

## Local triathlete helps Canada capture gold

The following is a letter from Georgetown triathlete Linda Kirk. Ms. Kirk is an established athlete in the Canadian triathlon circuit and was part of Canada's national team at the World Championships in Australia in October when Canada captured the gold.

Triathletes are individuals. We're high achievers who dress in outrageous colours and often display anti-social behaviour.

On October 4, 35 "individuals" were dropped off at the Trillium terminal to begin the long trip to the World Championships in Australia. Our families kissed us goodbye and off we went - alone - just the way we prefer it.

In order to qualify for this team each athlete had to finish in the top two places in one of five qualifying races across Canada. Only part of the team was from Ontario, so for the next few days we took some time to get to know each other. I met people from all across Canada, so different and yet all the same. We ran, biked and swam together and helped each other as best we could.

As the week progressed the Canadian red and white was seen everywhere. By choice the team

uniform became our only wardrobe. At first it was just the jacket at night, but over the week the conversion was complete and we became a unit. Imagine the shock at the Curmbin Animal Sanctuary when a bus load of people, all in red and white, arrived to play with the kangaroos.

As time went on we did everything together, not by edict but by choice. The CBC crew followed us around with their cameras - to registration, to the park for the team picture, to team meetings, to bike check and finally the race. The highlight was the parade of nations. Thirty-five countries were represented and there at the end was Team Canada. One hundred and twenty-seven strong, all in red and white and so proud it was hard to contain ourselves.

Sunday at 7 a.m. the elite women took off. We had high hopes for them and a good shot at placing. While we waited our turn to start we stood on the beach and cheered our team on. We saw Joanne, Terry Sue, Carol and called to them all by name. These women are our friends, a part of our family, and we let them know it.

As the waves continued to start we had to focus on our own task but even during the race we encouraged each other, Canadian cheering Canadian as we passed each other, right down to the last one over the line.

Sunday evening Team Canada sat together as always. Everyone was excited. We'd done very well - 4 gold, 2 silver, 4 bronze. I was well-equipped thanks to Russ Miller and Pete Pomeroy. Teams exchanged clothing with other teams, but no one was able to trade for a Canadian team jacket. Not one member was going to part with theirs.

After being awarded her gold medal Joanne Ritchie, from Kelowna, B.C., thanked everyone concerned. She ended the evening by telling the audience "A week ago our team arrived as a group of individuals, but something happened here..." We all felt the same - that gold medal belonged to the whole team, the same way it belongs to our parents, families and friends. Thank you to all those friends, and family members who helped all of us "individuals" get to Australia. We couldn't have done it without you!

## Summer rec jobs available

Have you even thought about this upcoming summer yet? What about the job you would like to do? Where will you want to go? If you want to consider an exciting and enjoyable position with the Halton Hills Recreation and Parks Department, then we are asking you to think about the Summer of 1992, today.

Interested applicants should:

- enjoy working with others
- want to gain practical experience
- be enthusiastic and motivated
- like working with children of all ages and abilities
- have an interest in sharing their skills with others.

If you are considering a future

in teaching, early childhood education, business or public relations, then gain the necessary experience in these fields by working for the Recreation and Parks Department. Experience is essential and required for vocational pursuits.

We are now accepting applications for Co-ordinator, Supervisor and Leader positions. Programs include children's playground, Day Camps, Sports and Tennis Camps, Drama Programs and Art Programs.

Co-ordinator:

- position involves overseeing the whole summer program operation

- responsibilities include hiring of staff, organizing programs, publicity and general administrative duties

- must have access to a vehicle and be able to work May thru August.

Supervisor:

- positions involve supervising staff, planning and organizing specific programs

- must have access to a vehicle and be able to work May thru August.

Leader:

- leaders run the actual programs

- they play each day of the week and make camp an exciting place to come

- must be able to work July and August.

Applications for these positions are available at the Recreation and Parks Department Office, Civic Centre, 1 Halton Hills Drive, Georgetown, the Acton Indoor Pool, or at any Recreation Facility. Deadline to apply for the Co-ordinator and the Supervisor positions is Friday, December 6, 1991 and for the leader positions is Friday, February 7, 1992. Call 873-2600, ext. 267 if you wish any further information.

