

Metro stakes race could be "Historic" event

By Kathy Wade Vlaar

Trainer Bill Robinson's top freshman colt, Expensive Scooter, is a race away from cashing in on the richest payday of his rookie season but Robert Grand's ace colt, Historic, could come between Scooter and the winner's circle.

These two colts were winners in their respective \$40,000 Metro eliminations at Mohawk last Saturday and will undoubtedly loom as the favorites in this Saturday's \$534,200 Metro, Canada's richest stakes event for two-year-olds.

Expensive Scooter, a Direct Scooter colt, owned by Marvin Katz and Sam Goldband of Willowdale, scored his 8th win in 12 starts in winning the first eliminations in 1:55.

The win increased his season's bankroll to \$220,632 but more importantly, earned him a starting position and a good position (2) in the final.

Scooter paced three wide past the half to take control enroute to his two and a half length victory.

"He's turned into a real professional," praised driver Jack Moiseyev, "He's a perfect gentleman and he's matured into a racehorse."

The top four finishers from each of two eliminations plus one fifth place finisher advance to the Metro Final.

Louisiana, Viking Terror and Sweet Dragon all qualified from the first elimination.

Historic tied the Metro Stakes record with a 1:54 four and a half length victory over Million To One and Armbr Mirale in the second elimination.

Doug Brown guided the Nihilator colt, a full-brother to Breeders Crown champion, Digger Almahurst, to his sixth win in 9 starts. Owned by Robert H. Grand Holdings Ind., of North York, and trained by Stew Firlotte, Historic now has \$113, 431 in purse earnings.

"He's just awesome," said Brown of the colt who was the leader at every quarter mile station.

"I'm just ecstatic," confirmed owner, Robert Grand, "I won't sleep all week!" Grand also owned Digger Almahurst, who was the favorite in the 1991 edition of The Metro but finished a disappointing seventh.

Expensive Scooter and Historic have only raced against one another once. That was in the Kindergarten final at Greenwood which was won by Expensive Scooter.

The complete field for Saturday's \$534,200 Metro Stakes Final is as follows: PP1 Historic; PP2 Expensive Scooter; PP3 Million To One; PP4 Armbr Mirale; PP5 Viking Terror; PP6 Water Tower; PP7 Sweet Dragon; PP8 Almahurst Gold; PP9 Louisiana.

BACK TO DEFEND CROWN

North America's top pacing mare, Shady Daisy, is back in fine form to defend her crown in the Milton Pacing stakes.

Daisy looked like her impressive old self as she paced to a solid 1:54.1 head victory over Little Black Book and Simply

Hoof Beat



Kathy Wade Vlaar

Ravishing in the second \$20,000 Milton elimination on Sunday night.

The millionaire daughter of Falcon Seelster now has \$316,437 in '93 earnings for owner-breeder Ron Jackson and Tamela Bauslaugh of Ohio.

Trainer Lou Bauslaugh is convinced that she's as good now as she's ever been, heading into next week's stakes final.

Last year, Shady paced to a wire-to-wire 1:53 effort in the \$115,250 Final of the Milton.

Swing Back and driver Mike Saftic teamed up for a 1:53 four length victory in the first elimination over Save The Memories and So Fresh.

The field for Sunday's \$100,000 (estimated) Milton Final is as follows: PP1 Swing Back; PP2 Shady Daisy; PP3 Little Black Book; PP4 So Fresh; PP5 Simply Ravishing; PP6 Cinnamon Reel; PP7 Sara Loren Rd.; PP8 Terrific Louise; PP9 Save The Memories.

JUG BOUND

The Little Brown Jug, harness racing's Kentucky Derby takes place this Thursday (tomorrow) in Delaware, Ohio. Canadian content is strong in this year's \$575,000 Jug as Bill Robinson's top guns, and millionaires, Presidential Ball and Riyadh star in the lineup.

Riyadh has two-thirds of the Pacing Triple Crown to his credit with wins in the Cane and Messenger and a victory in the coveted Jug would make him the first triple crown winner since Ralph Hanover in 1983.

The entire card of racing on Jug Day will simulcast to the Woodbine Sales Pavilion and Fort Erie on Thursday with post time set for 11 a.m.

Activity Line

Energy in Balance

By Laurie Burns

Exercise Physiologist

Most Canadians have an energy crisis. We consume more energy (calories or kilojoules) than we burn up in our daily activity. More than 50 per cent of our adult population is overweight.

Obesity is associated with many health problems. There are psychological aspects of society's obsession with thinness but, there are health problems associated with obesity such as heart disease, hypertension, diabetes, gallbladder disease and others. As people strive to be fashionably lean, many people try nutritionally inadequate diets to lose weight too rapidly or to maintain a body weight which is too low to be healthy.

Losing weight is not magic. Food intake and activity output are the two components in energy balance. When energy intake equals activity output, body weight stays the same. To lose weight, eat less fat and sugar and become more active. To gain, eat more

than you use up on activity.

Energy intake

The energy value of food is measured in calories. The term calorie is now being replaced by the metric kilojoule (kJ).

- 1 Cal. = 4.2 kJ
- 1 gram of carbohydrate = 4 Cal. (17 kJ)
- 1 gram of protein = 4 Cal. (17 kJ)
- 1 gram of fat = 9 Cal. (37 kJ)
- 1 gram of alcohol = 7 Cal. (29 kJ)

Example:

1 cup whole milk (250 ml)		
Protein	CHO	Fat
8 g	12 g	9 g
x 4 Cal.	x 4 Cal.	x 4 Cal.
32 Cal.	+ 48 Cal.	+ 81 Cal.
		= 161 Cal.

To lose 1 lb. (1/2 kg), you need to consume 3,500 calories (14,700 kJ) less or expend that amount of extra energy in activity.

Nutritious eating + moderate activity = ENERGY IN BALANCE

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

Golden Age Bowling League

The Golden Age Bowling League started its season this week. The following are the scores for the seek of the 17th of September.

Ladies' High Average

Joan Archibald 180
Flo Carswell 174

Vera Peavoy 170

Men's High Average

Norm Wilcox 209
Trevor Williams 204
George Archibald 173

High Single Women

Flo Carswell 253

Rita Rudiger 243

Joan Archibald 189

High Single Men

Norm Wilcox 252
Albert Seifreid 208

George Archibald 205

High Triple Women

Flo Carswell 602

Joan Archibald 559

Vera Peavoy 537

High Triple Men

Norm Wilcox 595
George Archibald 506
Harvey Peavoy 506



Seasons Opener

Georgetown Chrysler Raiders OHA PROVINCIAL JUNIOR A HOCKEY

SATURDAY, SEPTEMBER 25TH

Alcott Arena, Georgetown ~ 7:30 p.m.

Georgetown Chrysler Raiders vs. Brampton Capitals

Don't miss our 50-50 DRAW!

Royal Pizza LUCKY PUCK SHOOT!

McDonalds LUCKY PUCK SHOOT!

FAN CLUB Open!

Adults \$5⁰⁰ Child/Student/Senior \$2⁰⁰

Come out and support the '93/'94 Raiders!