



REBEL RUNNING WILD-Georgetown District High School's Tim Racinsky (21) gets set here to run 65 yards for a touchdown. Racinsky's major helped propel the Rebels past Burlington Central Wednesday afternoon 29-10 in the Halton Junior boys Tier II consolation football title. Racinsky finished the game with 125 yards on 18 carries.

Grid team downs Burlington for title Rebels get revenge

By DAN RALPH
Herald Sports Editor
BURLINGTON-With all cylinders working at peak efficiency, the red, white and blue Rebels' machine shifted into high gear Wednesday at Burlington Central's expense.

The Georgetown District High School junior boys football squad ended their season with a 29-10 win over Burlington Central here. The victory was sweet revenge for Georgetown, who dropped a 27-0 regular season decision to the Burlington squad. But even more, the win earned the Rebels the Halton Tier II consolation title, and evened the team's season at four wins and four losses.

The Rebels' defence played its most physical game of the year, forcing six Burlington turnovers. After spotting the home team 10 points in the second quarter, the Georgetown defence buckled down and effectively

shut down Burlington's running threat, back Cam Britt.

For their part the Rebels' offence executed well, with the line giving running backs Tim Racinsky and Kirk Serjeantson plenty of holes to run through. Racinsky had probably his finest day rushing with 125 yards on 18 carries. The Rebel runner scored a touchdown on a 65-yard off tackle play. Don Rea scored on a 65-yard reverse and pivot Rob Gramada had the other on a one-yard sneak.

Rebels' coach Rick Redshaw said his club was quite loose the entire week of practice right up to Wednesday's game. He was quite pleased with his club's play.

"I'm pleasantly surprised," he said. "I think the little things like blocking won it for us."

Redshaw pointed to linemen Rob Smith, Dave Barrow, Gary Butwell, Dave Varricchio and Rob McGulgan as

a major reason to the win. On defence Smith made the hit of the game in the fourth quarter when his tackle of a Burlington player on a reverse resulted a fumble. Teammate Butwell also had a number of key hits and tackles.

On offence Varricchio, Barrow and McGulgan were instrumental in Georgetown's establishment of the running game.

"McGulgan missed our last game with them, and with him at tackle we can run to both sides and not only the left side," Redshaw said. "Varricchio made some key blocks from centre."

Varricchio also handled the kicking chores, and punted for the first time. The centre had two converts and punted well all day as regular kicker Mark Preston was sick.

"We were loose," Redshaw said of his club before the game. "Our practices weren't long, just a matter of refreshing the plays."

"When we got here today we warmed up, took a look to see if Dave could punt, then started the game," he said.

Before the game began Redshaw had said he would give all his players a chance to play. He began substituting near the end of the first half, and said the young players did well.

"Everyone did their job," he said. With a majority of players returning next year, including Racinsky and Serjeantson, Redshaw is already looking to next year.

"We are looking good," he said.

Peewees on track

H and H Video Major Pee Wee A team, who got off to an unsettling start, with an early coaching change, finds itself in their seventh league game, with four losses and two wins. The new coach Dempsey Snow with crew Grant Usher, Bill Boyle and Ken Bond are bringing the team nicely along as contenders.

Thursday the locals swamped Milton 8-2 at home. A strong hustling effort produced scoring for Steve Alchin, Gordie Burke, Mike Barnes, Steven Klein, Trevor Snow, and Rick Bond with a hat trick. Assists went to Kevin Usher (2), Mark Lortio (2), Steven Klein, Steve Alchin, and the goalie Ron Desrosiers.

Monday the team travelled to Burlington, and played an excellent hard fought exhibition 6-6 tie. Scoring by Lortio (4), Usher (2), and Alchin with assists to Bond (2), Usher (2), Lortio and Sean Gardner. An excellent showing against a strong Burlington team.

