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. The benefit of having a nicely-browned face from the strong wind is great, but can be a little unsightly in conjunction with our earlobes that are losing skin due to frostbite.

You've probably realized you don't need to buy those weights you attach to your shoes because there are so many puddles your shoes, weigh five pounds each at the end of your run anyway.

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. You may recall the first four weeks of our 13-week schedule were designed to increase weekly mileage. Now having accomplished that it is time to get our bodies used to covering that distance every week.

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.

Week	5	6 .	7		9	10	11
Mon	30	30	35	40	40	40	40
Tues	90	90	20	190	90	90	90
Wed	30	30	35	40	40	40	40
Thurs.	90	90	90	90	90	90	. 90
Fri	40	45	45	45	45	45	45 .
Sat	off	45 off	ঝা	45	130	oil	110
Sun	110	120	120	120	120	150	120

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. This is to target you up around the 20-mile range on one run a few weeks before the marathon, if you are ambitious try three or four of these only because you will be more comfortable after the race itself. If however this is your first marathon, don't push it.

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. Watch your friends running and see how many are hunched over as they run. This can really reduce speed and endurance. Try to eliminate excessive arm swing. This can only serve to burn energy necessary to completing your run.

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. If you don't think they will last until the marathon buy new ones now so they will be broken in before the race.

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 threequarters of a marathon) Good Friday there is a 15 kilometer race in Guelph and later in April is the Boston to Brantford half marathon. All of this will certainly get you into the competitive spirit.

Newfoundland team here to learn

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

Mount Pearl Blades are taking part in this week's Georgelown Minor Hockey Association Bantam Tournament and are competing at a level that's a little higher than their ability. However the coach and manager for Newfoundland-based

team feel the lessons

the team's eventual pay-

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. "But I don't think we

would learn as much," Roberts said.

The visiting club had a rough time of it in their

learned will end up being opening game of the tournament, dropping a 7-0 decision to Brook-Mount Pearl is taking lin-Whitby at the Alcott Arena. However, after two periods the Blades trailed only by a single

> Roberts and Ralph both blamed a lack of conditioning as why their team gave up six goals in the final period. Back home the Blades only play 12 league games, and they have added another dozen exhibition

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.

But hockey expertise is not the only reason for the Newfoundland team's participation in the tournament.

"The main reason for the trip was for educational experience for the kids," Roberts said. "For many this is their

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.

One difference both have noticed is teams in the tournament are going with their 12 best players. But If Roberts and Ralph were to do that, five of their players would still be home, and

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 sald. The community of

Mount Pearl is a suburb of St. John's and has a population of 18,000. The Blades play in the Mount Pearl Hockey Association and are the major bantam team in the association.

The association has

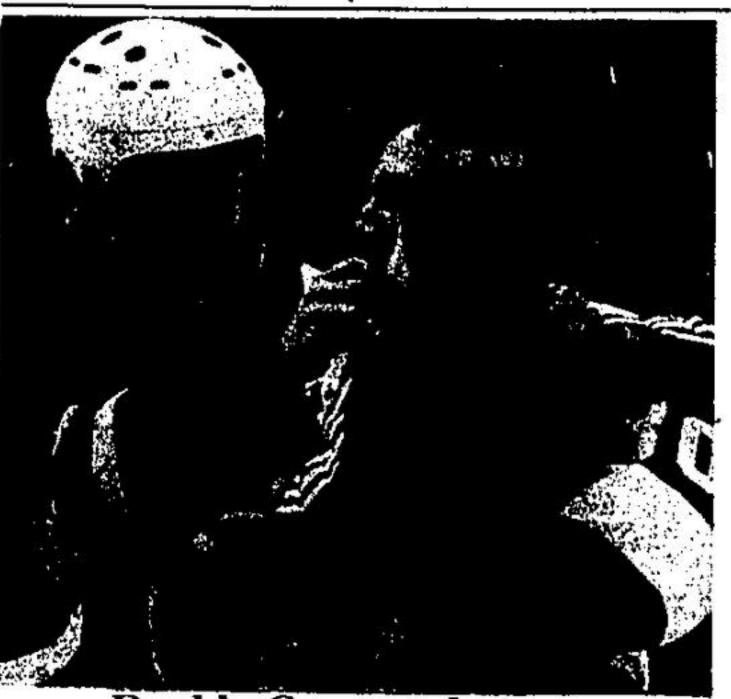
major and minor team (atom, pee wee, bantam and midget) along with one juvenile squad. Currently the Blades are fourth overall in their league, and will take

four divisions with a

"This is an excellent opportunity for us to watch the other teams play and learn from them," Roberts said.

part in the playoffs when

they return home Sun-



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. The game was played at the Alcott Arena.

