



Georgetown

Track Club

Running hints

The last month has been about the worst month we can remember for running conditions. Our \$200 gortex suits don't seem to keep the rain and snow out and our \$70 training shoes now look like construction boots.

Heck, there has been so much snow on the ground this winter the squirrels can't find any food and they're even chasing you as you run by.

But don't lose heart. It seems we have turned the corner into milder weather just in time to enter the plateau phase of our marathon training.

These next seven weeks are critical to your training. You know you can cover the distance but now it is time to put in some quality mileage.

Table with 7 columns (Week 5-11) and 7 rows (Mon-Sun) showing running distances.

As you can see each week is virtually identical. There are slight increases in the time of the short run on Monday and Wednesday and in Week 10 you will notice a 150-minute run scheduled for the Sunday.

Now that you know you can for one-and-a-half to two hours try and concentrate on style. Keep your back straight and your chest out.

If you can concentrate on your form now you will be amazed at your improvement over the next few weeks. Have a look at your training shoes.

RUNNING SHORTS

There are three great training races coming up. March 30th is the Around the Bay race in Hamilton which is 30 kilometers (almost three-quarters of a marathon).

SPORTS SCOREBOARD

MINORATOM
Varsity Canada 12
Goals: Greg Macleish 3, Ryan Brain 3, Kevin Spears 2, Danny King 2.

MAJOR PEWEEES
Carpe Baris 12
Goals: Mike McKinnon, Darren Krafczek, Mark Lenton 3, Darren Peel, Larry Brunton 3, Steve Dobbins, Darren Danlyshen 2, Doug Thompson.

CHIO, Andre Thibault, Lee Kelly
HARRAGERS 3
Goals: Sean Pedersen 2, Scott Dobbins, Darren Danlyshen 2, Doug Thompson.

MAJORATOM
Varsity Canada 12
Goals: Greg Macleish 3, Ryan Brain 3, Kevin Spears 2, Danny King 2.

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HIGH SINGLE FLAT:
Pearl Burt 218, May Brochie 204, Len Bunton 234, Bob Harris 228.

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Advertisement for Johnson & Associates Ltd. Realtors, featuring a 'THIS WEEK'S SPORTS SCOREBOARD BROUGHT TO YOU BY' and contact information.

Taking part in GMHA Bantam tournament
Newfoundland team here to learn

By DAN RALPH
Herald Sports Editor
Receiving an education in hockey can sometimes be a painful process for a team.

learned will end up being the team's eventual payoff.
Mount Pearl is taking on Ontario Minor Hockey Association "AA" teams while coach Randy Roberts and manager Harry Ralph feel their squad could be more competitive playing against "A" teams.

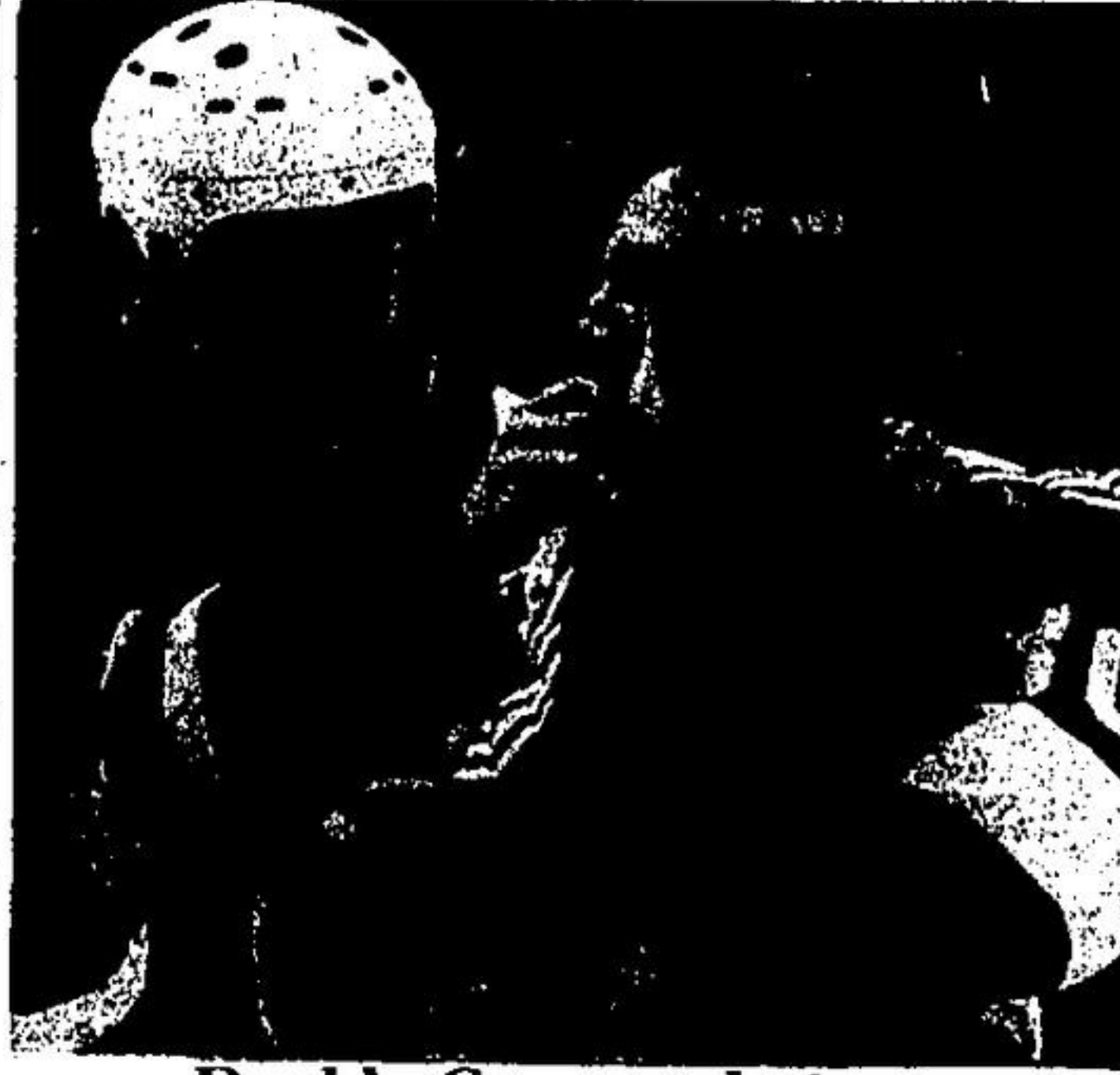
opening game of the tournament, dropping a 7-0 decision to Brooklin-Whitby at the Alcott Arena. However, after two periods the Blades trailed only by a single goal.

