

Leaf in town Friday afternoon

Past year hard for Daoust

The Toronto Maple Leafs are out of the playoffs, so Dan Daoust is not about to sit at home and watch the games on the television.

"It's like work," he said. "When you go on holidays you don't want to see anything associated with work."

Daoust was in Georgetown Friday afternoon at the Alcott Arena. He and Leafs vice-president King Clancy were at the banquet held for the players involved in the Ontario "AA" midget tournament played here on the weekend.

Daoust came to the Leafs back in December of 1982 when he was traded from Montreal Canadiens with defenceman Gaston Gingras. In return, Montreal received two draft picks.

A native of Montreal, Daoust had dreamed about playing for Les Canadiens as a child. But he said as a young hockey player, he did not find the trade hard to take.

"They weren't playing me, and I wanted to play hockey. No, the trade didn't really bother me."

Daoust was in the Montreal organization for three years prior to the trade, having spent his first two years in the minors. He was a member of the National Hockey League squad the year he was traded to Toronto.

Since he has joined Toronto, Daoust has found the fans to be quite demanding.

"At first I enjoyed it, but we've been losing the past few years and it is hard to listen to them yelling names at you. The fans don't seem to give you much support when you are losing."

If pressure from the fans is difficult to take, there are others the players must adjust to also.

"There is a lot of media pressure in Toronto," he said. "We talk to players in other cities and they say they never hardly see their media."

But in Toronto there are six or seven guys covering the team, and you have to watch what you say."

This year the Leafs finished last overall in the NHL. Team captain Rick Vaive, who scored 50 or more goals the past three years, scored just over 30 goals. A lot of talk was and has been generated about Vaive's future with the hockey club.

"It is not easy to be talked about all year," Daoust said. "I would think it bothered Rick and his family, and might have been a reason why he had a bad year."

"But you try not to let talk like that bother you. If you are going to be traded, then you are going to be traded. There isn't a lot you can do about it."

At age 25, Daoust has spent the past six years in professional hockey. He said he can see how some players get depressed about being sent down to the minors after having played in the NHL.

"I came up the hard way, spending two years in the minors so I've seen the dark side. I enjoyed it, and it gave me the experience I needed to play in the NHL."

"But there are a lot of bus rides, and there's a big difference when you get to fly everywhere and stay in good hotels."

"In the NHL you get everything served to you on a silver platter and I wouldn't want to go back (down in the minors)."

The obvious goal for Daoust and his Maple Leafs teammates is to make the playoffs this upcoming year. If they can, he is confident the fans will support the hockey club.

"This year was a long year because we were playing catch-up hockey. It is hard when you are in last spot, 14 or 16 points out of the final playoff spot, but I guess everyone has the same kind of schedule."

"I think if we play more as a team and not as individuals we would be alright. We could get in the playoffs with a lot of hard work."

"And once you get into the playoffs anything can happen. If you could get a few bounces, you never know who you could end up beating out."



Georgetown Minor Hockey Association (GMHA) president Wayne Pries presents son Mark his medal at the Ontario Hockey Association (OHA) "AA" midget hockey tournament. Mark is the captain of the Sunny Acres Farms team that took home the bronze medal.

(Herald photo)



This mass of humanity is the Sunny Acres Farms midgets after winning their game with Mississauga 5-3. The win gave Georgetown the bronze medal in the provincial "AA" tournament.

(Herald photo)



DAN DAOUST AND KING CLANCY

Tournament Ice Chips



DAVE BERTRAND



PETER ALPAJARO



TODD BONE



CHRIS MARLING

Muscle pull

Right after playing in the bronze medal game, Georgetown player Dave Bertrand was taken to hospital with what was first thought to be an attack of appendicitis. However, he was treated and released for a pulled muscle.

Final taped

The championship game between Elliot Lake and Newmarket was taped by Uranium Capital Communication television, and will be shown this week there. The Elliot Lake crew will be phoning Halton Hills Cable to see if they are interested in televising the contest, won 7-3 by Elliot Lake.

Scouts present

Four hockey scouts were present Friday and Saturday at the tournament. Ontario Hockey League junior teams Peterborough Petes and Hamilton Steelhawks, as well as Orillia Travelways of the Tier II circuit and Central Scouting were on hand. None really said who they were interested in, but it is thought the Elliot Lake team drew the most interest because not many scouts knew much about them.

Local game stars

Mark Pries was selected game star for Georgetown in their 5-3 win over Mississauga for the bronze medal. Joe Balsom was the first winner for the locals in their 8-1 loss to Elliot Lake Friday. Craig Chantler won the award in Georgetown's 8-3 loss to Mississauga in the preliminary round while Brian Arthurs was the top local in Georgetown's narrow 5-4 loss to Newmarket.

Unclaimed prize

The 50-50 draw prize of \$127 was unclaimed. If you have the ticket number 1294873 call Wayne Pries to claim your prize.

Tourney profits

The weekend tournament turned in about \$4,000 for the Georgetown Minor Hockey Association. That money will in turn be used for minor hockey.

