

# Provincial cross country championships being held here

## GDHS runners excited about OFSAA

When you are lining up against over 200 runners, making sure to get a good start is imperative if there is any hope for a medal.

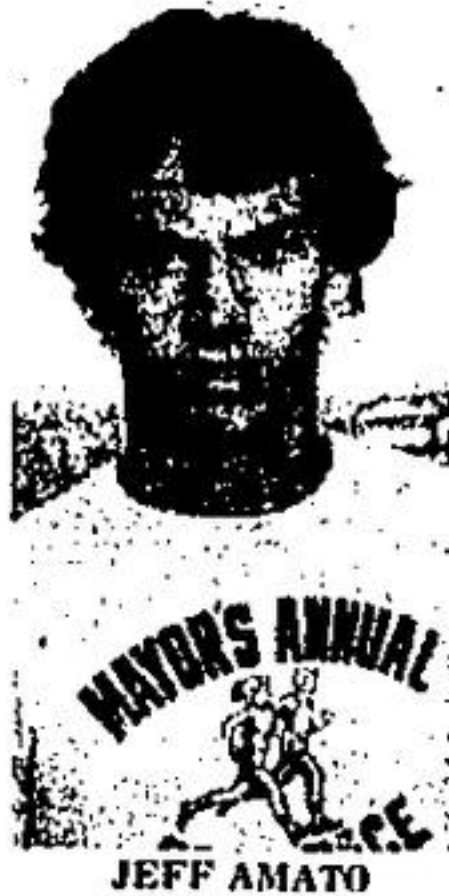
Getting off to a good start will be on the minds of those runners from Georgetown District High School (GDHS) that will be taking part in this weekend's Ontario Federation of Schools Athletic Association (OFSAA) cross country meet. For the first time ever, the event will be held here in Georgetown at the Georgetown Golf

and Country Club, beginning at 11 a.m., and will run until about 4 p.m.

The meet is being organized by GDHS, and it is estimated that over 1,200 runners will be in town for the event.

The Herald talked with four members of the Rebels team, and got their opinions on having the meet in Georgetown.

"I don't think having it (OFSAA meet) here will be a real advantage," said midget boys runner Jeff Amato. "The only advantage will be the people being vocal,



JEFF AMATO



MIKE WOOD



JANELLE LEWIS



SHAWN LANGDON

which I guess gives you another reason to do well."

The meet will be the second provincial championship for Amato, and he said he hopes to better last year's 30th place finish in the midget class.

"The start is the most important part of the race," he said.

Junior boys runner Mike Wood said the hometown crowd should be an advantage.

"Most of the officials will be from Georgetown, and it will be like having extra cheerlead-

ers," he said. Wood said the competition at OFSAA is top notch.

"It is tough," he said. "The competition at OFSAA is incredible."

This will be Janelle Lewis' first provincial championship meet. She said that fact alone makes her a little nervous.

"I feel proud about having made the team," she said about having the meet in Georgetown. "We'll be in front of our own crowd, and it will make us feel like we'll have to do better than if we were somewhere

else." Senior girls competitor Shawn Langdon raced in two other OFSAA meets, but adds she is not an old pro when it comes to those types of meets.

"There can still be surprises," she said. "Each one is different."

Langley said she does not feel any added pressure since the competition is being held in Georgetown. She said the home crowd should give the locals an advantage.

"We will have a lot of people cheering us on," she said.

## Acton settling on sending individuals to meet - for now

ACTON - Running before friends and family will not present any problems for Doreen Uranick and Marla Brillinger.

The two Acton High School students will be competing in the Ontario Federation of Schools Athletic Association (OFSAA) cross country meet being held Saturday at Georgetown Golf and Country Club. Uranick qualified for the OFSAA meet by finishing in top spot in the senior girls category in the Peel-Halton championships while Brillinger was fourth in the midget girls class at the same event.

"I think running might be a little easier," Brillinger said, "because it is so close."

"When you get more people from your area out, it helps," Uranick said.

The 1984 provincial meet will be the second for the 15-year-old Brillinger, who is in Grade 10. Last year she finished 57th, and said having run in such an event before will help her this week-



DOREEN URANICK



MARLA BRILLINGER

end. "I'll have to go out faster this year than I did last year," she said. "As for my goals, I'd like to finish in the top 10."

Brillinger has run in seven meets this year, and has won one event, come second in two others, recorded two fourth place finishes as well as two fifth place finishes. She said she has been happy with the year she has had.

"But you would always like to do better," she said.

As for Uranick, this will be her fourth provincial meet, and the Grade

13 student says that should help her also. "I've been through this enough that I know what it is like, and what to expect."

This year has been a long one for Uranick. This summer she raced and qualified for the junior Pan-Am team that took part in Trinidad.

When she returned, after a slight rest, Uranick was out again running, this time cross country. She said she will be glad when the cross country season is over.

"I'm counting the races, and after this one is done, I won't be doing

cross country," she said. "The only reason I'm doing it is because it helps strengthen me up for track season, and gives me a good base."

