



Now that the warm weather has truly arrived, it's important to be aware of factors that come into play with running in these conditions.

When a person exercises, the body's core temperature is elevated. Since the efficiency of bodily functions decreases as core temperature increases, several "safety valves" begin to operate.

Initially, blood vessels in the arms and legs dilate to allow the blood to carry heat away from the vital organs. The heart beats faster to move the heat-carrying blood peripherally. Finally fluid is lost through the skin to allow evaporation and eventual cooling. Two major problems arise from this system. Unfortunately, the body's supply of water is limited and must be replenished. The other problem is as fluids exit via the skin electrolytes also pass through. These are ions such as sodium, potassium, chloride and calcium. These ions are very important in cell function, particularly muscle cell function.

In an electrolyte imbalance occurs, muscle activity slows and cramping can develop. If dehydration occurs the body's temperature, which elevates during exercise anyway, is allowed to increase even further. Muscle function is again impaired and the brain doesn't operate properly. For those who saw the women's marathon in the '84 Olympics, you'll remember the Swiss runner who literally staggered around the track to finish the race. Her one side appeared to be partially paralyzed and she was obviously disoriented. This was classic dehydration. It was hard to believe it was the same girl being interviewed on TV the next day.

When running in the heat, here are some things to remember:

- try and run early or late to avoid the day's heat.
- drink a lot of fluid before going and during your run if it's a long one.
- drink "Gatoraid" or an equivalent after running to replenish electrolytes.
- wear a cap on hot days to protect your head.
- if you enter a race in the summer, make use of water and sponge stations along the way.
- take precautions if you burn easily.
- use common sense if it's really hot and listen to your body.
- Signs of dehydration to watch for:
  - perspiration stops.
  - salt drying on the skin.
  - chills.
  - lethargy.
  - mind wandering and disorientation. Alberto Salazar has had the last rites read to him twice after races due to dehydration and he should know better. Don't let it happen to you.

**RUNNING SHORTS**

The Mayor's Race is Sunday, starting at the Alcott Arena. There is a 5 km race for local runners and a 10 km event for anyone. The Georgetown Track Club will be running the pancake breakfast after to raise money for the Jasper to Banff Relay. Come and have breakfast with us.

**Eagles lose**

The Georgetown Peeewe Eagles were beaten by the Oakville A's in their home opener on Sunday 16-7.

Adam Hagen was the starting pitcher and struck out four in his first three innings.

The A's found their bats and victimized Jay Kerslake for several long balls in the middle innings. Adam Poyntz finished up the pitching duties.

The Eagles got out of a couple of bases loaded jams with some sharp plays but that was counter balanced with some errors.

Offensively Bob DeZeeuw and Jay scored twice with Sean Guistin and John Butler getting hits while Steve Wright scored and drove in two runs.

**Acton Friends Bowling**



The team sponsored by the Sit-N-Roll Pub and Restaurant was declared champion of the Acton Friends Bowling League at the league's banquet May 21. Seen here are members Cliff Britton and Susan Paulsen. Missing is Gail Robb and Mardie Phillips. (Herald photo)



Six Acton Friends Bowling League members became part of the 300 club this year. They received their awards May 21 at the league's banquet in the Acton Curling Club. Seen here are (front left to right) Eileen Lott, Wendy Priestman, Tracey Clarke, (back left to right) Grace Paulsen, Jackie Parker and Cliff Britton. (Herald photo)

**A's notch first ball victory**

ACTON-It appears Acton A's have broken out of a slump.

The Inter-County Fastball League regular season champs of last season recorded their first win of the '88 campaign with a 5-3 decision over Hornby ReMax. The game was played Monday night at Prospect Park, and broke a four-game losing string.

Former Glen Williams Specters' player Gary Halls started the game for Acton, and went two-and-two-

birds in the first three runs of the second inning when Kelly McArthur was hit by a pitch, then came home on a Mark Hurdle homer. Paul Cargill then walked,

and came home on a Dick Spear double, and came home when Greg Voison hit an RBI sacrifice fly.

In the sixth frame Halls had a single, then came home on a McArthur homer to end the scoring.

Last week the A's received good pitching from Hurdle, but unfortunately their bats were silent as Orangeville edged Acton 1-0. Hurdle allowed but three hits and fanned 17 in a game where he faced just three more than the minimum number of batters a pitcher can face.

Acton manager Steve Marshall is cautiously optimistic about the prospect of his club starting to come alive this season.

