

Cross country skiing

By JOHN PEAKER
Herald Columnist

It should be emphasized that not all people are meant to be runners. A physical deformity, or an old injury may prevent many people from running. There are many other means of achieving aerobic fitness, such as striding, roller skiing and swimming and cycling.

If you have not been active for a number of years, I think it wise to start out by "Striding". Striding is basically the same exercise as walking with longer than normal steps. Striding is achieved by placing greater emphasis on the "push off" foot to lengthen the normal stride. Striding can be maintained by accentuating the arm action. Let both arms swing freely so that they are perpendicular to your body. A good arm swing will automatically help propel the legs and will enable you to maintain a good brisk pace. Measure off a course that is not too demanding and gradually increase your daily mileage over a 4-6 week period, until you have worked up to a 30-40 minute workout. At the end of this time period you may want to start a running program. Before doing so, however, you should check your heart rate in order to find your specific training heart rate.

Start out slowly on a measured course. You may want to measure the distance around the block where you live, if you are running outdoors. After completing one or two laps, you might want to call it a day. Don't push yourself to the exhaustion point, then you feel fatigue slow down and walk or jog slowly back to the starting point. Cool down, do some stretching exercises and call it a day. Set a realistic goal for yourself. For example, if you have run a half mile course for two weeks, try to run a three-quarter mile course for the next two weeks and so on. Remember, only you know your limitations and how you feel.

Over the years I have seen too many people give up on a running program, because they have become obsessed with the stop watch. Remember, you are running for fun, for aerobic conditioning and for your own satisfaction. During the first few months your goal should be to complete, say a one, or two, or even a five mile run, depending on your individual conditioning. At a later date you might want to time yourself in order to find out your per mile pace. Then you can set new goals as time passes. The same principles apply to striding, cycling or roller skiing.

You may wish to supplement a running or cycling program with roller ski training. Some skiers alternate running and roller skiing. If you feel that running is not for you, then you may wish to concentrate on roller skiing for aerobic conditioning.

Roller skis are becoming more sophisticated each year, although the perfect roller ski has yet to be invented. I personally like the two wheel roller skis that allow you to control your speed by "snowplowing". Roller skiing comes closer to simulating real skiing than any other exercise. The two wheel variety allows you to practise the marathon skate as well as the diagonal stride. The gliding quality is also excellent and allows for a real honest "double poling" workout.

There are at least 6 models of roller skis to choose from so take your pick. I've tested Swede Ski, Exel and Roletto. All have a different "feel", some have 3 wheels (2 wheels on the back, one on the front), while others have two. I personally selected the Swede Ski (two wheeler) and have been very satisfied with them. I enjoy the skating technique and find that my two wheeler skis are ideally constructed for this technique. I can angle each ski in the same manner that I would angle inside edges on regular cross country skis. I also practise my double poling and diagonal stride on the same skis.