Tuesday the locals hosted Orangeville, but showed very little hospitality as they thumped them 7-3. Aside from a slight show of overconfidence in the second period, which cost 2 goals, Georgetown dominated the game. Goals by Alchin (2), Lortio (3), Kevin Barrow and Bond. Assists by Barrow (3), Bond, Alchin (2), Burke (2) and Adrian Pusiak.

Puck tourney

H and H Video, Major Pee Wee A's travelled to Thorold last weekend. The tournament, their first of the year, was very well run and all in attendance had a good time. The hockey story for Georgetown however was a little overwhelming. The Pee Wees dropped the first two games by 6-2 to Preston, and 8-2 to Thorold. In both cases, Georgetown was out muscled and out hustled by larger, seemingly more anxious competitors.

Georgetown scoring was by: Trevor Snow (who was taken from the game injured in the second period), and Richie Bond 1. Assists by Sean Gardner and Rob Boyle on the first, and Mark Lortio and Kevin Usher on the last. Scoring in the second game was Lortio from Alchin and Barrow, and Lortio from Barrow and Boyle.

The third and final game, H and H found their skating legs, and gave Fort Erie a real battle, ending in a 3 all tie. Coming from behind, Georgetown rallied in the second and third periods with goals by Bond from Gardner. A solo effort by Steven Klein and Bond

Puck wins come at Brampton's expense

By RITA DAVIDSON

Two Brampton clubs shared the ice with the "Hockey Moms" again becoming the victims to Barry Mills' dynamite young club.

Saturday in Brampton the Georgetown squad struck swiftly and decisively. The "Moms" opened early with two unassisted goals, one from rushing defenceman Timmy Diardichuk, the second from Brad "Spike" Spears. The novices depth and adaptability came to the forefront as coaches Rick Clarke

and Mills adjusted lines, switched positions, unbalancing the opposition but not those talented "Moms". "Spike" Spears playing defence as well as wing and centre went on to blast in four more goals, assists going to David "Bones" Kalbarsky, (2) Sandy Davidson. Diardichuk too proved how well he can handle all positions recorded his first hat trick. Assists to Sandy Davidson, Paul Sandifer.

David "Wheels" Boere's debut in net, sharing the responsibilities with teammate David "Bear" Pearson together, to stop many close-in shots and fast one-on-one breaks always coming up with the "big save". The final score was 12-3 with the remainder of the goals coming from Sandifer, Scott Lahey, Kevin Lumb, David Kotsos. Assists to Kevin Lumb, Alex "Missing" Clarke, "Spike" Spears, Sandifer, Jeff Hewitt.

The fun and good times spread over to the evening with the Moms and Dads tripping the light fantastic at the first "Hockey Dance" of the season. Number one on the ice and number one on the floor the minor novice parents displayed their supremacy with the best display of spirit and costumes with "Miss Seaweed" honouring us all with the best outfit of the evening! Seriousness again as Sunday the "Hockey Moms" faced off against first place Brampton who had soundly beaten us the last time out. Pumped up in the dressing room the squad came out with the desire and drive to win. Brampton scored first and seemed to expect the game would now go their way. Georgetown did not see it this way as they quickly bounced back with a lovely passing play from Kevin Lumb to Timmy Diardichuk to tie them an end to end rush from Marc "Boo Boo" Boucher, Paul Sandifer to David Kotsos who made no mistakes and planted it for the go ahead goal.

Tension mounted as a penalty shot was awarded to David Kotsos who stick handled his way from centre robbed at the last minute by a super defensive stop. Brampton shot ahead in the second and arena hushed as Georgetown fell two behind but Marc "Boo Boo" Boucher and cruncher Elineksy rallied back to Paul Sandifer to send them into the third period. The third period belonged to the "Moms" as they held the Brampton team scoreless and finally unlocked the secret to a talented Brampton goalie as "Spike" Spears tallied unassisted to tie the game. The go ahead marker just missed several times as David Kotsos attempted to show Georgetown deserved a win but they had to settle for a tie 4-4. Still a highly successful attempt and a great game.

