

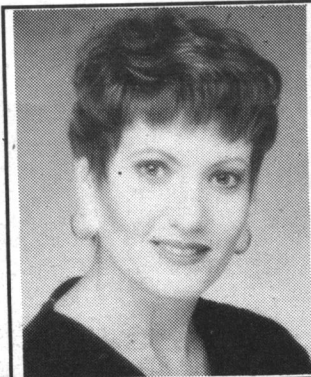
Activity Line Are your shoes made for walking?

By Laurie Burns
Exercise Physiologist

Most people believe that any shoe is good enough for walking. And, why not? What's so special about walking? If a shoe is designed for running or aerobics, it ought to be just fine for walking. Right? Not necessarily, and here's why.

During the heel-to-toe motion in walking, the foot lands with the toes up and contact begins far back on the heel. The foot then rolls forward to a flexed position and pushes off with the foot extended and the toes pushing down on the ground.

A walking shoe is a performance product designed for a specific activity. The thick heel of a running shoe is ideal to absorb the high impact of running, but can actually slap a walker's toe down, causing shin soreness. The impact of walking is less (half as much as running) and requires a lower heel to accommodate the heel-to-toe-roll. Basketball, cross-training and court shoes have extra support straps and wraps to help support the ankle and forefoot during the side-to-side motions of these activities. These only add unnecessary weight to a walking shoe (there is very little lateral force applied to a shoe while



walking).

Look for these features when choosing the proper walking shoe:

- * Slightly lower heel, with a slight bevel at the rear, to accommodate the heel strike and heel-to-toe roll;
- * Flexibility in the forefoot for good toe spring;
- * Stiff heel counter for lateral (side-to-side) support when the heel first contacts the ground;
- * Slightly firmer midsole for lateral stability and increased durability and longer wear.

The fitness walker needs a special shoe for added comfort and protection. There are shoes available on the market for everyone. Shop around and make sure "the shoe fits..."

Laurie Burns is an Exercise Physiologist and operates Work That Body Fitness Programs Inc. in Georgetown.

Morris tops in country

By Mike Zrostek

Pitching ace Shannon Morris from Georgetown won the top pitching award at the Canadian National Midget Girls Fastball Championships in Winnipeg Man. and to make things even better, her Oshawa teammates captured the title.

The Oshawa Double B's went 12-0 defeating defending champion, B.C. 4-2 in the championship game.

"It was a great feeling, it felt like we won the World Series!" said a jubilant Morris. "Our team had plenty of energy throughout the tournament."

Morris pitched 29 innings giving up only one unearned run throughout the tournament.

"I had great defense behind me, I mean they were driving for everything. The final play in the championship, they turned a great double play with the bases loaded for the



Shannon Morris win," said Morris.

One of the highlights for Morris during the tournament was her 1-0, one-hit complete game victory over Manitoba, the only run was scored by Morris after she doubled.

Morris was shocked when they announced her as the top pitcher in the tournament.

"It was absolutely amazing. When they said Ontario, I thought it would be one of the other girls on the staff."

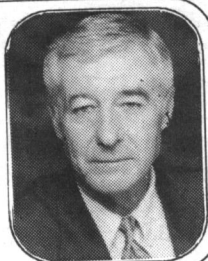
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Halton blanks Brampton

By Helen Bilik

A surprising start by Brampton had Halton a bit confused at the start, but Halton soon took charge and maintained most of the control of the game.

Halton came out on top by a score of 5-0, Halton's seventh win and shut-out of the season.

Noteworthy players were

Lori Allan, Darby Erler and Anne Donnelly. Goals were scored by Anne Donnelly, Candace Trenton, Eileen Campbell, Sarah Lindsay and Jen Apgar - 1.

Special mention to Deanna Guignard, who played goal in the second half due to an injury to the regular goalie. Another great game, girls! Look out, finals, here we come!

Anderson leads State Farm

GIRLS UNDER 13
Aug. 5/93

State Farm 5, Maroon 3

Scorers for State Farm: Tyrenny Anderson (3), Colleen Thompson (1), Rebecca Leferink (1)

Scorers for Maroon: Faith Malinosky (1), Angie Van Egmond (1), Charlene Roche (1)

Fendley Florist 4,
Brampton Real Estate 1

Scorers for Fendley Florist: Allison Barclay 3, Stephanie Lefeuve 1

Scorers for Brampton Real Estate: Annie Schaeffer 1

Limehouse nipped 7-6

By Annette Holman

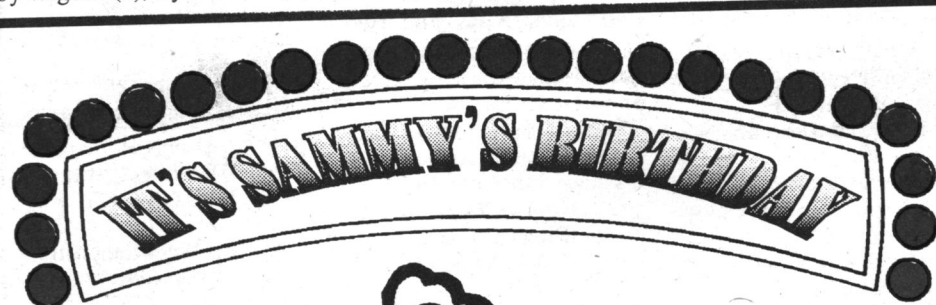
Waterdown 7, Limehouse 6

Waterdown hosted Limehouse/Georgetown Revolver Club Mosquitoes last Friday in a very close game.

Ken Mackenzie slugged one for a triple and Adam Spinney hit a beautiful one for his second home run of the season!

Great glove work by Jaime DeForest, Ryan Holman and Mark Bailey.

Runs were brought in by Ken Mackenzie (2), Paul Payne (1), Roy Wigood (1), Ryan Holman (1) and Adam Spinney (1).



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