

# Runner ready for first marathon

By Keith Bolander  
Under the guise of a mild mannered library assistant lurks a man who claims to enjoy the gut wrenching experience of torturing his body for approximately 70 miles a week.

The man, 27-year-old George Schlubbier, Newmarket, works nights and on Saturday at the Whitchurch-Stouffville library and for the past year his passion has been to run, and run and run. His efforts will culminate in his first ever marathon race this coming Sunday, in Ottawa for the Canadian Commonwealth Games trial.

However, George, a quiet man whose enthusiasm increases when talking about his sport, didn't start running for any competitive reason, only that "I was feeling really down, and one day I just decided to go out running."

He found that running was a way "of zapping me with energy, it improved my mental and physical self greatly."

After that he was

hooked on it and now says that he feels the day isn't complete if he doesn't run, and on the other hand it's enhanced when he does.

When he first started George estimated he ran anywhere between 30 to 50 miles a week, approximately seven hours of running. Now, however, with the marathon just a few days off, he's increased his training to 10 miles a day, with 15 miles twice a week.

Besides the time spent running, George also works 18 hours a week at the library and another 40 hours a week at his research and information practice in Newmarket. He feels running has helped him maintain his long work hours.

As for the marathon, George's goal is "just to finish it. That's the first objective. There's going to be over 3,000 runners there and a lot are in the world class, so I'm really not concerned where I finish, just that I do finish."

He hopes to run the 26

mile long race in three to 3½ hours, which averages out to a seven minute mile from start to finish.

In such a seemingly monotonous, repetitious form of exercise, the question of boredom arises.

George refuted that by commenting, "you never get bored, for one thing, it hurts too much. Also I enjoy the scenery, I've run through all the seasons and there's always something to see."

Another way to get rid of boredom is to work with a partner, which George does. He runs with Dr. Dave Ruegg and George commented they have a good running relationship, where if they want to talk, fine, if not then neither will feel uncomfortable.

Discussing the pain aspect of long distance running George admitted "when I first started it was very painful. It took me about three months before I got rid of the stomach cramps. I think the most important thing about running is to be in

tune with your own body, to control and overcome the physical aspects, the pain."

George also hopes for a certain weather condition for the Ottawa marathon. "The worst weather would be a windy, cold day, I hate running into the wind. What I prefer is no wind and sun, not hot, just warm. It's easier for the legs to remain loose."

George stated that after running 18 miles straight a person has to dig into his physical reserves, and his body starts "breaking down." You run on desire alone after that. Many of the world class runners do a lot of physical damage to their body, with that kind of constant pressure something has to give."

Because of that George plans to take one or two weeks off with absolutely no running after the event. And depending on how he recovers will determine if George enters further marathons.

Although he enjoys running, there is one

thing that bothers George about it, and that's the old problem of how other people react to seeing him jogging along.

"Just because you're out there running everyone thinks they can stop you and ask all sorts of questions or directions. They don't realize you don't want to be interrupted while running. And of course there's the few in cars that try to push you off the road, in fact, one day someone literally ran me off the road."

However, this hasn't discouraged him and through his running he has had time to come up with a few things. He contends there are two types of runners; one that does it for physical effects, and the other for what George calls the "altered state."

"In other words, to get high. It has happened to me, it's when you get your third wind that it occurs."

George explained that he gets his first wind after running 10 minutes, his second wind after an hour, and on a rare oc-

casional, achieves a third wind.