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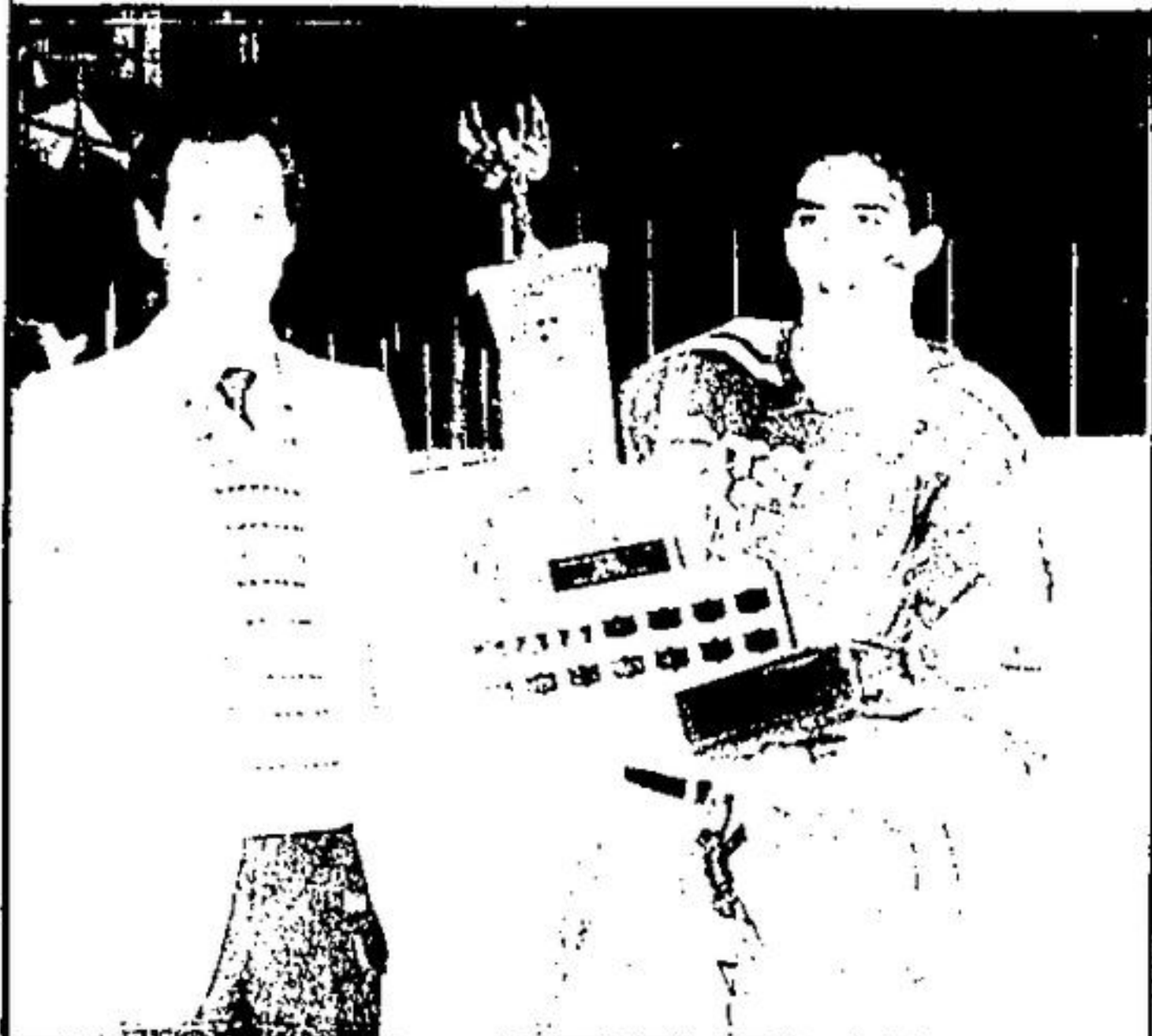
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GMHA MIDGET TOURNAMENT
Enjoyment of hockey important requirement

Long hours part of scout's job



MOST SPORTSMANLIKE—Stratford captain Clarke Slinger accepts the Most Sportsmanlike Player award for his efforts in the seven-day tournament. Presenting him with the trophy is Rod Pasma. (Herald photo)



UNHAPPY MOMENTS—Sunny Acre midgets goaltender Joe Halson sits dejectedly after being scored upon in the midgets' game Thursday with Stratford. Georgetown dropped a 9-5 decision to the eventual tournament champs Thursday evening. (Herald photo)

Their job isn't an enviable one. Quite often on weekends their time is spent in cold arenas taking notes on youngsters playing hockey.

But without the scout, a Junior "A" hockey team wouldn't have the necessary information needed come draft day. Great selections in the midget draft can mean the difference between a banner season and an average one.

"It's a race against the clock," said Guelph Platers scout Frank Jones. "The more work you do the better results you get in the draft, and that's what it's all about."

Jones was looking at the talent present at this week's Georgetown Minor Hockey Association's 20th Annual Midget Hockey Tournament played this week. In fact the Dundas resident made two trips in order to see the event's players in action.

But Jones wasn't the only hockey scout to take in the action. Representatives from other Ontario Hockey League teams were there (Peterborough, Hamilton) as well as the Orillia Travelways (Tier II) and Central Scouting. Tournament officials said there were more as the above scouts checked in at the tournament



Playing The Field

By Dan Halph
Herald Sports Editor

headquarters while at the Alcott Arena. They said many more didn't. Scouts like Jones are on the lookout for talented players, but he added talent isn't the only criteria.

"You look for basic skills," he said Saturday. "That gives you something to work with. Coming out of minor hockey right into the OHL is a big step and if a club is going to invest the time in a player he must have the basics down pat."

Even if a player is given a good grade by a scout it's very unlikely he will play junior right away. Jones said many draft picks spend time playing Tier II or Junior "B" hockey before donning a Junior "A" uniform to improve their skills.

"It's very unlikely the youngsters playing this type of hockey (at midget tournament) could make that big a



FRANK JONES

step," Jones said. Jones wouldn't say what players caught his eye at the tourney, but said next year the Platers will likely have about three spots open on their roster for new talent.