"We put a few hits together tonight, which is what we haven't done so far," he said. "The big thing was no errors, which was for the second straight game."

**Rebels at all-Ontario event**

Georgetown District High School's junior boys rugby team took part in the Ontario Federations of Schools Athletic Association 15-aside tournament, and held their own in the two games played.

The Rebels dropped their first game 13-0 to Erindale, but coach Bill Bingham said his club was in the game right to the end. In the second contest Georgetown dropped an 11-4 decision to Quinte as Jason Dodokin had the try.

"The game against Erindale was our best game of the season," Bingham said.

The Rebels also took part in the Peel-Halton seven-aside tournament last week, entering four teams (two senior, two junior). Entire game results weren't available, but one junior squad finished just one point

out of first in its division, and one senior team did the same, finishing second behind Chinguacousy.

Bingham said this season was probably one of the most successful ever for rugby at Georgetown District High School.

"I'd say so as a whole at Georgetown," he said. "Our juniors played a total of 12 games and the seniors played eight."

**Redmen teams at P-H rugby tourney**

The three boys rugby teams from Acton High School took part in the Peel-Halton seven-aside tournament last week.

The midgets squad dropped a pair of 4-0 decisions in their first games against Oakville-Trafalgar and Erindale. The Redmen then tied Mayfield 4-4 as Rob Chaisson had the try.

The Halton champion junior squad split its first two games, losing 6-0 to Erindale then defeating Oakville-Trafalgar 12-6 as Al Scott, Pete Cargill and Kevin Galloway had the tries. The juniors, though, dropped

**Fins come up with good showing**

Halton Hills Blue Fins took part in the Central Ontario Region Novice championships this weekend against 17 swim clubs with some good results.

Jay Kerslake had three top finishes (100 freestyle, 100 breast stroke and 50 freestyle) while teammate Glen Oomen had two first place finishes (100, 50 freestyle races). Jenny Williams was the top finisher in the 200 intermediate medley.

Williams and Dionelle Benito had three silver medals respectively. Williams was second in the 100 metre freestyle, backstroke and butterfly races while Benito received her medals for performances in the 50 metre freestyle, 100 metre backstroke and freestyle events. Oomen had a pair of second place finishes (100 IM, backstroke), while Andre Carscallen (100 backstroke) and John Colton (100 breast stroke) also received silver medals.

Williams (100 breast), Kerslake (200 IM), Dawn Newman (100 breast stroke), Janine Glaser (100 butterfly) and Scott Hamilton (100 breast stroke) all received bronze medals. Fourth place finishes were recorded by Williams (200 free), Glaser (100 back), Robert

**Soccer Rebels Halton champions**

The Georgetown District High School junior girls soccer team ended its season off with a bang last week capturing the Halton title.

The Rebels defeated previously unbeaten T.A. Blakelock 2-1 in overtime in a contest played in Burlington. The two teams were deadlocked at 0-0 after regulation

time, but Julie Ross and Cindy Mur-naghan scored in the first extra period to give the Rebels their winning tallies. Blakelock scored its only

goal with a minute in the game to break Michelle Hedley's shutout bid.

The victory was a team effort as coach Sheena Kewley had all 15 of her players in the game at one point or another. The Rebels coach substituted a lot so as to provide fresh players at all times during the contest played in extreme heat.

"Every single kid on this team contributed and I'm so proud of each and every one of them," Kewley said. "They did everything I asked

of them. It was a total team effort."

Georgetown qualified for the final with an earlier 2-1 victory over Oakville-Trafalgar in regulation time. Ross had both tallies for the Rebels. In the team's quarterfinal contest Georgetown again took the match 2-1 (in overtime) as Ross and Val Sabo had the goals.

The championship win was made that much sweeter for the Rebels in that this season marked the return of girls soccer to Georgetown District High School after an absence of six years.

**GDHS athletes qualify for OFSAA**

**Track Rebels advance**

Georgetown District High School will send a team made up of 16 athletes competing in 19 events to

this weekend's Ontario Federation of Schools Athletic Association (OFSAA) track and field meet to be held

**Redmen sending pair to OFSAA**

Acton High School will have a pair of competitors taking part in this weekend's Ontario Federation of Schools Athletic Association meet in Ottawa.

Junior girls runner Marla Brillinger will compete in the 400 and 800 metre races after finishing second in

both events at last week's Regional meet held in Niagara Falls. Brillinger had times of 59.0 seconds (400) and 2:20.7 (800) in the respective events.