Hockey rumor

Rumor has it that Georgetown has formally applied for the 1986 Ontario "AA" Bantam hockey tournament, but no one could confirm or deny the rumor.

Cheque presented

Wayne Pries, president of the Georgetown Minor Hockey Association, was presented with a \$500 cheque Friday by Carling O'Keefe in the name of Brian Hayward. Hayward, a goaltender with the National Hockey League, was named player of the week a few weeks back and donated the money to the GMHA.

Georgetown scorers

Mike Teetzel had the lone goal for Georgetown in their first game (an 8-1 loss to Elliot Lake). Mark Pries, Brian Doherty and Dave Bertrand scored in the 8-3 loss to Mississauga while Teetzel had two assists. Brian Arthur had three goals in the 5-4 loss to Newmarket. Chris Marling had the other.

All-star team

The tournament all-star team was dominated by Elliot Lake. The winners placed three members to the six-man team, with the three other teams having one member. The team was made up of Peter Alparajo, Deric Farquhar and goalie Gary Bowles all of Elliot Lake, Newmarket's Todd Bone, Mississauga's Richard Roberts, and Georgetown's Brian Arthurs.



Georgetown Track Club

On Feb. 6 we wrote our preliminary article on marathon training. Now we're only two-and-a-half weeks away from the big day. Sunday May 12 is the Ottawa Marathon. Most of the heavy training is over and we now enter the tapering phase of the 13-week training schedule.

The worst thing a runner can do is enter a race having trained too heavily the last couple of weeks. Let's review the schedule for the last three weeks and then explain how it works.

	WEEK 11	WEEK 12	WEEK 13
MON	10*	10	35
TUES	90	90	40
WED	90	40	35
THURS	90	90	40
FRI	45	45	35
SAT	0.5*	0.5*	0.5*
SUN	120	100	marathon

*minutes
off or easy

Runners must remember by week 11 your training is over. During week 12, 90 or 100 minutes will be your longest run. It should not be done at an excessively fast pace. It's hard to run a marathon injured. The last long run before the marathon (the 100 run one week before) is a great confidence builder and a good setup run for a carbohydrate loading program. The jury is still out on loading, but here is how it works if you want to give it a try.

After the long run the Sunday before the marathon, eat no more carbohydrates until Thursday morning. The theory is the Sunday run depletes your available carbohydrates, and by not eating any more for three days the body becomes a sponge just waiting for some. From Sunday night till Thursday morning you should eat normal amounts of protein and fats, but minimal amounts of carbohydrates. Therefore meats, eggs and cheese are on. On Thursday, Friday and Saturday you are supposedly primed for carbohydrate intake. You might get cranky by Wednesday, but

you can always abandon the program if you aren't comfortable. Remember though, not to overdo the loading and gain five pounds just prior to the race. Half the fun of running a marathon is the last week of training. Because there aren't any long runs, your legs become rejuvenated as does your attitude. All your friends will call to wish you well and you'll feel like you have the world by the tail. But don't blow it after all your hard work.

Here are a few tips for your last week and the big day.

- don't try to break in a new pair of shoes now.
- enjoy your meal the night before but don't overdo it. A good plate of pasta and bread is great.
- don't run the day before. Your training is over-enjoy the day.
- don't eat any salty foods for three days before the race.
- wear clothes that are well worn and you know feel comfortable.
- drink a lot of fluids prior to and during the marathon. By the time you feel thirsty it will be too late.
- vaseline everything that may rub. Twenty-six miles is a long way. Apply to toes, groin, nipples and underarms.
- if it's sunny, wear a peaked cap and suntan lotion. Dehydration and sunburn feel even worse after running 26 miles.
- when stretching before the race, stick to your routine. You'll see people doing wild and wonderful things - don't be swayed.
- finally, set realistic goals and have a good time.

The Track Club will publish results of the marathon for club members, but if you're going down, phone the paper and let us know how you did.

RUNNING SHORTS

Sunday, eight club members went to the Boston to Brantford classic. Six ran the half-marathon and two ran the 10 K race. Temperatures reached 84 degrees F. during the race to make it a real nightmare. It's amazing how you can be satisfied with a slow time under those conditions. Everyone recovered, but Noxzema sales are sure to soar due to sunburn.

Canadian marathon champ Dave Edge won the half marathon in one hour, nine minutes.

Goalie happy with year

Cup as the Eastern team is the host for this year's event.

Now Newfoundland will play host to Thunder Bay in the best-of-seven Cup championship final.

"They (Newfoundland) have a good team and they will be tough to beat in their own rink. But I also think if we would have won it would have been hard for a team to take four games in the best-of-seven series from us in our arena," Lockhurst said.

Looking back on the season gone by, Lockhurst said he was happy with what he and his club accomplished.

"Everything turned out well," he said. "I didn't get a good start to the season in Georgetown, but when I came to Dundas things seemed to work out better."

"But I'll have to wait and see (about next year)," he said. "If (playing hockey) really takes up an awful lot of time."



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