"There have been some interesting prospects here," he said.

This is Jones' first year with Guelph. He said if a person is interested in becoming a scout there is one definite requirement for the job. The person must really like hockey.

"This is my third tournament in the past two weeks. I went to two over the Christmas holiday before coming to this one."

"In the case of this weekend (one gone by) the head scout is in Peterborough watching a tournament there. This time of year you've also got to see some Junior "B" games."

"I'd say you'd have to like hockey. It's pretty tough watching 12 games a day if you didn't."



OPENING FACEOFF—The midget tournament was the opening faceoff. Here Stratford captain Clarke Slinger officially opened Tuesday night when King Clancy dropped (left) and Richmond Hill captain Brett Frederiks along with tournament director Fred Hammer look on. (Herald photo)

Earn split of week's Junior "C" contests

Sabres start slow, but finish fast

ACTON—After starting the week on a negative note, Acton Jr. "C" Sabres ended it on a positive note with a pair of wins.

Friday night the team defeated Orangeville Stonecrushers 6-5 for their first win over Orangeville in five league games. Saturday Acton maintained its winning way with a 9-5 win over Grand Valley. Both wins came at home.

However Tuesday night Acton lost 6-2 to Caledon and 12-5 to Keswick Wednesday night. Both contests were road games.

After the mid-week losses, Acton coach Steve Marshall changed things around. Normally handling the forwards, Marshall took over the defence while Ken MacDonald handled the forwards. The net result was less shots on the Acton goal. For example Friday night Orangeville managed but

four shots in the first period and five in the third. On Saturday night Grand Valley had only two the entire second period.

"We tried to slow things down and maintain control," Marshall said of the weekend contests. "I was quite pleased."

But such wasn't the case earlier. In Caledon the Sabres couldn't handle the rough-house tactics of the Flyers, and as a result dropped the 6-2 contest. The following night in Keswick the two teams were tied 2-2 in the second period when the home team went on to outscore Acton 10-3 the remainder of the game.

The Sabres will finish their regular season this week. Tonight the team is in Orangeville, then travels to Fergus Friday night. Saturday at home Acton hosts Grand Valley. The playoff pairings and dates will be decided at a

league meeting Sunday night in Orangeville.

NOTES—Saturday's home game will be Acton Minor Hockey Association Night, which means all minor players will be given a free pass to the game....The Sabres will have one game missing from their schedule, but it won't be played. The team has a

postponed game to make up against Grand Valley, but since it won't have a bearing on the final standings it won't be played. With a win Acton could only finish in a tie for third with Fergus and Orangeville, but would lose on a tie-breaker. The game means nothing to Grand Valley, who will compete in Junior "D" in the playoffs.

Pee wees save best for last in victory

The Hanman Electric "AA" major pee-wees hosted Oakville at Memorial Arena Thursday and pulled the switch on the opposition to turn a loss into a 2-1 Georgetown victory.

Oakville counted midway through the second frame and held the Hanman squad scoreless right to the last minutes in the final period. With 1:03 remaining in the match Wade Serjeantson beat the Oakville goalie on the short side completing a passing play from Mike Melville and Andy Pearce to tie the game. At the 22 second mark, Pearce intercepted a pass from the Oakville defence and notched the game winner with a Gretzky like maneuver from behind the net. Defenceman Trent Cull assisted.

Meeting Chingucousy Saturday at Victoria Park Arena the Hanman crew played their last regular league game and hit the ice looking for a win against

this club whom they had yet to beat this season. The first period was hard and fast remaining scoreless. Ching drew first blood midway through the second stanza but it proved a short lived lead with Georgetown tying the game 1-1 12 seconds later. Chad Bailey took to the ice on a line change, stole the puck from a bewildered blue and white player, turned on the jets and went in alone to even the count.

Bailey put the locals ahead 2-1 midway through the third frame tipping in Mark Mininch's shot from the point. 16 seconds later Mininch's shot from the blue line went into the corner where Bailey fed the rubber behind the net to Jim English who banked it in off the skate blades of the Ching netminder for a 3-1 edge. Ching retaliated with their second and last goal at the 3:43 mark. Bill McDonald added some final insurance with an empty net marker with 2 seconds left on the clock to finalize the 4-2 victory.

Atoms end with win

The Georgetown Mal Dodge ReMax minor atoms completed their Tri-County "AA" season defeating Chingucousy 2-0 and dropping a pair of home games to Milton (6-4) and Oakville (5-2).

