

Girls go for the gold

All girls age 10 and over are eligible to compete in Canada's largest womens' track and field meet, the fifth annual Colgate Womens' Games, June 19 and 20 at Etobicoke's Centennial Stadium.

The two-day meet will feature 12 events, including the 100 metre dash, hurdles, long jump, shot put, relay and the 3,000 metre run.

The meet is open to any girl: association with a track and field club is recommended, but not required.

The meet is the only one in Canada that does not require an entry fee.

The Games have grown considerably since their inception in 1978 as a one-day affair that attracted some 900 entries. In 1979 the meet was expanded to a two-day event and the entries have since doubled with over 1,800 entries received last year. It is expected that the Games will once again see an increase in entries this year, thereby fulfilling Colgate's hopes of expansion of the level of participation in track and field.

The event has become the largest female track and field meet in Canada. Although the

majority of the entries in past years have come from within Ontario, entries have also been received from Quebec, the Maritimes and Western Canada. Both the United States and Bermuda have also been represented at the Colgate Women's Games.

Each female that competes in the Colgate Women's Games will be the recipient of a free T-shirt that will be provided by Penmans in their capacity as an official supplier of the Games.

For those fortunate enough to finish in the top three of their particular event, Colgate-Palmolive offers Grants-In-Aid of Education in varying amounts depending on the athlete's age category and overall placing. The philosophy of Colgate behind these awards, which total over \$11,000, is to

provide financial assistance to encourage young women to continue to expand their knowledge in the activity of their choice.

In addition, the top three athletes in each event will also receive a Colgate Women's Games medal, and all finalists will receive special awards.

The rationale behind the Women's Games is quite simple, say Colgate-Palmolive organizers: they believe that women have not been given the same opportunities as men to develop their athletic skills, and that since their prime target group is women, it is a way of thanking the consumers for supporting their products.

Repeating as Mistress of Ceremonies at the 1982 Colgate Women's Games will be Diane Konihowski, Canada's premier pentathlete/heptathlete for the

last decade. Interestingly enough, although Diane Konihowski is currently expecting her first child in October, she will still be competing in the shot put at this year's meet.

"The Games are one of the best things that have happened to womens' track and field in this country," says Jones-Konihowski.

Entry forms are available at school athletic offices and local track clubs. Deadline for entries is May 31.

All events are sanctioned by the Ontario Track and Field Association.

For entry forms or more information about the Games, contact either meet director Frank Mann (5 Martorino Drive, Scarborough, M1K 2J1, 416-261-0387) or public relations director Andy Buckstein (31 Elfindale Crescent, Willowdale, M2J 1B6, 416-497-7873).



Putting in support

Diane Jones-Konihowski returns as Mistress of Ceremonies for the fifth annual Colgate Womens' Games next month in Etobicoke. The event, Canada's largest womens' track and field meet, is open to any young lady age 10 and over.

Run for Fun set for 24th

Hundreds of area joggers and fitness buffs are expected out for the third annual Midland YMCA-CKMP Run for Fun, slated for May 24.

The idea is to promote fitness and jogging, which, says the YMCA, "is growing in leaps and bounds."

This year's edition of the event will feature spot prizes and refreshments during the run, and free T-shirts to the first 20 runners to register.

Registrations must be in by Friday, May 21.

There are three Run for Fun routes: a two-mile (3.2 km) run, and four-mile (6.4 km) and six-mile (9.6 km) routes for hardier souls.

All routes begin at the YMCA and wind up with finishing legs south on King St. from Hugel Ave.

The run will begin at 1 p.m.

Entry fee is \$1 for children 16 years and under, \$2 for runners 17 and over, \$3 for couples and \$5 for the whole family.

The Y has listed a few training tips to help you get ready for the test:

1. Organize your practice sessions -- Warmup (slow jogging, limbering and stretching exercises); jogging run; warm down (again a slow jog, limbering exercises).

2. Try to get in four to six practice sessions

Bake and Book sale

The Ladies' Section of the Penetanguishene Curling Club will be holding a Bake and Book Sale at Village Square Mall May 22.

Donations to the sale may be dropped off at Vince Moreau Insurance on Main Street any time before the 22nd.

The sale will be held from 10 a.m. to 1 p.m.

Dance Sat.

Therrien's ladies' baseball team is hosting a fund-raising dance Saturday at the Rooster Tail Inn on Highway 93.

Doors open at 8 p.m. and entertainment will be provided by disc jockey Rob Howell.

Admission is \$6 a couple, which includes a lunch.

a week.

3. Do not race yourself or with your jogging buddies during your practice sessions.

4. Find a good area to do your practice sessions, somewhere that you will not damage your ankles or leg muscles.

5. Sample practice for a beginning runner: healthy beginner: 10 minutes warmup; 20 minutes slow, steady run; warm down 10 minutes. Repeat four times a week.

The Y recommends that runners consult their doctors for permission to take part in the event.

For further information or entry forms, drop by the YMCA or call Rick Leclair at 526-7828.

ST. ANN'S SCHOOL
43 Lorne St., Penetang, Ont.

549-8900
General Registration

Mon., Wed., Fri. weekly,
9:30 a.m. to 11:30 a.m.

Principal,
Don Deschambault



Big Brothers Association

ANNUAL MEETING

May 20th, 7:00 p.m.

Budd Watson Gallery 520 Hugel Ave.

Everyone welcome



Civitan Home Show

May 21, 5 p.m. to 9 p.m.

May 22, 11 a.m. to 6 p.m.

MIDLAND CENTENNIAL ARENA

EXHIBITORS

Carpenter, Dave
OK Johnson Travel
Skilja Design
Rustic Furniture
R.D. Ivens Ltd.
Huron Glass & Mirror
Duggan Insulation
Stevewoods Contractor
KIL
Weaver Heating

Therrien's Furn. & Appliances
Johnny's Locksmith
Huron Alarms
Realty World McQuirter Ltd.
Sewing Centre
Gerow's Flowers
Wismer Electric
Sergeant's Fuels
B & G Duquette T.V.
Appliance Specialty

Apron Strings
Tom Downer Plumb. & Htg.
Petals & Blooms
CPL Carpets
Dial-A-Movie
Harold Martin Rental
Tilson Leisurecraft
Barber & Haskill Appliances
Walker's Electric
Colour Works

Admission \$1.00 - 16 years and over, Children FREE