(Herald photo by Dan Raiph)

Athletic and arts nominees selected for Honor awards

A total of 28 nominees make up this year's nomination form for the 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

In order to be nomi- championships. nated for athletic excellence, the nominees must have placed in the top three of a provincial or better competition.

The Acton area elementary school crosscountry teams made up of four athletes and three coaches have been nominated for winning the provincial title at the elementary school level.

Wrestler Bret Robin-Bantam Wrestling 750 cc class. championships as well The Georgetown as fifth in the Canadian District High School

championships. The Halton Hills Blue

Fins received a nomination for winning the Central Region Novice championships. As well, runners Jennifer Arnold. Paul Lalonde, Bob Donker and Anna Toone were nominated for an at the John Elliott award for placing first to third at the provincial

> Track athletes George Gldman and Doreen Uranick were nominated too. Gidman was second at the OFSAA senior boys 800-meter race and was third at the Ontario Indoor track and field meet. Uranick was second at the Canadian junior 800-meter champlonships and third in the

1500-meter event. Motorcycle racer son was selected as a Jonathan Cornwell was nominee for coming selected for being the second in the Ontario national champion in the

silver at the Ontario Games for the Physical-

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

Wrestler Dave Power was nominated for winning the Canadian midget title last year.

Georgetown natives Chris McDonald, Owen Gray, Ken Jesperson, Cam MacIver, Brian Bollert, Kevin Hoerig, Scott Allonby and Scott Martin were nominated for being a part of the Ontario Club championship runner-up rugby team.

Michelle Miehm, by virtue of being a member of the provincial ladies fastball team, was also nominated. Gail Cook received her

nomination for being second at the OFSAA gymnastics event last уеаг. Four gold and one

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

Powerlifter Pam Mc-Gilvray, third last year at the national championships; was also nominated. Midget fastball player

Kara McGaw was a member of the national championship team, and was nominated.

Acton coach Bruce Andrews received a nomination for his contribution to track and field while Acton swim coach Lyn Fountain received a similar nomination for her contribution to swimming.

Equestrian Kim Muspratt, by virtue of being a member of the national championship team, was nominated for an award

McNally team off to good playoff start again. The second period

The Georgetown Mc-Nally 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.

Oakville came to Georgetown for Game

One and the home squad totally dominated the game. A hot Oakville goalie kept the score lower than the play indicated. Goalgetters were Jake Mashinter

and Ken Kosziwka with two with assists to Mashinter and Shawn Pearson, Georgetown goalie David Frost was sharp in net for the homesquad 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 Greg Dobbin two minutthe win. With less than five minutes to play in a scoreless tie, Kosziwka beat Orangeville's goalie on a play from Mashint-

er. Andy Elliott set up

es 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.

Elllott and Chris Barrow set up Ryan Pells who raced past the Flamboro defence and popped in a "picture goal" to clinch the game. Feisty Greg Dobbin was unstopable, in the last period coming up with three goals in five minutes with assists to St. Pierre, "Brent Wasylenko and Elliott. Georgetown goalie Marc St. Pierre was out-

was scoreless and

seconds into the third.

The Atoms continue

SPORTS SCOREBOARD

MINOR ATOM Varian Canada 12 Goals: Greg MacLeish 5, lyan Brain 3, Kevin Spears 2, Danny King 2 Asalain: Kevin Spears 4, Danny King 2, Derek Ruffolo Mark Dodson, Brent

Curnood Packaging i Goal: Colin Campbell Assist: Jim Whorley. Thruway Muffler \$ Goals: Jeremiah Fendley 4, len Henderson 2, Bryan

Holph, Steven Trustum, Malt Assists: Jeremiah Fendley Glen Henderson 2, Bryan olph, blatt Deruchie. The Herold 4 Goals: Brad Spears 3, Paul

