

# Olympic marathoner tells students to follow their dreams

By JANET BAINE  
Staff writer

Follow your dreams, Grade 7 and 8 students at St. Francis of Assisi School were advised by Olympic athlete Silvia Ruegger recently.

The Guelph resident and marathon champion participated in the 1984 Olympics in Los Angeles and hopes to represent Canada again in 1996.

"Few of us are as brave as our dreams. A lot of us have dreams or goals of what we would like to be, but we hold back," she said.

Ruegger decided she wanted to represent Canada in the Olympics even before she entered high school, but didn't tell anyone about this goal because she was afraid of fail-

ure. Instead in September 1976 she wrote her goal on a piece of paper, which she hid in the floor of her bedroom when she was still in Grade 7.

Ruegger encouraged the students not to hold back, not to let doubts overcome them or circumstances intervene.

The Olympic runner said she has had plenty of self-doubts throughout her career. Now she has to battle a voice which tells her she is too old, whereas in Grade 7 and 8 she was the only girl on the cross country team and had to deal with jokes which sometimes hurt.

As well, numerous sports injuries kept her from running. When she was at the



SILVIA RUEGGER

University of Guelph, she wasn't able to run for two and a half years, but she found other ways to train and eventually started to run again, not long before the 1988 Olympics.

The women's marathon in the 1988 Olympics was only her second marathon.

"It was the first time in the Olympic Games that women were allowed to run more than 1,500 meters, which is less than a mile. Until then, they thought it was too much for a woman, we couldn't do it," she said. Ruegger came in eighth place and set the best time for a Canadian marathon runner, a record she broke five months later.

"I was able to say I had done the very best I could. That is the highest reward," she said.

Seven months after the Olympics Ruegger was in a head-on collision, and wasn't able to race for another two and a half years. She has had lots of disappointments, but now hopes to make the 1996 Olympic team.

"I want to challenge each of you to have a goal or dream. I would have never made it on talent alone, it also takes commitment day in, day out," she said. "It takes courage. Terry Fox was told he was crazy, but he had a dream and he had the courage to do it. Millions of people have benefited from that."

Ruegger showed eight minutes of her 1988 Olympic race to the students, and also brought some mementos of her career over the years.

HALTON HILLS  
WEEKEND

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### Sports

#### SHORTS

##### Soccer Show

Canada's Largest Soccer Show '94 takes place today (Sunday, November 6) at the International Plaza Hotel, Toronto Airport. Show hours are from 10 a.m. to 4 p.m.

Soccer '94 features over 22,000 square feet of Exhibitor space with all the latest fashions, trends and designs for the 1995 season. Exhibitors range from entertaining soccer videos to 1995's complete soccer lineup.

Player's Eddie Berdusco and Lydia Vamos of Canada's National Team will be there.

Admission is \$4 per person and \$10 per family.

##### Oldtimers finals

The Georgetown Hockey Heritage Oldtimers Tourney wraps up at Gordon Alcott Arena today (Sunday). The 35-plus competitors are vying for honors in five divisions. The F Division championship is slated for 11 a.m. while the E Division title will be on the line at 12:10 p.m. The D Division title will be up for grabs at 1:20 p.m. with C Division honors decided at 2:30 p.m. The top division, B Division, will decide a champ at 3:40 p.m.

##### Top bowlers

The Monday Night Men's League at Georgetown Bowl have been striking up a storm in recent weeks.

Team Standings as of Oct. 31 are Bill Smith Auto Parts 100, LJB Contractors 94, Halton Hills Sew & Vac Service 92, Remax - Dave Krause 89.5, Custom Car Sound 85.5, Acid Rainbow 72, Al's Marauders 58, Industrial Rush Supply 33.

High Average scores for this season include Brinley Hole 238, Larry Larocque 228, Aurillo Garcia 223, Ed Ortilla 213, Gord Lane 207.

High Scores last week were Brinley Hole's 799(280). Other top shooters included Lloyd Shephard 726(312), Ed Ortilla 718(282), Paul Chaplin 712(278), Dave MacFarlane 711(258).

##### Fifth place finish

The GDHS junior girls' field hockey team took a fifth place finish at the Halton Regional finals last weekend at Shell Park in Oakville. The junior Rebels posted no-score draws with Assumption, Notre Dame and Loyola, beat Iroquois Ridge 1-0 and lost 1-0 to Lester B. Pearson.