games to bring their total for the year to 24 contests. Also, the team spends an average of about two and a half hours a week on the ice practising.

first time in the big city."
The team flew into Toronto Saturday and took part in an exhibition game Sunday against the Chinguacousy "AAA" team and dropped a 12-1 decision.

they figure the opportunity to travel means more than winning hockey games.
"You'd have a tough time telling the boys that in the locker room though," Roberts said.

four divisions with a major and minor team (atom, pee wee, bantam and midget) along with one juvenile squad.



Double Congratulations
Georgetown Raiders goalie Dave Tataryn and son Joshua congratulate a member of the Petrolia Squires after the Squires had taken the seventh and deciding game of their Senior "A" quarterfinal series 6-3.

Athletic and arts nominees selected for Honor awards

A total of 26 nominees make up this year's nomination form for the 1985 Recognition and Honor Awards evening.
The event pays tribute to those individuals excelling in the arts and athletics. The awards will be given out April 3 at the John Elliott Theatre.

championships.
The Halton Hills Blue Fins received a nomination for winning the 1985 Recognition and Honor Awards evening.

open and senior swim teams received a nomination for winning both provincial titles at the high school level.

ly Disabled gave Kim Harnois a nomination while Michelle Redmond was nominated for being a member of the provincial championship ladies hockey team.

McNally team off to good playoff start

The Georgetown McNally Construction-Firefighter Atom AA's are off to a good start in Tri County playoffs winning the opening three games, 3-1 over Oakville, 2-0 over Orangeville and 6-1 over Flamboro.

and Ken Kosziwka with two with assists to Mashinter and Shawn Pearson. Georgetown goalie David Frost was sharp in net for the home squad coming up with

the big saves when called on.
Georgetown travelled to Orangeville for Game Two and in a rough, evenly matched game, the Atoms came up with

two third period goals for the win. With less than five minutes to play in a scoreless tie, Kosziwka beat Orangeville's goalie on a play from Mashinter. Andy Elliott set up

Greg Dobbin two minutes later and Dobbin connected with the clincher. Georgetown's Marc St. Pierre was unbeatable between the pipes and was credited with a much deserved shutout.

Game Three played in Flamboro was the fastest moving game of the season with Georgetown leading all the way. Three minutes into the first, Mashinter set up Kosziwka who beat the Flamboro goaltender with a low, hard drive.

again. The second period was scoreless and seconds into the third, Elliott and Chris Barrow set up Ryan Pells who raced past the Flamboro defence and popped in a "pierce goal" to clinch the game.

Liftech leads hockey series

The Liftech "A" Major Atoms travelled to Orangeville March 5 for Game One in this best of five series, the winner of which will advance to the Tri-County Championship.

Game Two was played at Memorial Arena in Georgetown on March 7, when the Georgetown squad came up with a solid, hard skating team effort to even the series one game apiece with a very convincing 3-1 win over Orangeville.

Currie put home the first goal from the sticks of Rooster Pearce and Jeff Wright. The second was also scored in the first period by Steven Wright from Greg Dawson and Buchan to take a 2-0 lead by the end of the first frame.

Orangeville attempted a comeback in counting two goals in the second period.

Currie and Jeff Wright put the icing on the cake in the final period assisted by Kurnell, Diardchuk and Pettigrew to take the 5-3 win.

Buchan cemented the Georgetown victory with 4:10 left on the clock in the third stanza with a great short-handed marker assisted by Leoni.

Championship streak ends for Rebel team

The string of consecutive Halton championships for the Georgetown District High School senior girls volleyball team has been halted at four.

Georgetown lost a tough 3-2 series to Aldershot of Burlington in the Halton semi final game there last Tuesday. The local team had been Halton champions the past four consecutive years.

Georgetown led 14-11 in the final game when they lost their serve on the match point. The home team then scored five consecutive points to take the final game 15-14 and the playoff game.

"It's a funny thing," said Georgetown coach Grant Clatworthy. "We were there and they had a full gym, but we played above our heads."

"When we lost our serve, the crowd got back into it and we couldn't get everything back. They played well, but we had them."

The scores of the other games were 15-5 and 15-8 for Aldershot while Georgetown won their games by 15-1 and 15-1 scores.

Advertisement for Kinsmen Girls' Softball Registration at Cedarvale Community Centre, including registration details and contact information for Mr. Jim Ford.

Advertisement for fluorescent light fixtures, featuring 'DO IT RIGHT SALE' and 'MACKENZIE BUILDALL' branding.