The red and black practice all week and will meet in an exhibition game Tuesday but will not be in league play till December 8 in Georgetown against Flamboro at 4 in Memorial.

Yalowica and Bill Morrison had two assists.

Against Grand Valley Petrie had three goals and three assists while Morrison, Cargill and Bob Dann added two goals each. Yalowica and Brian Canary had singles as did Dan Curtis. Wagner and Rogers had three assists while Paul Cargill had two.

Marshall said Saturday's game wasn't as impressive as the one the night before, but added he was particularly happy with how his club played after Grand Valley scored three goals.

"There was a mental lapse where they scored the three goals, but it was good to see the players come back from that sort of thing," he added.

Despite being happy with the team's performance this weekend, Marshall won't let his squad stand pat on their accomplishments.

"There was a good transition Friday night and everything went exactly the way it did in practice. But we still have a long way to go.

"Right now we're getting the commitment, practice is going well and the guys can see the results. Friday is going to be a big test as we host Caledon, who are in first in our division."

As well as Friday, The Sabres are in Orangeville Sunday afternoon for a game there.

NOTES-The weekend wins, came without a number of players. Friday Robin Bourbonnais, Gary White, Jeff Sargent and Ken Kavanaugh weren't present. Saturday, Bourbonnais, White, Kavanaugh, Ken McDonald and Dave Thomas weren't dressed. Bourbonnais, White and Sargent sat out suspensions while Kavanaugh had school papers to work on. Thomas had to work while McDonald was sick.

Optimist Pee wees roll on

The Georgetown Optimists minor pee wees added two wins and a tie to their total this week.

The team defeated Flamboro 4-3, then beat Chinguacousy 4-2 before tying Milton 4-4.

Adam Hills had two goals for the locals in their win over Flamboro as Dave Lawrence and Adam Hagen had the others. Brad Duby, Trevor Elineksy, Hagen, Trent Cull, Brad Tuit and Lawrence had assists.

Elineksy had two goals in the win over Chinguacousy as Sean Guistini and Hills had singles. Cull, John Jickling, Hagen, Hills, Duane Lewis and Elineksy had assists.

Hills had three goals in the tie with Milton as Guistini had the other. Jason Smith and Lawrence had two assists each while Hills and Cull added singles.

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Acton Sabres convincing in two hockey victories

ACTON-Acton Junior "C" Sabres put together a pair of back-to-back victories in convincing style this weekend.

The team travelled to Fergus Friday night and came home with a 6-2 win. With a fine performance from goaltender Tom Hill the Sabres were able to defeat the Green Machine, who had won nine of the past 11 games. Included in that total was an overtime win against previously undefeated Bradford.

Saturday at home the Sabres defeated Grand Valley 12-4. To date the

Sabres' record stands at five wins against 11 losses.

"Friday Hill played very well and everyone else was solid," said Sabres' coach Steve Marshall. "It was by far our best effort of the season."

Friday the Sabres had a pair of shorthanded tallies, one of which came when the Sabres were two men short.

Wally Petrie had one of the shorthanded goals, and had two for the game. Jason Rogers also had two goals while Pete Cargill and Steve Wagner had singles. Wagner's tally also came with Acton being shorthanded. Mike

Hanman goals come in bunches for win

Orangeville hosted the Hanman Electric "AA" major peewees Tuesday when the fans enjoyed a hard, fast scoreless first period before Georgetown opened the floodgates.

Bill McDonald opened the scoring for Georgetown with a centre rush

assisted by Andy Pearce for a rebound goal. Pearce made it 2-0 with a shot in off the post from defenceman Craig Cooper. Orangeville made the count 2-1 but that was as close as they would get. Chad Bailey initiated a three way passing play in the corner to Mark Mininch on the point, who fed it back into the corner for Bailey to pass to the front of the net where McDonald banged it home. Pearce put the locals ahead 4-1 on a break in alone with a hard shot in the corner.