The senior Rebels' lost 1-0 to the Bishop Reding Royals in overtime during quarter-final action the previous week.



### Montessano's return!

Raider rearguard Shaun Healy keeps a close eye on Brampton Capital captain Ron Watts as netminder Nick Montessano defends the net against Phil Miskowski in Georgetown's 9-3 loss last Saturday. Last weekend marked the return of Montessano. He had been out with a broken collarbone. The Raiders

are back in Brampton this afternoon (Sunday). The Raiders will host a special Meet the Raiders event following their home game next Saturday evening. Spectators are invited to meet the players in the booster club following their clash with the Burlington Cougars. Photo by STEVE LeBLANC

## Rebels fight to keep top notch program

By AARON HUGHES

Special to The Independent/Free Press

The Georgetown District High School Athletics program is taking action to compensate for budget cuts.

With the Social Contract in effect, the Athletics program in the school is coming up with different ways to attain funds.

The Athletics Department has hosted many fundraisers such as silent auctions, spaghetti dinners and corn roasts; however this is not always enough. Some the team members buy their own uniforms, to keep of course; pay their own entry fees into tournaments and a few of the senior students volunteer to transport their team from place to place. The only other alternative

is to give up some of the extracurricular activities and lay off staff members.

The alternative is not acceptable, according to Jim Hall, physical education department head at the school. "We couldn't have a better staff for the kids," says Hall.

### Senior volleyball squad among best in province

The senior Rebels boys volleyball squad have finally earned recognition in the All-Ontario high school provincial rankings, with an honorable mention Thursday in the Toronto Star.

The distinction follows a first-place showing at last weekend's Payne Clothing Classic in Mississauga where they beat the powerhouse Erindale team 2-0 in the finals.

Meanwhile, the junior Rebels beat Iroquois Ridge 2-1 Tuesday afternoon in Oakville to post a perfect 9-0 record during the regular season.

With the fundraisers bringing in money, the school is still able to afford many tournaments in spite of the budget cuts.

With a Midget Men's Volleyball tournament and a Senior Ladies Volleyball tournament at the end of November, it's impossible to notice

the cuts at all.

There will also be a Rookie Wrestling tournament in December and the Halton Wrestling Championships will be held at the school in April.

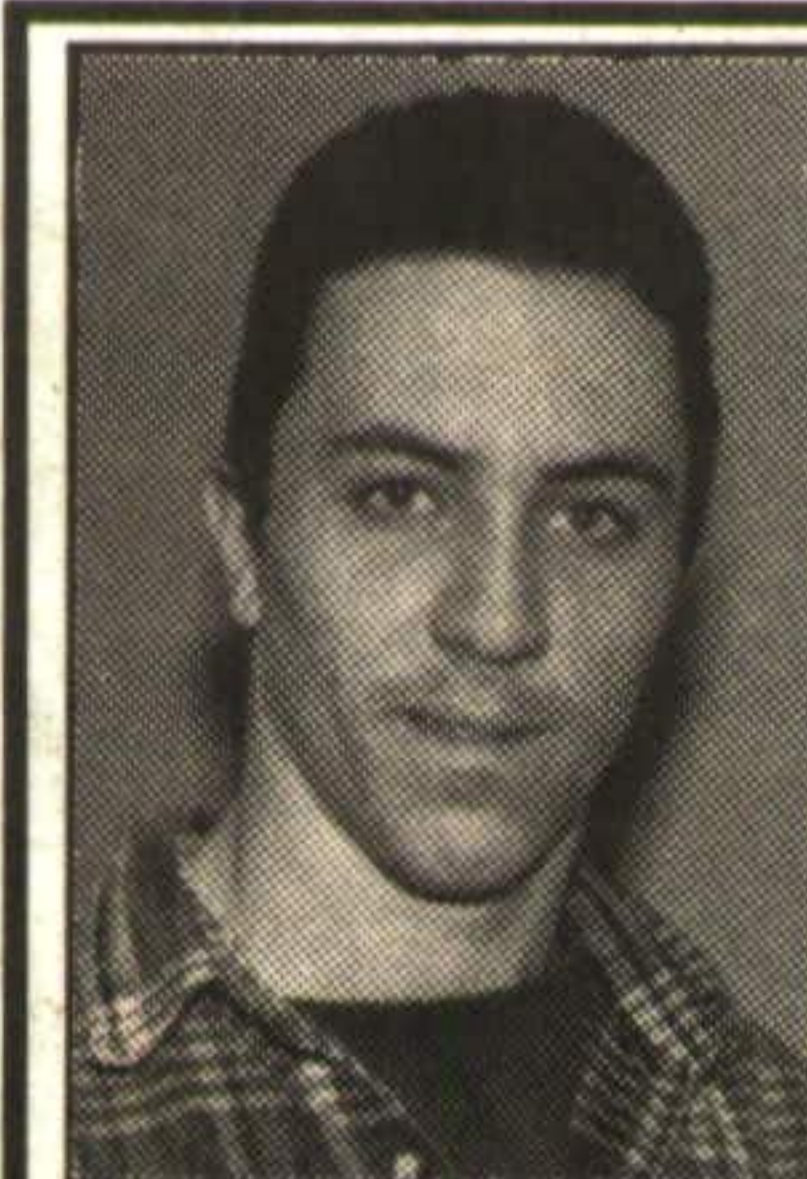
Because this is an one-school community there is no competition from other high schools for funds. "The community is very supportive, with the parents supporting our policies and fundraisers," notes Hall.

