

Carbohydrates number one choice for marathon runners

It's no secret that in food fitness circles, carbohydrates are the number one choice of athletes in training for a marathon. The 26 mile race requires maximum endurance and complex carbohydrates - rice, pasta, potatoes, bread, grains, and legumes - provide the most efficient food for the athlete's body.

It is a tradition that on the eve of a race, marathoners around the world feast on carbohydrate-laden dishes. The Saturday night before the 9th Shoppers Drug Mart Toronto Marathon, more than 1,500 runners and their families are expected to attend the Uncle Ben's Rice Bash at the Westbury Hotel.

The delicious rice dishes which will be served to the marathon entrants have been created by three of Toronto's finest chefs: Jamie Kennedy of Palmerston; Christopher McDonald of Santa Fe Bar and Grill; and Christopher Boland of Trapper's Restaurant.

NUTRITION EXPERT GIVES FACTS ON CARBO-LOADING

Combining an interest in nutrition and sport, U.S. food scientist and marathon runner Lamar Johnson has a special knowledge of the benefits of carbo-loading.

"Complex carbohydrates like rice put glycogen directly into the muscle tissue and liver. As a source of immediate energy this is especially important for marathon runners, anyone involved in athletics as well as growing active children," says Johnson.

BASIC FASTS ON CARBO-LOADING

The intake of high levels of carbohydrates (60 to 70 per cent of total calories) is the key to enhancing endurance training and competitive performance.

Fat in the diet does play a role in providing a concentrated source of calories. However, it takes significantly more time to replenish glycogen stores on a high fat diet. Also a high fat diet has been linked with certain forms of

cancer and heart disease. Fat in the diet should be kept below 30 per cent of total calories.

Protein has been overrated as a performance food for athletes. Protein intake should be maintained between 10 and 15 per cent of total calories. It has been proven that diets exceeding this level do not improve endurance performance.

A high-carbohydrate diet enhances the storage of glycogen, or muscle starch, in muscle tissue.

Complex carbohydrates help to increase the speed at which glycogen is replenished after exercise and can create a condition called "glycogen supercompensation" where resulting muscle glycogen levels actually exceed normal pre-exercise levels.

During aerobic exercise, glycogen and fat are broken down completely to obtain the most energy for exercise.

The level or intensity of exercise determines what proportion of fat vs. carbohydrates is used for fuel.

During high-intensity exercise, the body uses glycogen as the principle fuel source. This results in the rapid depletion of glycogen.

The over-enthusiastic untrained person going out for the first day of training will use mostly glycogen instead of fat for energy.

Using a variety of carbohydrate sources such as rice, wheat and potatoes as opposed to a single source such as pasta can maintain interest in meals, while providing maximum nutritional benefits.

A ZESTY DISH FOR RUNNERS

Here's a classic high-carbohydrate dish that combines rice and beans for a low-fat complete protein meal.

Mexican Rice and Bean Skillet With Cheese

2 tsp	olive oil	10 ml
1/2 cup	celery, chopped	125 ml
1/2 cup	onion, chopped	125 ml
1/2 cup	pepper, chopped	125 ml

1 cup	Uncle Ben's® Wholegrain Rice	250 ml
1 cup	water	250 ml
1 cup	canned tomatoes, drained and chopped	250 ml
1 can	undrained red kidney beans (19 oz/540 ml)	1 can
2 tsp	chili powder	10 ml
1 tsp	cumin	5 ml
1 tsp	oregano	5 ml
3/4 cup	mozzarella cheese, shredded	175 ml

In a large skillet, heat oil and saute vegetables and rice for 3 minutes. Stir in water, tomatoes, beans and seasonings, bring to boil, reduce heat, cover and simmer for 20 to 25 minutes or until liquid is absorbed. Sprinkle with cheese; cover and melt for 2 minutes. Serves 4.

NUTRITIONAL ANALYSIS

Per Serving: 407 calories, 17.2 g protein, 9.4 g fat, 65.9 g carbohydrate, 12.2 g dietary fibre (very high amount)

Excellent Source of: Vitamin C, Thiamin, Niacin, Folate, Calcium, Iron

Good Source of: Vitamin A, Riboflavin.

MORE THAN A MARATHON

Organizers of the Shoppers Drug Mart Toronto Marathon anticipate that 3,000 runners will take part in the marathon and related events on that day.

In addition to the 42.2K Toronto Marathon, there are two less demanding events for the everyday runner: A Salute to TOOC '96 - The 10K Run, and The Kodak Copier Corporate Challenge Relay; a 24 km course, to be run by teams of four.

More than 200,000 people are expected to line the downtown Toronto route for the marathon, which starts on Bloor Street near the Royal Ontario Museum at 8 a.m. on September 9, 1990. Why not join the race, even if it's only to cheer?

Three teams tie atop league standings

GEORGETOWN LADIES FLAG FOOTBALL FINAL STANDINGS

TEAM	GP	W	L	T	Pts.
Mobile Sound System	12	7	2	3	17
Ferg's Flicks	12	8	3	1	17
Arnie's Body Shop	12	8	3	1	17
Burns Transport	12	8	4	0	16
West Insurance	12	4	7	1	9
George and Dragon	12	4	8	0	8
JV Jets	12	0	12	0	0

Scoring Champions
Donna Davey (BT) 78 points
Marg Walinga (FF) 54 points

Interception Champions
Marg Walinga (FF) 6
Donna Brown (ABS) 6

1st Week - Playoff Schedule
8:45 - Burns Transport vs. West

Insurance.
10:00 - Ferg's Flicks vs. JV Jets.
11:15 - Arnie's Body Shop vs. George and Dragon.



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Red Barons shoot down Blue Bombers

Red Barons 1, Blue Bombers 0
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Georgetown Singers 0, White Knights 0

Noteworthy players: Singers - Colin Eves, Todd Kerwin and Jason Mercer. Knights - Matthew Clark, Kevin Morris and Simon Saulnier.

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WINTER REGISTRATION '90-'91

Wednesday	Sept. 12, 1990	6:00-7:30 p.m.
Friday	Sept. 14, 1990	6:00-7:00 p.m.
Monday	Sept. 17, 1990	6:00-7:00 p.m.

GORDON ALCOTT ARENA

- Precision Team • Fall Skate and Costume Sale
- For further information regarding registration call:

Joanne Brown 873-1752

Thank You!

To all those Herald readers who followed our Blue Jay trivia game we offer our sincere THANKS! It was fun bringing it to you.

Our final winner in the contest is
Angelo Fantegrossi
Chantelay Cres.
Georgetown

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