Goalie Trevor Knight recorded his third shutout of the year in leading Georgetown to the win over Ching. Steve Boyle opened the scoring late in the first period on a goalmouth pass from Ryan Pirie. Randy Bond provided the insurance tally midway through the final period with a similar goal from Pirie and Jim Kavanagh. Georgetown dominated the game, outshooting their hosts 33-12.

The locals gave first place Milton all they could handle in the second game as Mark David scored first from linemates Andy Jones and Derek Parsons. An unassisted goal by Bond gave Georgetown a 2-0 lead after one period. Milton finally got on the board scoring with Georgetown two men short in the second period. Milton then tied the game two minutes later.

Steve Melykuty gave Georgetown the lead again only 24 seconds later as he stole the puck at centre and went in all alone to beat the netminder. The visitors tied the game again two minutes later then took the lead for the

Last games end in wins

McNally Construction-Firefighters Major Atom AA's last two regular season games resulted in victories for our boys. Hopefully this is an omen for the upcoming playoffs to be held within the next couple of weeks.

Oakville came to town Thursday evening and after an unfortunate delay due to the lack of referees, the game got underway. Georgetown came out flying and took control of at least two of the three periods with excellent skating and passing however, Lady Luck never seems to help out on the shooting and scoring. However, our squad stayed ahead of Oakville with goals by Ken Kosziwka and Greg Dobbin assisted by Jake Mashinter and Chris Barrow and Jake Mashinter notched in the back breaker with three seconds to go into the empty net to clinch the victory 3-1 for Georgetown.

Georgetown travelled to Ching Saturday morning and after a close checking and closely matched game, our boys found victory number two in as many days. Goalie David Frost, home from an overseas trip at Christmas, kept the opposition down to only one goal while forwards Ryan Pells and Greg Dobbin beat the Ching's goalie for a marker each.

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Runner's notebook

With the dead of winter well upon us it's important to remember to treat the cold weather with respect.

Dressing properly for winter outdoor activity isn't only wise but essential. For events like running or cross country skiing it's most important to wear clothing that will break the wind. Since with these two activities your body becomes a furnace generating large amounts of heat you won't want to wear many layers or you'll find pleasant activity on a cold day soon feeling like an hour in a sauna.

A lot of the heat generated through exercise is released via the head. To maintain body temperature in winter it's therefore necessary to wear head covering of some description. In deep cold or heavy winds you may even want to cover your face.

The hands and feet aren't as important as you may think where their warmth requirements are considered. A single pair of socks and a light pair of gloves or even socks pulled over your hands will be all you'll need most days.

The arms, legs and torso are important to consider. For temperatures above freezing an all-weather suit over shorts and a turtle-neck will keep you warm during exercise. As the temperature drops below freezing you may want to start adding layers. Polypropylene underwear is an important advancement in temperature control. This material allows moisture to vent through yet it retains body heat. If you wear cotton over the polypropylene it will wick the moisture away and keep the layer closest to the skin warm and dry. A good all-weather suit or

"gortex" suit on top will be a good final touch. Try to avoid bulky sweat suits as they tend to get very heavy as they collect moisture.

Remember if you go running early or late when it's dark to wear a suit with reflective piping or wear a reflective vest that can be tied over your clothing.

If you're lucky enough to be heading South for a week or two this winter and are looking forward to those long runs along a warm, sandy beach - be prepared. Your skin hasn't felt that nice sunshine in several months. Try to run early in the morning or late in the afternoon and use sun-screen. Don't blister your first day there. Also, remember your fluid requirements are greater in the heat. Drink a couple glasses of water before you go and avoid dehydration.

RUNNING SHORTS

Members of the Georgetown Track Club took part in the Peterborough Snow Fest half marathon on the weekend. There was a tie for first as Eddie Raposo and Alan Baigent, both of Toronto, finished in 1:06.3. Bob Slipp of Kanata was third in 1:08.08. Georgetown's best finish was Jim Allan's sixth in 1:12.14. John Grace was 34th (1:17.27) and Mike Wood was 68th (1:21.10) in the 700 runner field. The top female was Toronto's Sue Stone who was 37th overall in 1:18.02 while Georgetown's Amy Powers completed the race in 1:45.45.

Four Club members took part in the Muskoka Loppet also on the weekend, with three finishing with exactly the same time. Bob Parker, Tony Matthews and Don Koruna all did the course in 2:18.0 while Don Mashinter finished in 2:50.0.

Saturday the Track Club will be taking people up to Palgrave on a day of cross country skiing. There is no charge and interested individuals are asked to meet at the high school at 9 a.m. Palgrave is just north of Bolton.