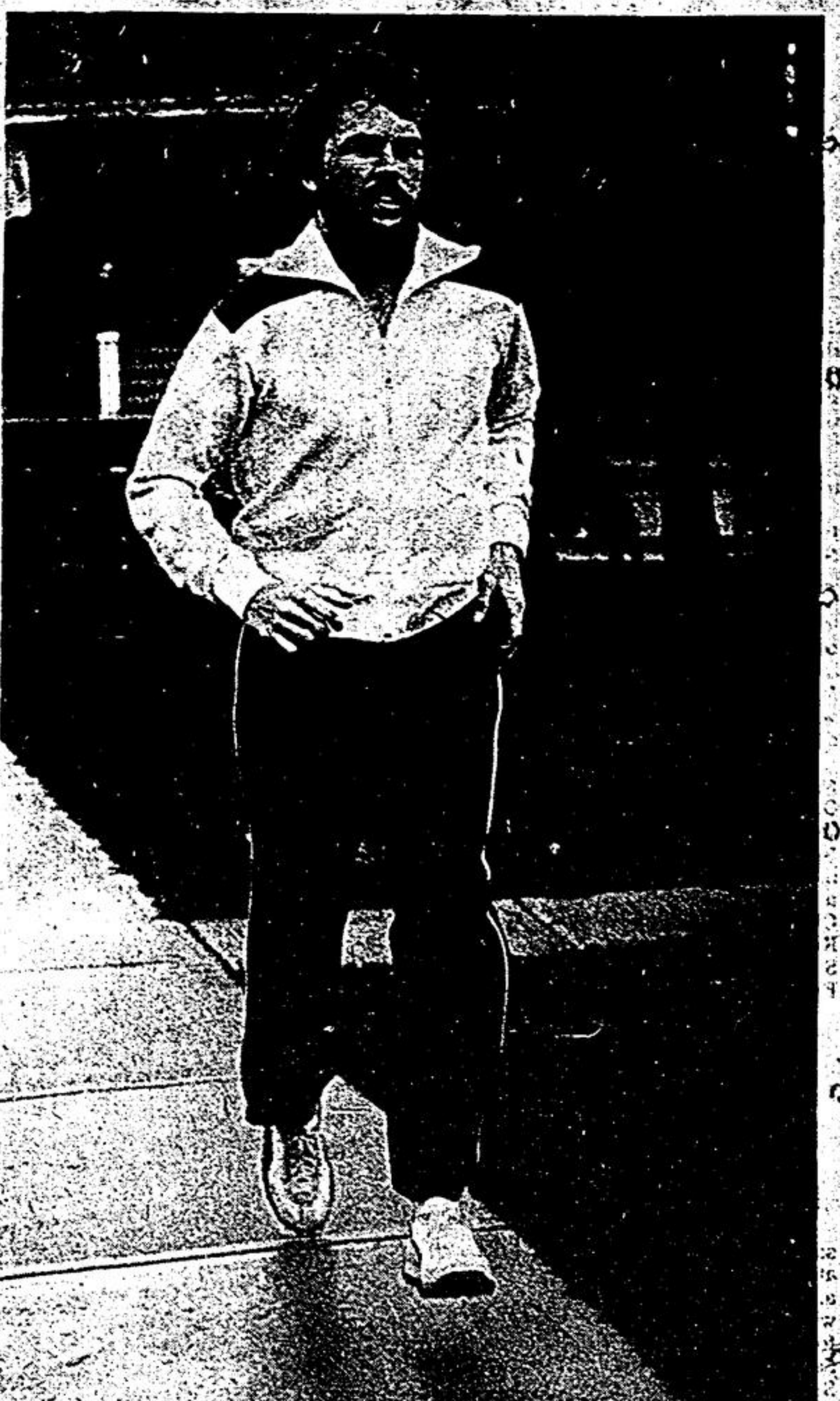
"In the third wind I feel like I could run forever, it's like a tremendous boost, I don't know why it happens but I feel like I could fly."

Along with the physical ways to run, George said there are also two mental ways on runs.

"The first is the jogging technique, you fantasize about anything but the physical sensation of what is happening to your body. The other type is the physical monitor

system, where you know exactly what your body is doing and you are in tune with the sensations. As for myself, I do both."

Overall George feels that running is such a "natural and total exercise. It makes me feel good and has given me a greater awareness of myself and the environment. I don't think I'd ever give it up, partly because there are so many people who can't run, such as the handicapped, and I'd hate to have missed the opportunity to do something as simple as running"



George Schlubbier is getting in his last few miles of training before entering in his first marathon race this Sunday in Ottawa. George, of Newmarket, works part time at the Whitchurch-Stouffville library and has been involved in long distance running for the past year.

