

Sports

Peter Van Dusen

See you on the trail

Most Canadians are becoming increasingly conscious of physical fitness. However there are still some people who refuse to participate, people who don't want to make an effort to get into better physical condition.

Well for those people a Russell group has the answer. If you won't go to the action, they'll bring the action to you. The Russell Fitness Trail Committee is working on finishing off a jogging-exercise course that will serve the people of the Russell area. When that FITNESS trail is completed there won't be any reason for you not to get out and exercise.

For those of you who don't know what a fitness trail is (I didn't before I talked to committee member Greg Rokosh) the concept began in Europe where it became evident people simply were not content with just jogging to get their daily exercise. Fart Lek training is intermittent activity-namely running with occasional stops along the way for exercise such as calistenics. On top of that there are stations along the jogging trail where the runner can stop and work with various apparatus such as high bars for chinups.

The Russell Fitness Trail will be a mile around and in the course of that mile there will be five to eight stations. At each station there will

be an instruction chart with the how's and what's of various exercises to be performed. The trail will be located at the east end of Church street (it should be finished by the fall and will be used as a cross-country ski trail during the winter) and one can see the beginnings of the project already.

Funding is being provided by a Young Canada Works grant which allows the committee to employ three young area men to do the work. It will cost about \$10,000. there will be extra costs of about \$6,000 for additional signposts and materials.

The township has been approached to contribute money and Greg Rokosh says the programs to raise funds will likely be organized within the community. Greg points out that a similar facility in Ottawa has a vandalism problem. At night, people with very little intelligence come around to that trail and damage material. Let's hope we don't have the same problem here.

It is difficult to think of a more worthwhile program for getting the people of Russell and surrounding area back into shape. The committee members Barry McVey, Pat Reid, Eric King, Jim Sullivan and Greg Rokosh are to be complimented for their efforts. And we'll see you out for a run someday. You probably need it.



SPORTS FLASHBACK

This is the Russell Pee Wee team of about 1963. Many from this team are still active players with local teams. Back row left to right: Don Oshier (coach), Carson McVey, Denis Ouellette, Peter Miller, Barry Rombough, Jack McLaren (coach) and Gary Campbell. Front Row left to right: Frank Brewer, Barry Cochrane, Doug Hay, Allan Duncan and Bill Gamble.

RUSSELL MINOR HOCKEY ASS. NEWS

Even though the hockey season is still a couple of months away it doesn't mean that minor hockey executives are idle during the summer months. The Russell Minor Hockey Association has been busy organizing for the upcoming season. In addition they have been conducting fund raising activities which has included the Pitch-n-Dunk stand at the Russell Fair—this venture is always an attraction and a fairly good fund raiser. They are planning additional fund raising activities as the hockey season approaches. As we all know it is becoming more expensive for boys to participate in the hockey program and it is only through fund raising events that the cost of registration can be maintained at a reasonable level. This means that parents of all players are expected to volunteer their services—it shouldn't fall to the same few all the time. The

Association is looking for qualified coaches for the 79/80 season. Applications are now being accepted so if anyone feels that they can make a contribution in this area they should contact President Gerry O'Reilly. They should have a Level II coaching certificate or if not be willing to attend coaching clinics which will bring their skills up to the accepted level. This doesn't take much time on the part of the individual but has benefits for all

concerned. Your 79/80 executive is comprised of the following members: President—Gerry O'Reilly; 1st Vice Pres—Denis Ladouceur; 2nd Vice Pres—Sterling Sheldrick; Secretary—Eileen Hamelin; Treasurer—Merrill McVey; Directors—Gord Davis, Hugh Latimer; Past President—Pat Flynn. Just a reminder that the next meeting of the Executive is Aug. 20 at 7:30 p.m. upstairs at the Dr. Frank Kinnaird Community Centre.

Bantams "A" champs

At a recent bantam tournament held at Stittsville the Russell bantam team, coached by Don Empey, emerged as Tournament Champions. They had previously won the "B" Championship of the Orleans Tournament. In their first game, Russell just got by Hawkesbury 5-3 with Paul Cochrane and Serge Bouchard sharing pitching duties. The second game with Queenswood turned out to be a pitchers nightmare with Russell winning 21-11, advancing them into the

final against Greely Eagles. At the end of five innings the Russell boys were trailing 4-0. In the sixth their bats went to work and when the inning was over the score was tied 4-4. In the bottom of the seventh with the score still tied, Tim Cavan reached first, stole second and when attempting to steal third the Greely catcher over threw third base allowing Tim to come all the way home giving Russell a 5-4 win and the Tournament Championship. Todd McLaren pitched the victory.

**RUSSELL OLD TIMERS
RECREATIONAL HOCKEY
LEAGUE**

SUBJECT: Annual Meeting
DATE: Thursday, September 13, 1979
TIME: 7:30 p.m.
PLACE: Dr. Kinnaird Community Centre
**PURPOSE: to receive report(s) for 1978-79
to consider amendments to the
constitution
to elect a new executive for
1979-80**

Application forms for 1979-80 registration purposes available at Kool Korner, Tyo's Red & White, Wade's Footwear and Loral Hardware, Bank of Nova Scotia.

**DIANE'S HAIR
DESIGN**

OPEN

Tuesday to Friday
9:00 a.m. to 5:00 p.m.

Saturday
9:00 a.m. to 4:00 p.m.

EVENINGS BY APPOINTMENT

8 2 1 - 3 0 1 0

**Victoria St.
Metcalf**
(Next to Pharmacy)

**Minor
softball**

With a large number of boys and girls registered in the minor softball program it has been a busy summer for Association President Don Empey and his team coaches. Teams have also been entering Tournaments and the boys bantam team has been particularly successful winning two Championships. The Association is planning a number of Tournaments during August at the Russell Lions ballpark. Dates and divisions are as follows: Pee Wee Boys—11 August; Bantam Boys—12 August; Pee Wee Girls—18 August; Junior Girls—19 August; Squirt Boys—25 August and T-Ball 26 August.

Russell A's capture top spot

The Russell A's Johnston's Holdings return to the South Carleton Intermediate Fastball League proved to be most successful as final league standings show them in 1st place. The A's were undefeated until the last two weeks of the schedule when they faltered somewhat, making the final standings a bit tighter than expected. The loss of ace hurler Greg McLaren during this period was largely responsible for the tailing off at the end of the schedule but he reports his arm is mending nicely and expects to be back pitching in the play offs.

Final League Standings:

Russell	30 points
Embrun	29 points
Jockstompers	16 points
Carlsbad	15 points
Metcalf	15 points
Kenmore	12 points
McVeys	9 points

The Quarter finals (Best of three) have Kenmore against the Jockstompers with the winner taking on the Russell A's in a best of five. The other quarter finals have Carlsbad against Metcalf with the winner meeting Embrun. The finals will be a best of seven.



BOSTON BOUND

Three local boys who participated in a summer Hockey Tournament held at Arnprior on Canada Day weekend will be journeying to the Boston area for a tournament to be held on Labour day weekend. The boys are left to right: Ronnie Bouwhuis, Peter Latimer and Todd Taylor

Photo by Rowsell