Craig Cooper kept the spark alive counting Georgetown's 5th marker on a break in alone unassisted. Mike Melville's heads up passing set up Dave McEneven to give the locals a further edge. McEneven then set up Pearce who completed his hat trick with a wrist shot from the hash marks. Melville scored picking up a rebound from Wade Serjeantson and with 45 seconds left in the game. Dave Watts made the final count 9 banging home the rubber in front of the net on a pass from the corner from Pearce. Orangeville counted only once in this period to give Georgetown the 9-2 victory. Paul St. Pierre took the honours in net supported by a solid team effort.

Georgetown hosted Dundas at Memorial Arena Thursday where good hustle and strong checking out distanced the locals who took a 5-2 loss.

Watts counted in the second frame on a corner shot from the low circle assisted by McDonald. Pearce scored in the third period with a shot from the circle set up by Mike McElroy on the point.

Novices win, lose

The Novice "AA" North Halton Sports Flyers split their tri-county league games during the weekend.

Saturday the novices travelled to Brampton and defeated the home town team in a one-sided game 8-0. Duane Erler led the way with a 5 point game getting a goal and four assists. Other goal scorers were Blaine McCauley with two, Robble Wands, Gavin Glaser, Doug Sheppard, David Bouskill and Brent Wilkinson, scoring his first of the season. Assists went to Cory Evans with three, Sheppard with two, Bouskill, Jamie Stephenson, Mike Kotsos, McCauley and Steve Onoprijenko who played solidly for the Flyers. Mark Aldridge's hard work in the corners helped carry the team to

victory. Jeff Whorley and Steve Bewley recorded the shut out.

The Flyers game at home on Sunday against Stoney Creek was almost a carbon copy of the match up these two teams had in the Stoney Creek tournament two weekends ago. The major difference, however, was that the score was reversed on the novices who lost the game 3-1. Although Georgetown had a number of opportunities to score throughout the game they did not capitalize until late in the third period when McCauley found the mark assisted by Sheppard, Erler, Stephenson, Glaser, Kotsos and Wilkinson contributed also with strong game performances.



Runner's notebook

Recently Runner's World magazine published its annual shoe review for 1985. This year, rather than listing from best to worst, they admitted there were too many good shoes on the market now and tried to list acceptable shoes according to price, and whether the shoe for motion control, racing or all-round use.

Many runners today need a motion control shoe. Most require a control shoe because of pronation. Pronation results when a runner strikes the ground on the inside of the heel and continues to roll inward. Sometimes this type of runner will put so much pressure on the inside of the shoe's heel they eventually roll out of it. Pronation is usually caused by three anatomical problems: bow-leggedness, flat feet or turned in kneecaps. Being bow-legged may appear to put pressure on the outside of the foot but the lower leg actually turns inward. Pronation causes a lot of stress at the knee due to the extra rotation and eventually, pronation causes knee injuries.

If you tend to over-pronate look for some of these characteristics in a shoe: 1) a stiff sole for stability. 2) Dual-density midsole being firmer along the inside edge. 3) A firm midsole. 4) A straight shoe. 5) An external heel counter support to reduce rear foot motion.

Overpronators should avoid these features: 1) A shoe curved more than 10 degrees. 2) A soft midsole. 3) A dual-density midsole with the firmness on the outside edge. 4) Shoes designed to correct supination.

Once you determine the features necessary for your running shoe, go to a store and look for shoes with a heel counter, a nylon upper, a sole with the type of grip you need, correct arch support and finally fit. In this manner you should be able to eliminate 95 per cent of the shoes in a store and only try the ones that fulfill your need. Most importantly, if you've found a shoe that works for you and have been running injury-free, don't change.

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As we've stated, all these shoes are good. You must determine your needs and price range, then you will be ready for your selection. Happy running!

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