINI

with Georgetown's play not only in the tournament, but along the season too where the Eagles compiled a record of 10 wins against 31 losses.

"Errors have been the dominating factor all



GERRY MILNE

season long," Burke said. "You could say I'm disappointed."

"We did not practice enough. Last year we were one strike away from the OBA championship, and we practiced an average of four times



MARIO GALVAO

per week for three hours a practice.

"This year we practiced once a week for two hours because many players had work commitments, and also because we had a low budget.

"It costs \$30 to practice at night, and we did not have the money to practice that much at night," he said.

One reason Georgetown did not do well Burke said was the absence of catcher Larry Deighton for much of the season. Burke gave no reason why the Eagles catcher only played in just six games.

"When you have a player like him not there behind the plate, you are in trouble because you have no respect behind the plate," Burke said.

Burke will be back to manage the team next year, and will lose nine players for the 1985 season. He said he is looking at having the

team play at the juvenile level, which is one step lower than the junior level the team presently plays at.

Gone will be Chris Fabbri, Deighton, Paul Blackmore, Mario Galvao, Kevin Hughes, Milne, Gord Allen, Mike Friskney and Braun.

Burke said politics also played a role in the Eagles downfall.

"The atmosphere was not right. Everyone was telling one another how to play."

"If every player had just looked after playing his own position and not anyone else's, we would have had a better team," Burke said.

Sports in brief

New Pool Hours

The two indoor swimming pools are back on their fall hours again now that summer is over. For information on programs you can reach them by telephone or in person.

Acton Pool (853-3140) Monday - Thursday 6-9, Friday 6-8, Saturday and Sunday 1-4.

Georgetown Pool (877-7721) Monday - Thursday 6:30-9, Friday 6:30-8, Saturday and Sunday 1-4.

"C" team defeated

Gordon Alcott Intercounty Mixed "C" Tennis team did not fare well in its playoff series with Swansea.

In their first playoff game, the hometown Swansea team took all six matches. The Georgetown team's luck did not change for the second game too.

Playing at the Alcott courts, Georgetown won two of six matches, with the teams of Bruce Payn - Kay King and Isla Allison-Ann Kennedy coming out on top in their matches. The teams of Linda Rice-Paul Mastalerz, John Rice-Keith King, Peter Hemming, Tony Hull and Larry Sissett-John Dallison all dropped their matches.

The loss eliminates the team from further league play.

Acton midget team agrees to trip

By DAN RALPH
 Herald Sports Editor
 ACTON - The Acton Minor Hockey Association (AMHA) will be sending two hockey teams to Norway this winter.

Representatives of the midget team held a meeting August 29 and

decided that despite having to put up \$500 per player, all 19 players will be making the trip. Earlier, representatives of the bantam squad decided to send a team also, with the same monetary commitments applying.

However, only 12 bantam players said they would go to Norway. But team officials say parents still have a week to put up \$100 of the \$500 required, and that final arrangements for accommodations won't be made until October.

The need to ask the parents to put up \$500 came as a result of the poor showing made by the association's rock show held in Prospect Park the first weekend in August. Instead of coming away with the \$60,000 needed to fund the December trip, the AMHA lost \$5,000 on the venture.



place you are likely to go to on your vacation, unless you are of Norwegian descent.

"The boys can learn more on the two weeks they'll be there than they

could in any classroom. There's not only hockey for them, but the culture and the people to learn about."

"It will be an experience of a lifetime for them," he said.

Angels go to final with T-ball victory

The Casselman Fuel Angels won big over the Royal Canadian Legion Reds 31-20 to qualify for the Georgetown Baseball Association T-ball final against the Cubs.

This series was tied at one game apiece, but the Angels won the deciding game on defence.

Warren Daniel was all over the field and Alex Clarke made several outs. All players hit well

too.

Angels and Cubs play their final at the Fairgrounds September 9 at 9 a.m. Be early for good seats and bring a good voice.

The Choice Air Cubs and Halton Credit Union Mets had a close 37-35 game this week. Both teams played serious ball and the Mets almost surprised the well-oiled Cub machine.

The Mets and Reds will play a consolation final at Harrison September 5 at 6:15 p.m.

Lately the Cubs have had good play from Tyler Clement, Gary McNiwen, Daniel Estevan and Brad Friend.

The Mets have been led by the Hiseman sisters and Neil Scudder. Linda Laeroix, Andy Kerslake and Peter Mashinter have been other players of note.

Midget team manager Bruce Cargill said being able to send a whole team will make it easier to prepare for the trip.

"This is what we wanted," he said. "This way

"We won't have to readjust anything, and we'll be able to play together as a team."

Cargill said he and his team are waiting patiently for the time to come when they can board the plane and head to Norway for their trip.

"I would say that the players want to go worse now," he said. "They are wired and raring to go."

But the players will learn more than just how to play better hockey on their trip.

"This will be the trip of a lifetime," Cargill said. "This is not the kind of

Track club holding race

The Georgetown Track Club will be holding a road race September 9, and race organizers are hoping the race will become an annual event.

There will be two races, a 10 kilometer event and a three kilometer "Fun Run". Approximately 100 runners are expected.

Entry fees will be charged. For the 10 kilometer race, entrants will be charged \$6 while fun run participants will be asked to pay \$3. All

competitors will receive certificates after their race.

The fees for entry to the race will earn participants free entry to the Georgetown Fall Fair.

There will be four male and female categories. In the male competition, the categories are under-14, 14 to 19, 19 to 39 and 40 and over. In the female competition, under-14, 14 to 19, 19 to 35 and 35 and over will be the categories.