## ATHLETES OF THE WEEK

### Georgetown High School



DARRYL CASSELMAN, a member of the junior football squad, was exceptional in the team's game against White Oaks last Wednesday, despite the team's defeat.

HEATHER BOUWMAN, a senior basketball player, scored 12 points in the team's narrow 42-41 loss to E.C. Drury last Wednesday.

### Acton High School



JIM SALE, a setter for the senior volleyball team, had a strong performance during the team's match against Bishop Reding Wednesday. TRACEY CRIPPS, a member of the senior basketball team, played well at point guard during her squad loss to Bishop Reding last week.

## Recreation News

**CHRISTMAS CRAFTS**  
Save some money this Christmas by making a unique gift to give to that very special person. In 4 short weeks you will be able to create a gift that will make your family and friends say "Wow, you did this for me. It's wonderful." Call the Recreation Department for more information at 873-2600, ext. 268.

**MUNICIPAL AWARDS EVENING**  
Applications are now available for the Municipal Awards Evening which will be held February 19, 1992. If you know of someone who has brought honour to our

community through their achievements in sport or culture in 1991, be sure to nominate them before December 20 for recognition. Application forms may be picked up at the Recreation and Parks Department office, 1 Halton Hills Drive, Georgetown or at the Acton Indoor Pool.

**J. V. Clothing**  
Men's • Ladies • Children's  
ALTERATIONS & REPAIRS  
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## SNOW REMOVAL TENDER

No. 92-0045

Halton Hills Hydro will receive sealed bids up to **12:00 Noon, Tuesday, November 12th, 1991** for snow removal at various locations in the Halton Hills area.

Information to bidders will be made available at our office at 43 Alice Street, Acton, Ontario, L7J 2A9.

VOTE *Peter* NOV. 12

# NORTON

Councillor Ward 4  
"LET EXPERIENCE WORK FOR YOU"

**Focus on Fitness**  
by Laurie Burns  
Exercise Physiologist

## Heart rate check

Ensure the safety and effectiveness of your workout by monitoring your heart rate.

Monitoring your heart rate is a gauge by which you can assess the intensity of your workout at any point. By keeping your working heart rate (WHR) within your individual working heart range, you'll know that you are doing enough to derive benefit and yet not so much as to be dangerous. It also allows you to measure, objectively, your level of fitness as you advance through your chosen fitness activity.

By monitoring the following three heart rates you will be able to determine your level of fitness.

**Resting Heart Rate:** Your resting heart rate (RHR) can be a fitness indicator because it tells you how hard your heart is working. A person in good aerobic condition usually has a lower resting heart rate than that of a person in poor aerobic condition. As you become more fit your resting heart rate may decrease significantly, indicating that your heart has become stronger.

**Working Heart Rate:** The working heart rate is an excellent indicator of the intensity and the effectiveness of the workout. As exercise becomes more vigorous and more oxygen is required, the heart increases its rate of being to supply oxygen to the muscles, and in turn develops aerobic fitness.

**Recovery Heart Rate:** The recovery heart rate indicates how quickly your heart returns to a pre-working heart rate level. If it takes more than ten minutes to return to your pre-working heart rate then you are working too hard and should cut back the intensity of your workout.

**ELECT GRANT EMMERSON WARD 3 COUNCILLOR**  
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**THE MAN YOU CAN COUNT ON!**

**ANNA CHRISTINE'S FOR HAIR**

WEDNESDAY IS SENIORS DAY

SAVE \$4.00 Perms  
reg. from \$49.00

SAVE \$2.00 Cut & Style  
reg. \$19.00

SAVE \$2.00 Shampoo and Set  
reg. \$13.00

PRICES INCLUDE GST

310 GUELPH ST. GEORGETOWN Behind Pizza Hut

**Jillie's CYCLES & SKI**

Pre-Season Ski Sale NOW ON

Adult Ski & Binding Packages From \$209.95	Tune-Up Special \$24.95
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