Uranick said there is a difference between running track and running cross country.

"I find cross country to be sort of more gutsy," she said. "Also, you have got this type of weather to run in, and I hate the hills."

Uranick's OFSAA performances have improved each year. In her first meet in 1981 she was 37th. That improved to fifth in 1982 and last year Uranick was second in the senior category. This year she is going out to try and win her class.

Uranick has run in six meets this year, and won four of them while finishing second in two others. She said knowing others are out to get her does not put any added pressure on her.

"It scares me a bit sometimes, but most times it makes me feel good," she said. "I just go out and run."

## Hard work key element to running success

By DAN RALPH  
Herald Sports Editor

There is no clear cut secret to the success Karen Cosgrove and Donna Metcalfe have experienced as coaches of Georgetown District High School's cross country running team.

Since the two faculty members got together and took over the team in 1974, GDHS has won 15 gold medals and six silver awards in Ontario Federation of Schools

Athletic Association (OFSAA) competition. This weekend Georgetown will be the host site for the 28th annual OFSAA cross country meet, which will be held at Georgetown Golf and Country Club.

About 1,200 athletes from across the province will be competing for top honors.

"We've gone to a couple of seminars, and have been asked if we

have any secrets for our success," Cosgrove said. "We tell coaches we train two nights a week during the summer, every night during the school year and run in one meet a week."

"The coaches say they can't do that, but if you look at the schools that win regularly, that is what they do."

But being a coach of up to sometimes 60 runners means you must be able to handle people too.

"There is a lot of psychology involved because of all the egos you're handling," Cosgrove said. "You've got to know when and where to draw the line, and not to push the runners so hard that they quit."

The coaches give a lot of themselves, and commit a lot of their time to the team, and expect the same from team members.

"We decided we would not put the commitment



DONNA METCALFE



KAREN COSGROVE

into this unless we got something out of it in return," Metcalfe said. "We don't like to lose, and the team knows we get down when we lose."

"Most of the runners know what is expected of them, but they also know the rewards," she said.

Being a coach allows the two an opportunity of getting closer to the athletes than they could to their students in a classroom.

"Out here, we can take one of the runners aside and put our arms around them and talk," Metcalfe said. "You can't do that in a classroom."

The two coaches have been working with one another so long that in many instances they don't have to communicate their wishes to one another.

"Our personalities seem to work well together," Cosgrove said. "We've worked so long together that it is almost like a telepathy is there."

"We've coached alone when the other was having a baby, but I still call Donna," she said.

There are times too when the two are invariably mixed up.

"There have been times when the staff have called me Donna and mixed us up," Cosgrove said.

One of the important values the two try to portray to their runners is the value of having fun while running. If one does not enjoy their selected activity, chances are he will not stick with it very long.

"We wouldn't be coaching if it was not a lot of fun," Metcalfe said.

"High school sports must be fun," Cosgrove said.

As for what the Georgetown team's chances for success are at this weekend's meet, both coaches remain cautious, but confident.

"Our overall depth is better than it was last year," Cosgrove said, "and we won two gold medals last year. I am going to go out on a limb and say all of our six teams will place in the top 10."

"If we don't win at least one gold medal, I'll be disappointed. We have a reasonable chance for two gold," Metcalfe said.

## Winning not coach's whole objective

ACTON - Acton High School will have to be content with sending individuals to provincial cross country championships - at least for now.

Cross country coach Bruce Andrews said because basketball is fairly big in the school, a lot of potential cross country athletes decide to play basketball instead. He also said that because Acton has a select number of "feeder schools", the chances of getting a lot of athletes are lower.

"Getting a team to OFSAA (the provincial championship) is just not probable with the

numbers coming out," he said.

But Acton will be represented in the Ontario Federation of Schools Athletic Association meet, which will be held at Georgetown Golf and Country Club this weekend. Doreen Uranick will be competing in the senior girls class while Marla Brillinger will be running in the midget girls race.

Andrews said he will not predict where his runners will finish up.

"I think Doreen is the favorite in her class, and she is capable of winning, but if she doesn't, then there is no problem.

When she goes out I know she will give it her best, and if her best is good enough for second or third that day, then there is no problem.

"As for Marla, we've set her goal at finishing in the top 10. If she can do that, she will have run a very good race, and if she finishes in the top 15, she will have run well."

Andrews said having the OFSAA meet in Georgetown will prove to be an incentive to the Georgetown District High School runners.

This year GDHS is sending six teams, and a total of about 30 runners.



BRUCE ANDREWS

"It is excellent for Georgetown because they have had good teams for so long that now the people have an opportunity of coming out and seeing the best for a day. Something like this shows the people

that we have good junior runners in both Georgetown and Acton," he said.

Andrews has both his athletes on rigorous training programs. Uranick does a weight program and runs about 60 miles a week while Brillinger runs at least 50 miles a week as well as doing weight work too.

## Year been a success for Georgetown

Georgetown District High School's midget boys cross country running team has been as close to perfection as a team can be this year.