MAJOR ATOM Firestone 6 Goals: Derek Ellard 3, fark Johnston, Jeff Lane. Curtis Hamilton. Assists: Mark Johnston 7, Eric Bodin 2, John Moore, Greg Ternoway. Mr. Donal #

Chicken Villa 4 Goals: Dustin Thompson 3. Brad Cuthbert. Assists: Jimmy Brunton, Paul Gogan. Klasmen 2 Goals: Gordie Arch, Jeff



HIGH SINGLE FLAT: Pearl Burt 218, Kay Brotchie

204, Len Hunton 254, Hob HANDICAP: Pearl Burt 282, Ethel Hardman 259, Len Bunion 200, flob liarris 248. HIGH TRIPLE FLAT: Eunice Lowrey 535, Pearl Burt 517, George Burt 578, Bob

HIGH TRIPLE WITH Ethel Hardman 690, Harvey Peavoy 647, Clarence Stephens 636. TEAM STANDINGS Cardinals Pin Ups Optimists Minners Raiders lins Beens

Blue Jays

Pinacekers

The Girls

MAJOR PEEWEES Carpet Barn 11 Goais: Mike McKinnon, Darren Krafezek, Mark Lorite

3, Darren Peel, Larry Branton 3. Steven Klein 2. Assists: Larry Brunton, Pat Miodorenec, Mark Micklethwaite Z, Steve Klein J, Darren Peel 3, Mike McKinnon 2. Mark Lorito. A and S Engraving I

Goal: 6ld Spear. Assist: Jamie Stutberford. Nells Music 3 Goals: Craig Burnett, Jamie Tripp 2.

Assists: Dave Haskins, Stephen Atherley, Craig Burnett, Scott Van de Valk. Dairy Queen 3 Coals: Bob Donker, Jeff Hannah 2.

Assists: Jeff Hannah, Mike Bux Moters 5 Goals: Craig Cooper 3, Jim Lawrence, Brian Mon-

Assists: Brian Montgomery, Craig Cooper, Nicky Varriechio, Andre Thibauli, Lee

Harragers 3 Goals: Sean Pedersen 2. Scott Dobbins, Darren Danylyshen 2, Doug Them

MIDGET Bouwmans Truck 4 Goals: T. Flynn 2, M Chiovitti, J. McNiven Assists: P. Tayler 2, S. Mc-Corthy, T. Flynn, J. Davies, Mandard Products 1

Goal. J. Chartrand. Bootle Hank ! Goal: P. Miller. Assist: J. Sholdice. Trie Mart I Goal: T. Norton. Assist: B. Klavkains.

ReMaz 2 Goals: Y. Gravelle, K. Mc-Dermott, D. McKlinnon. Assists: M. Chuddy 2, M Shulout: G. Bairslow.

Moody, Y. Gravelle, J. Spiller Knights of Columbus 9

The House Round for the Provincial 8-Pin Team Cham! plomship of the Ontario 5-Pin Bowlers' Association were held on Sunday afternoon March 10th at Georgetown Bowl. The battle for the championship ended up between the league champs of the Wed. Mixed League champs and the Men's Lengue champs, with the Tues. Afternoon Ladies and the Wed. Aft. Ladies champs fighting a losing battle. The Six Pack Team of the Wed. Mixed after SCOREBOARD the first game took the lead with a phis P5 when the Men's

leam had a plus 36. in the second game, Tom Prouse by virtue of his 322 powered the men into the lead with a plus 75 to plus 67. However, bad luck struck head pins and splits not to mention missed cornerpin · while Ron McGowtnan as anchor finished by striking out to win for the Wed. Mixed team. All members of this Six Pack team bowled over their average, Moe Deforrest, Mary Raymond, Raymond, Ellen McGowan, Joe Foster and Ron

McGowan. This team will now continue to the Zone Finals on April 21st. The Men's League team was made up of Torn Prouse, John Prouse, Dave Leghterink, Dave McFarlane, Hank Chaplin and Al Edmunds. The Tues. Aft. Ladies 'Bowlerettes' had Anne Nicholson, Judy Albert, Bonnie Jones, ilazel Dumper, Stephanie Culfe and Dennna Ford competing. The mem-bers of Wed. Alt. Ladies 'Mixed-ups' taking part were Itita fludiger, Phyllis Booth.