The reputation of the school teams is excellent, from across the province and in some cases across Canada, this is largely due to the coaches and students who take part in the program. GDHS has one of the highest percentage of kids who participate in school sports, however, academics are a priority.

### High school

## Athletes of the Week

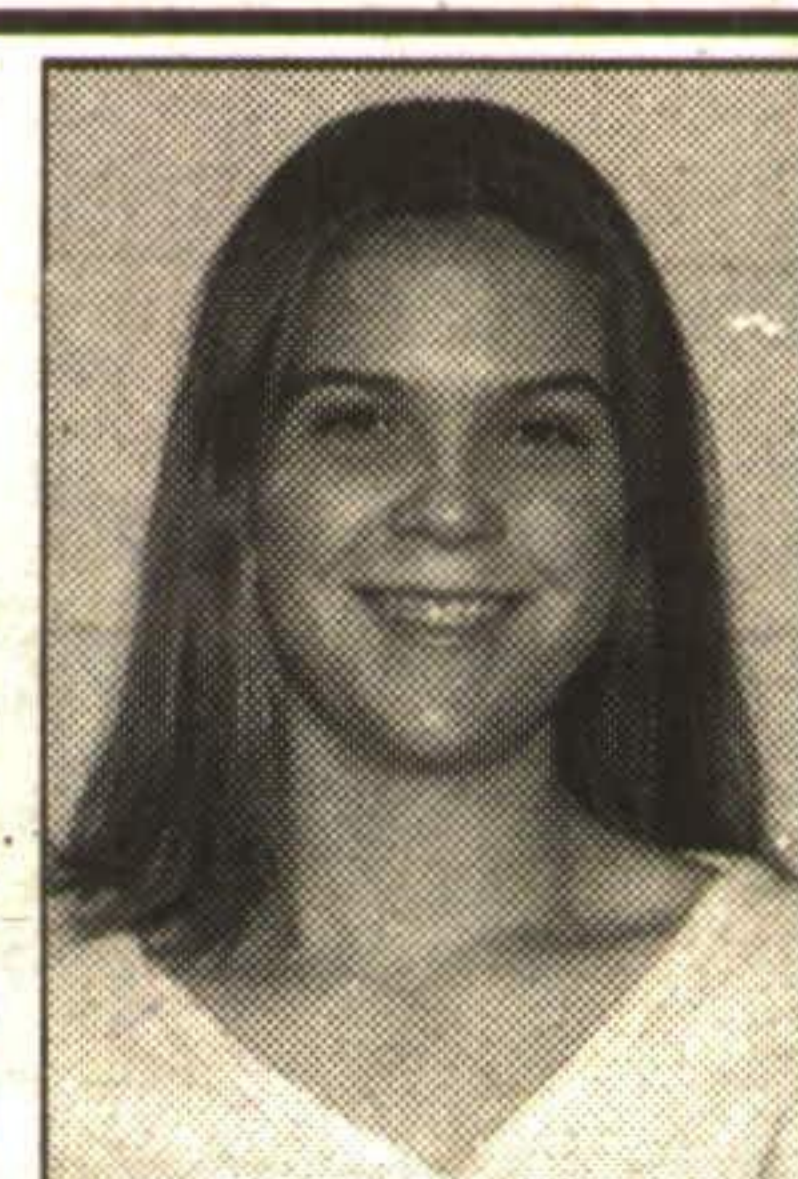
This week's Georgetown District High School Athletes of the Week are Phil Elliott and Jenn Otten. Both athletes competed in the GHAC cross country meet at Churchill Park, Hamilton, with Phil finishing 10th out of 150 and Jenn coming in second in a class of 140. Acton High School Athletes of the Week are Kelly Holmes and Steve Bottero. Kelly, of the junior Redmen girls basketball team, was selected for her contribution to the senior team as she moved up to play last weekend. Steve, a setter on the senior Redmen volleyball team, was selected for his performance at a recent tournament against E.C. Drury, Loyola and GDHS.