In the five races the team has entered, it has walked away with five overall championships. The top runner of the team is Jeff Amato, who has won two of the five races he has entered, and placed second in the three others.

Teammate David Paul has three second place finishes, while Don Cruise has a second,

finishing in top spot three times in five races, and adding a second place in another. Janelle Lewis, Allison Irvine,

Tara Burroughs and Tina Newman have placed well in their races.

The junior boys squad started out slowly, finishing fourth and 12th overall in their first two races, but came on strong to win their last three. Mike Wood had a second, third, fourth and fifth place finishes in four of the races while teammates Greg Mckenzie, Andy Kiss and Yanne Letarnec have placed well also.

Anne Coullighan, Linda Wenham, Shannon Snyder and Traci McFarlane led the junior girls team to a top finish in the Halton championships with finishes of tenth, eighth, ninth and 10th overall respectively. The squad has two other fourth place finishes to their credit this year also.

The senior boys crew



ANNE COULLIGHAN



KATHY HARRIS



ANDY KISS



ERIK HOPKINS

added a second and third spot finish to their top finish in the Halton meet. Erik Hopkins won the class race at the Halton meet, and had a second and fifth place finish in two others.

Kevin Powers was second behind his teammate and was third in another race and sixth in another at the Halton event. David Banks and Ken Hesse are the other team members.

The senior girls team has had second, third and fourth place team finishes as well as being the best team at the Halton event. Shawn Langdon has been the top runner in this class for GDHS, finishing in the top 10 three times, and was never out of the top 13 finishers in all five. Kathy Harris and Angie MacKay were right behind Langdon in the Halton meet, finish-

ing fourth and fifth respectively. Karen Pepper rounds out the four-member team.

Georgetown has won the top school award in four of the five meets, and was second in the other. As well, the overall boys and girls team award has been awarded to GDHS in three of the meets.

In this sport, all four members run, and are given points for their

finish. After the race is done, the points are added up, and the school with the lowest total wins the class.

Georgetown District High School will be sending a strong team to this weekend's Ontario Federation of Schools Athletic Association (OFSAA) cross country meet being held at Georgetown Golf and Country Club.

All six teams qualified for the provincial event.

## Georgetown traditional power in meet

There's a saying that goes, "You can't keep a good man down for long". Such a saying could be applied to the Georgetown District High School cross country program.

Upon starting in 1969 when then wrestling coach Lew Martin got the ball rolling, GDHS has won 15 gold medals and six silver medals for team competition. What is more impressive is that the team did not win its first Ontario Federation of Schools Athletic Association (OFSAA) medal until 1978.

Arlene Placido assisted Martin with the program, and she took charge of four female runners who wanted to pursue the sport further.

But in 1974 she decided to get involved in coaching basketball and volleyball, and that's where Karen Cosgrove and Donna Metcalfe entered the picture.

Cosgrove and Metcalfe have been coaching the cross country team since that time, and have seen the club evolve into a powerhouse in the high school cross country competition.

The two have been involved in coaching the GDHS track team, and with Martin decided to look for runners to join the team. In 1974 the two went to their first OFSAA meet where Mike Dixon was the school's first provincial champion runner by virtue of his first place finish in the senior boys class.

In 1975 Martin left the club when he moved to Smith Falls, and Cosgrove was busy with her house in Acton. That left Metcalfe and Dixon to coach the team, and that year GDHS won its first major meet by taking the York University meet. The OFSAA meet was held in Collingwood that year, and Ian Clark became the second GDHS runner to win OFSAA gold with his top finish in the midget boys class. That season the midget team was fourth overall.

The next year at Boyd Park, the club again came away with medal performances. The senior team of Doug Smith, David Griffiths, Jim McIntyre and Glenn Britton and Stacey Wheeler won a gold medal while the junior and senior girls teams came home with silver medals.

members of the senior team were Heather McLaren, Sherry Finucan, Sandra Marciniuk, Liz Ramsay and Robin Dodokin while the junior girls team was made up of Lynn McPhail, Debbie Newman, Susan Kristensen and Kathy Webb.

On a bitter cold day in 1982, the OFSAA meet was held at Earl Bales Park, and once again GDHS teams sparkled. The midget girls team of Amy Powers, Nancy Mustard, Anne Coullighan, Sandra Heaton and Linda Wenham narrowly defeated O'Neill Collegiate of Oshawa by three points for the gold medal.

The midget boys team of Mike Wood; Darren Boudreau, Greg McKenzie and Patrick Braund and the senior girls team of Susan Kristensen, Sandra Marciniuk, Debbie Newman and Jennifer Pepper both took home silver medals.

Last year in London, the midget girls and boys teams both came home with gold medals. For the girls team, the gold medal was the fourth time in as many years. Members were Allison Irvine, Amy Powers, Tracy Green and Kim Hale. The midget boys team of Jeff Amato, Greg MacKenzie, Darren Boudreau, Mark Lamb and Terry Dixon won the medal that for two years had eluded them.

This year, with the OFSAA being held in Georgetown, it is likely with six teams, GDHS will win some medals.