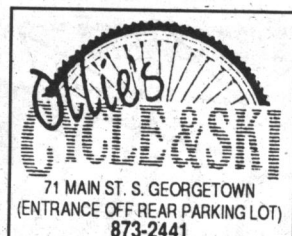


Recreation and Sports



Public School runners romp at North Halton track meets

By Mike Zrostek

Students from public schools in Halton Hills competed at the North Halton Junior and Senior Cross Country Meet at Oakville's Bronte Creek Park, with some great results.

Joseph Gibbons saw their atom girls place first overall with a score of 39 (lowest score wins) led by Ashley

Williams first place finish, Shannon Baldwin's seventh and Stephanie Young's ninth.

Eleanor Brooks from Limehouse finished second and Krystal Westman from George Kennedy was fourth.

The rest of the finishing order in the atom girls were Limehouse, Harrison, Park, George Kennedy, M.Z.

Bennett - Pineview took third through eighth.

Stewarttown had a big day in the girls section in the junior, intermediate and senior divisions.

The junior girls took first overall with 19 points led by Kira Lawrence, followed by Arden MacLean and Katie Locke. Centennial finished third and McKenzie Smith tied for fourth.

The Stewarttown intermediate girls all but owned their race with six of the top seven placings. Jen Otten was first and Kerri Nielsen was second. Shirley Grant, Allison Hajer, Sheena Butler and Shauna Fedora finished in third through seven.

Katie Sterritt was the lone finisher in the senior girls top 10 with a second place effort that helped the Stewarttown senior girls take second place overall.

A good race developed in the junior boys with the top three finishing from the area.

Greg Bidwell from

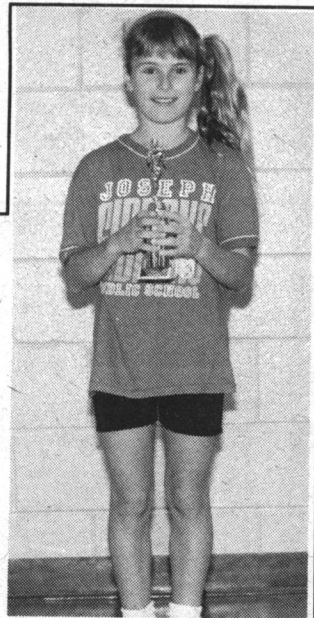
Centennial finished first, Andy Kilmer was second and Taylor Hall was third. Centennial finished second overall, Stewarttown was fourth and McKenzie-Smith took fifth.

Robert LaRose's second place finish in the senior boys division led Centennial to a second overall. Stewarttown and McKenzie-Smith finished tied for fifth.

The Harrison atom boys won the North Halton division for the second year in a row in a romp, thanks to Dan Walinga and Kevin Binsell's third and fourth place results. Harrison also took second in the junior boys division.

Robbie Falls and Tim Mansfield's one-two finish led the Pineview bantam boys to a first place finish. George Kennedy was second, Harrison third and Joseph Gibbons fourth.

Nine year-old Ashley Smith, who attends Joseph Gibbons Public School, displays the trophy she won at a cross country meet at Cedarville Park in the girls atom division. Smith also took first place at the Legion Run and at the recent North Halton Junior Cross Country Meet at Bronte Park in Oakville. photo by Mike Zrostek / HHTW.



Activity Line

Rest an important part of fitness

By Laurie Burns Exercise Physiologist

How much rest do you need between your workouts? That depends on your individual physiology and it is something you will have to learn over time by monitoring what seems to work best for you. However, if you are on a schedule in which you walk or do other regular activity four or fewer days you are probably allowing the body ample recovery time between workouts. In that case you probably only need be cautious about sudden increases in the intensity of your workouts, such as increasing the amount of weight you use at the gym.

Preventing Overtraining

1) Follow a hard-easy workout schedule. After a period of especially hard work (for your given fitness level), give your body an easier day. If your regular routine is a brisk, 45-minute walk every day, consider modifying that to include a brisk, one-hour walk two or three days per week, followed by an easier 25-35 minute walk on the alternate days. This may be especially helpful if you have been trying to pick up the pace on your walks but you feel you have reached a plateau. Both the physical and mental variety should be a boost to your body.

2) Increase by only 10 per



cent to 20 per cent per week. This assures that your body has time to respond to and keep up with the changes that harder workouts require. If you currently average 15 miles per week (five, three-mile walks), and you want to get up to 20 miles per week, think about adding a mile to Monday and Friday the first week; add a mile to Wednesday as well the next week; and in the third week, bring every day up to four miles for the 20 mile total.

3) Listen to your body. If you work out on a regular basis and your body is feeling general fatigue or a body part is unusually sore, it is time for a day of rest, or at least a day of alternative activity. Your body will appreciate the chance to rebuild, and you will find the next day you will be ready to workout again.

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



Dan Walinga, who attends Harrison Public School, has enjoyed an excellent cross country running season. photo by Simon Wilson/HHTW

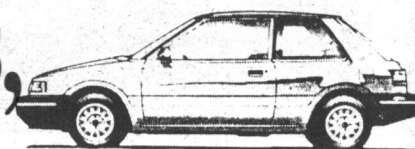


Joseph Gibbons girls 9-and-under cross country team displays the pennant they won at the recent North Halton Cross Country meet. The girls ran away with it finishing way ahead of the competing schools. photo by Mike Zrostek / HHTW



Coach Garry Southworth was proud of Harrison Public School's cross country team that recently competed at the North Halton Cross Country meet at Bronte Creek Park in Oakville. The atom boys won their second pennant in a row at the cross country event. photo by Mike Zrostek / HHTW.

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