Also, Melissa Corson was fourth in the midjet girls shot put event with an effort of 8.61 metres.



Jon Hammer - Mike Wood

The Rebel competitors qualified for OFSAA by finishing in the top five of their respective events in last week's Regional competition.

Yanno Letarneck led the way with a first place finish (1:59.4) in the juniors boys 800-metres race. He also set a new school record in the 400-metres race, finishing third overall but in a time of 51.3 seconds.

Louis DePaoli had a pair of second place finishes in the senior boys 110-metres hurdles (14.5 seconds, new school record) and 400-metres hurdles (56.6 seconds, also new school record). DePaoli was also a member of the open boys 4 by 400 metres relay team that was second overall. Members included Brendan Cleary, Jim Manning and Letarneck. Other second place finishes included Tara Burroughs in the midjet girls 400 metres (61.1 seconds), Amy Powers (junior girls 3,000 metres in 10:34), and Erik Hopkins in the senior boys 3,000 metres (8:50.1).

Mike Wood was third in the senior boys steeple chase in 6:20 while Jody Barwell was also third in the senior girls 400-metres event. Glenn Mulder had a similar finish in the midjet boys 400-metres race while Powers was third in the junior girls 1,500 metres.

Two more Georgetown relay teams qualified as both the midjet girls 4 by 100 metres team (Anna Toone, Lisa Carter, Teri Korzak and Burroughs) along with the open girls 4 by 400 metres squad (Barwell, Powers, Shannon Snyder and Burroughs) were both fourth overall.

Wood also qualified for the senior boys 3,000 metres race with his fifth place finish. Andy Kiss too qualified for OFSAA with a fifth place finish in the steeple chase event. Like Wood, Hopkins qualified for two events as the Rebel runner was fifth in the senior boys 1,500 metres race. Lisa Carter was fifth in the midjet girls high jump while senior boys high jump Glenn McCaughy was fifth in his competition.

While he was unable to qualify for the all-Ontario meet, Jon Hammer set a new school record in the senior boys shot put event with an effort of 13.36 metres.

The Regional competition was held last Wednesday at Onks Park in Niagara Falls.

**Acton midgets split fastball encounters**

The Halton Hills Firestone midgets played their third game of the season Tuesday hosting the junior squad from New Hamburg.

Jon Hammer started the game and allowed two runs in the first inning on a walk, error and a double. In

the fourth inning a single by Kevin Lobbsinger and an RBI double by Hammer brought the midgets to within one run of New Hamburg.

Lobbsinger took over the pitching duties in the fifth and allowed three runs in the three-and-two-thirds inning he worked. The New Hamburg team blew the game wide open with a four-run eighth inning on two errors, a single and homer. The final score was New Hamburg 7 Halton Hills 1.

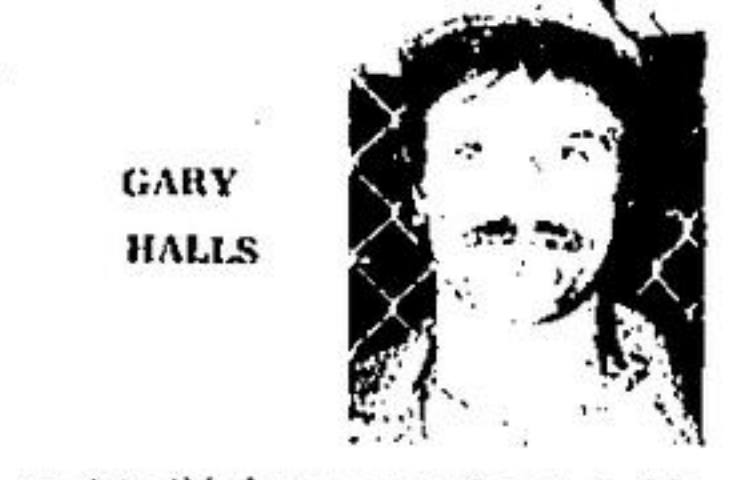
The midgets hosted Bloomingdale in their fourth contest Sunday. The midgets got off to a good start with a run in the first inning on a leadoff walk to Brian Doherty. Doherty went to second on a ground out and scored on a RBI single by Steve Wagner.

With Hammer throwing shutout ball the midgets added three more runs in the fourth. Hammer and Carl Yroschak led off with consecutive singles to be followed by a two RBI double by Jason Rogers. Rogers then scored the final run on a single by Al Scott.