Dodle McCariney, Ruth Mc-Naughton, Andrea Nolan and Marilyn Stephens. All mem-bers of the league champion-ship teams will receive a championship pln and cer-tificate while the champion Six Pack team will receive in addition sultable merchandise awards when participating in the zone round. BOWLING

SENIORS: Julie McCorry 889 (239), Trina Basselt 708(256), Monique l'oirier 656(291), Karen Doyle 646(300), Cludy Kavanagh. 627(230), Jane Hicks 603(256). Jim Carpenter 632(227), David Rice 605(230), Brinley Hole 601(226).

JUNIORS: Sandra Weeks 683(248). Teri Korzack 823(226), Leanne Burt 528(201), Judy Alton 528(203), Kelly Bailey 521(187), Brian Bell 741(294), Chria Somers 728(327), Barry McLean 631(242), Sleven Hayden Agi(258), Eddie Linyle 582(219), lan Vint 545(202), Alan Larocque 502(233,)

BANTAMS: Scott Hobbs 531(192), Michael Larocque 526(220), Robt. Harrison 522(202), Alex Bertrand 494(174), Lori Rivard 525(210), Nicole Ferguson 474/178) Christina Lane 453(189). PEE WEES: Ryan Martin Zack Parent Darren Donald Alain Larocque 290(101), 294(118), Geoffrey Beauparlant 276(106), Sharon Kearsay 318(104), Kendra Bird 3(5(121), Theresa Laing 203(154), Kerry Wright 297(102), Janice Somers 285(90), Holly Cairns 278(1)9).

Liftech leads hockey series The Liftech "A" Major Atoms travelled to Orangeville March 5 for

which will advance to the Tri-County Championship. Georgetown played an aggressive game and held a 2-0 lead after one period with goals being scored by Steven Wright and Shaun Currie with well executed assists carned by Stephen

Leoni, Gordle Buchan,

Rooster Pearce and Jeff

Game One in this best of

five series, the winner of

Wright. Both teams played exciting hockey in the second frame with hard, fast end to end skating and superb goaltending by both teams. Orangeville counted

early in the third to make the game 2-2. Less than two minutes later Georgetown pulled ahead by one when Leoni laid out the puck to Steven Wright who beat the opposition goalle with a centre shot low on the ice. With 4:06 left on the clock Orangeville ti-

ed the match 3-3 to force

ten minutes of overtime. Georgetown pulled ahead early in the overtime when Leoni shot a bouncing puck over the goalle's stick assisted by Buchan and Ryan Kurnell, Orangeville again tied the game for a 4-4 match and with less than two minutes remaining pulled out a 5-4 win in this first game.

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 counted their lone goal of the game in the second frame.

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

Buchan cemented the

A solid 5-3 win put Georgetown ahead 2-1 March 9 at Memorial Arena. After one period of

play Georgetown goals had been scored by Steven Wright and Diardichuk. Assisting were Wright, Leoni, Kevin McMurray, Jeff Wright and Ernle Pearce.

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, Diardichuk and Pettigrew to take the 5-3 win.

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. Flamboro came back less than a minute later for the tie but Kosziwka and Mashinter repeated their scoring play to give

Georgetown the lead

standing for his team in net and even came up with a third period assist.

this round robin series with three more games, after the March break.

Georgetown Minor "AA" atom Roxys travelled to Acton Wednesday and came away with a 3-3 tie.

Randy Bond counted his first of two from Andy Jones and Jeremy Hemp early in the first to put the locals up 1-0.

After Acton tied it up, Todd Fuller knocked in a Steve Melykuty rebound as Andrew Marshall also assisted to give Georgetown a 2-1 lead.

Bond increased the margin to 3-1, assisted by Dave Rivard and Derek Parsons. Acton tied the game with two late third period goals, the last one on a power play with less than two minutes left to play.

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 16-14 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 the crowd. "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. Kinsmen Girls' Softball REGISTRATION Cedarvale Community Centre (Ages 18 & under as of May 1, 1985) Sat., March 16th 1:00 p.m. - 3:00 p.m. Fee: \$20.00 per player or \$35.00 per family (includes sweater & team photo) (*5.00 extra person for late registration Please fill in and bring to registration we mail to: MR. JIM FORD 23 McIntyre Cres.,

A. C. C. Marrie, 1975-

Georgetown, L7G 1N5

Cheques payable to Kinsmen Girls' Softball