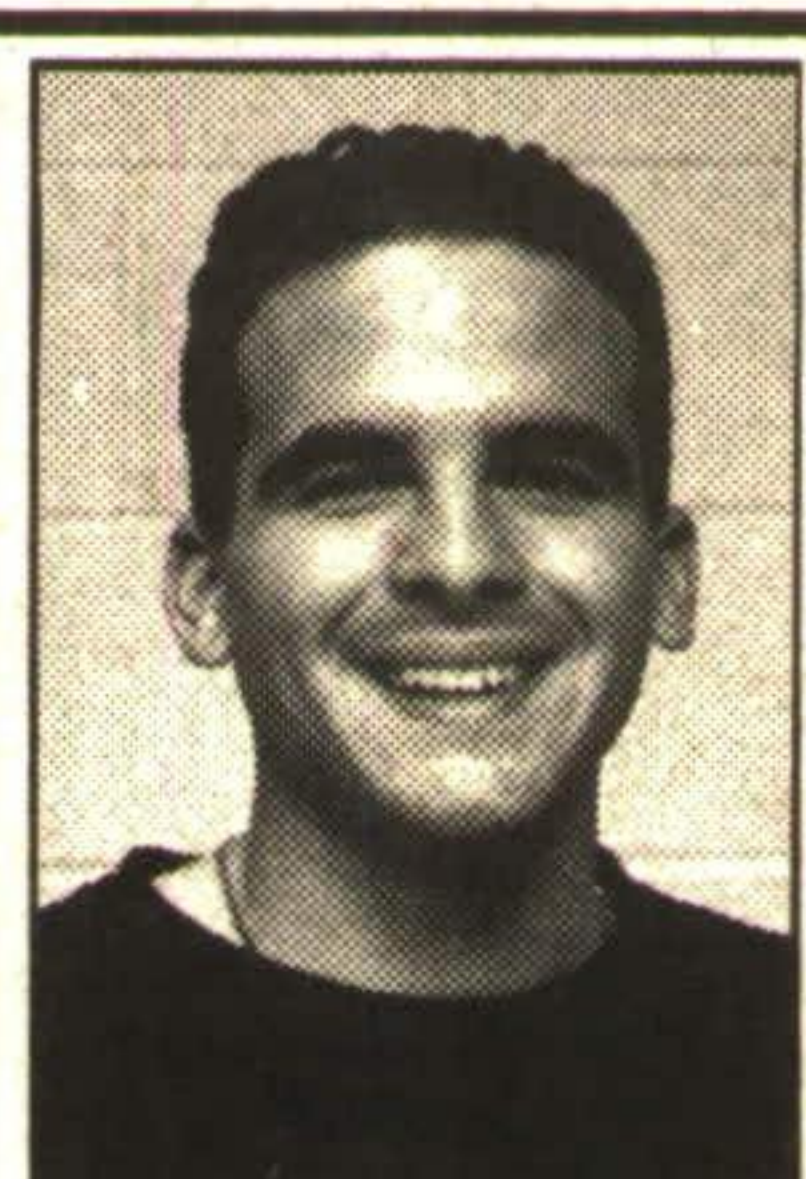
PHIL ELLIOTT



JENN OTTEN



KELLY HOLMES



STEVE BOTTERO