Bloomingdale began to solve Hammer's pitching in the sixth, scoring two runs. The midgets got those runs back in the seventh on a Bobby Anderson double, a Doherty single which turned into a triple, and a Lobbsinger sacrifice bunt.

Bloomingdale threatened in the ninth scoring a pair of runs and stranding men at second and third. Hammer, voted the defensive MVP, pitched seven innings, allowing two runs and fanning 12. Lobbsinger finished the game allowing two runs and fanning two. Wagner, who went four-for-four, was the offensive MVP.

The midgets are at home Sunday when they take on Baden starting at 8:30 p.m.



GARY HALLS

went to third on a Dick Spear double, and came home when Greg Voison hit an RBI sacrifice fly.

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**SCOREBOARD**

**SPORTS CAMP '88**  
For sport enthusiasts, or anyone interested in having a lot of group fun and 7 to 12 years of age, the Halton Hills Recreation and Parks Department's Sports Camps are for you.  
The camps are going to run for four weeks, from June 30th to July 25th, at both Georgetown and Acton High Schools.  
Enjoy a fun filled summer of swimming, basketball, archery, dodgeball and much more. Register now at either Recreation Office located at 23 James Street, Georgetown or 40 Mill Street, Acton. For information call 877-5185 ext. 275.

**REGISTRATION STILL BEING ACCEPTED!**  
Make sure you register for the Mayor's Road Race before the end of the week and avoid Race Day lineups. Applications are available at all Town Offices and North Halton Sports. Georgetown The 5 km and 10 km race is Sunday, June 8, 1990 at 8:30 a.m. and will be starting from Gordon Alcott Arena.  
Registrations will be accepted on Race Day from 7:30 a.m. to 8 a.m.  
We hope, if you choose not to run, you will still join the fun. Come out and support the runners. We would appreciate it if the residents living along the route would set up water stations for the runners. If it is a very hot day, some runners may appreciate being sprayed with a hose.  
Everyone is welcome to join us for a pancake breakfast following the race! Proceeds of the breakfast will help send a contingent from the Georgetown Track Club to the Jasper Banff Relay.

**TOWN FLAG FLYING HIGH IN CALEDON**  
We did it! The Town of Halton Hills Flag is flying high in Caledon. Last Wednesday 2348 residents participated in 15 minutes exercises as part of the Crown Life Participation Challenge. The Neilson's Challenge Hotline was buzzing with calls from 25 per cent of our population. Seventeen per cent of Caledon's residents supported this event with a total of 4,372 participants.

Hugh Patterson of Acton was the first to call in. Local students accounted for 42.2 of our calls. Sports groups accounted for 9 per cent, Business 2.8 per cent and finally, Community Groups and individuals accounted for 1.4 per cent of our calls.

This was a nationwide competition during National Physical Activity Week. Halton Hills certainly can be proud of their involvement and support for a healthy lifestyle.

**ADULT TENNIS LESSONS**  
Are you looking for an opportunity to tune up your tennis game? The Town of Halton Hills Recreation and Parks Department, under the expert instruction of Ed Serjeantson, has Beginner and Intermediate lessons to help your game. The summer seasons begin Monday, June 18, so be sure to register right away! For more information call 877-5185 ext. 260.

**LADIES DAY TENNIS**  
The Town of Halton Hills Recreation and Parks Department has reserved tennis court time on weekday mornings for ladies interested in playing a friendly game of tennis. The times are reserved in one hour time slots and we still have several openings available. For more information please call 877-5185 ext. 260.

**HALTON DISTRICT SENIORS GAMES GOLF TOURNAMENT**  
The Halton District Seniors Games Committee, in conjunction with the Town of Halton Hills Recreation and Parks Department, cordially invites all men and women golfers, 55 years and over, to compete in the H.D.S.G. Golf Tournament. This tournament, which is to be held at Hornby Golf Course Ltd. (just off Trafalgar Rd., North of Steeles) on Tuesday, June 10, 1990, will determine which eight senior golfers (four men and four women) will represent Halton Region in the Ontario Senior Games in Kitchener on August 28 and 29, 1990. Interested golfers must pre-register by Thursday, June 5, 1990 (tomorrow) so be sure to call now. For more information please call Jeff Bliton at 877-5185 ext. 260.

**THIS WEEK'S SPORTS SCOREBOARD BROUGHT TO YOU BY**

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