## Second soccer film Saturday

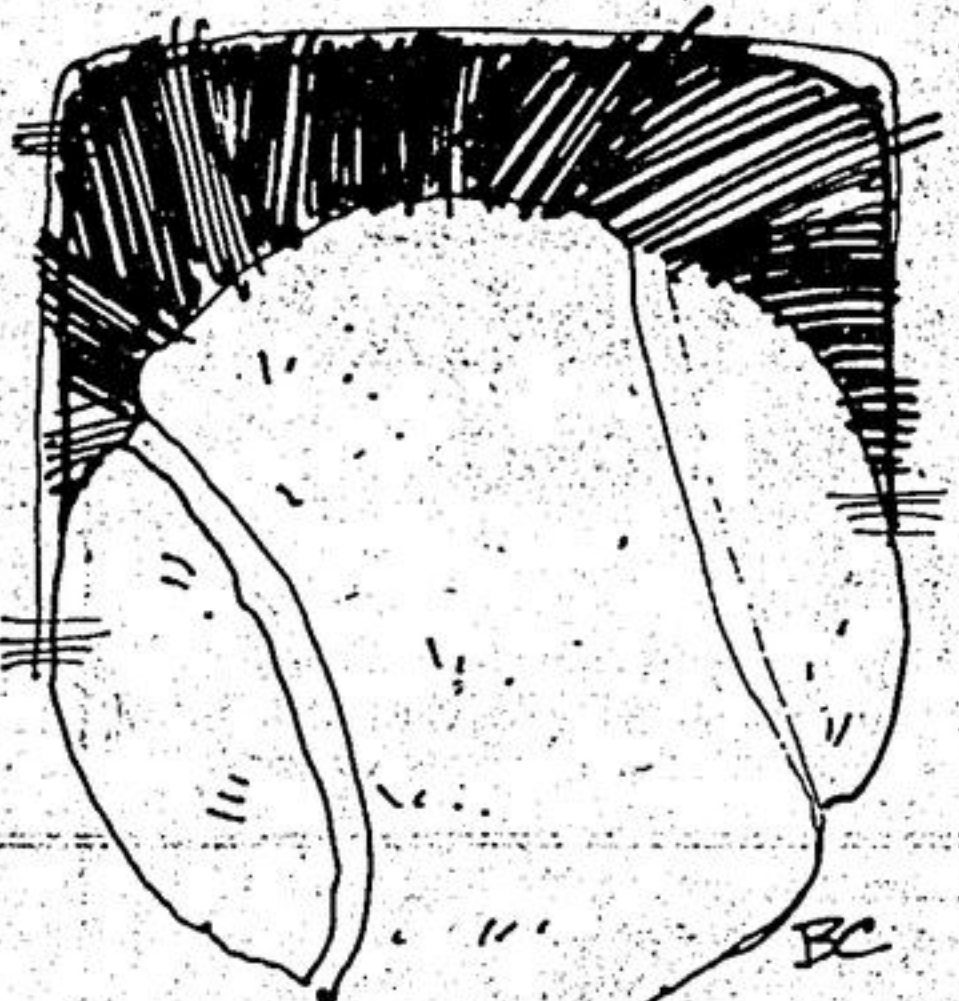
The second part of instructional and training technique.

The films are open to all boys and girls that have registered with the league and there is no admission charge.

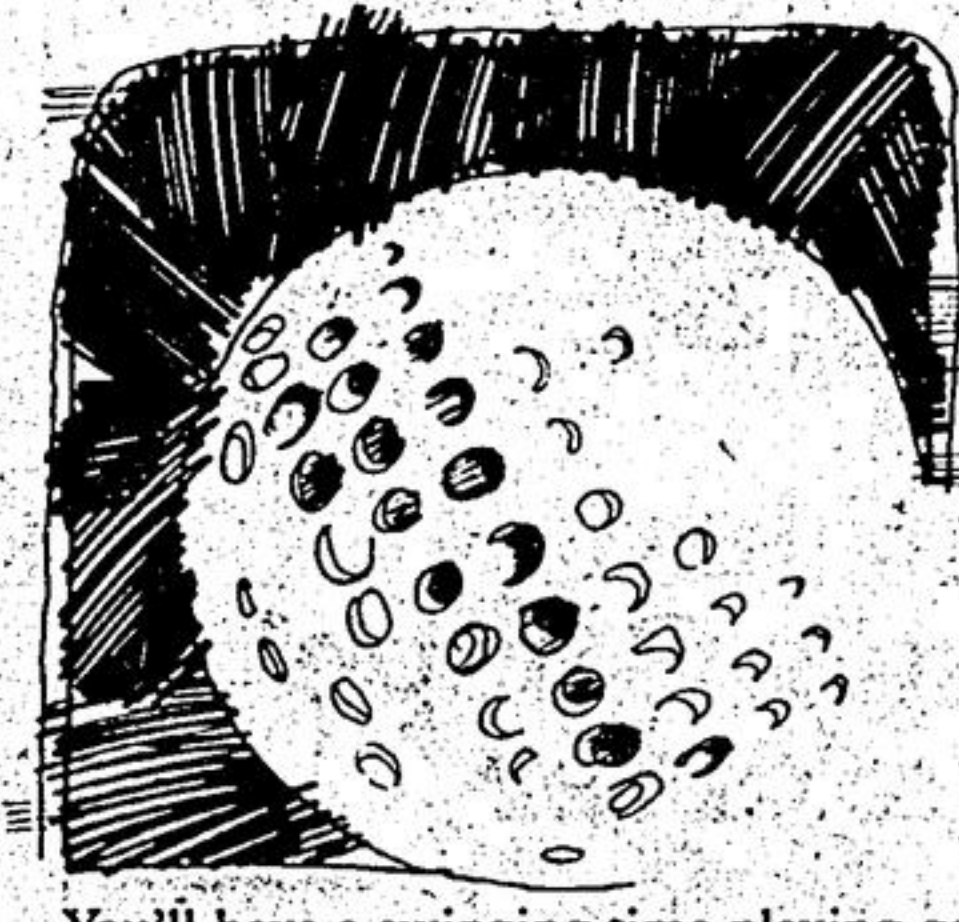
The third and final film of the series is next Saturday, May 20, same time.

# Willow Lane

## You're going to have a ball

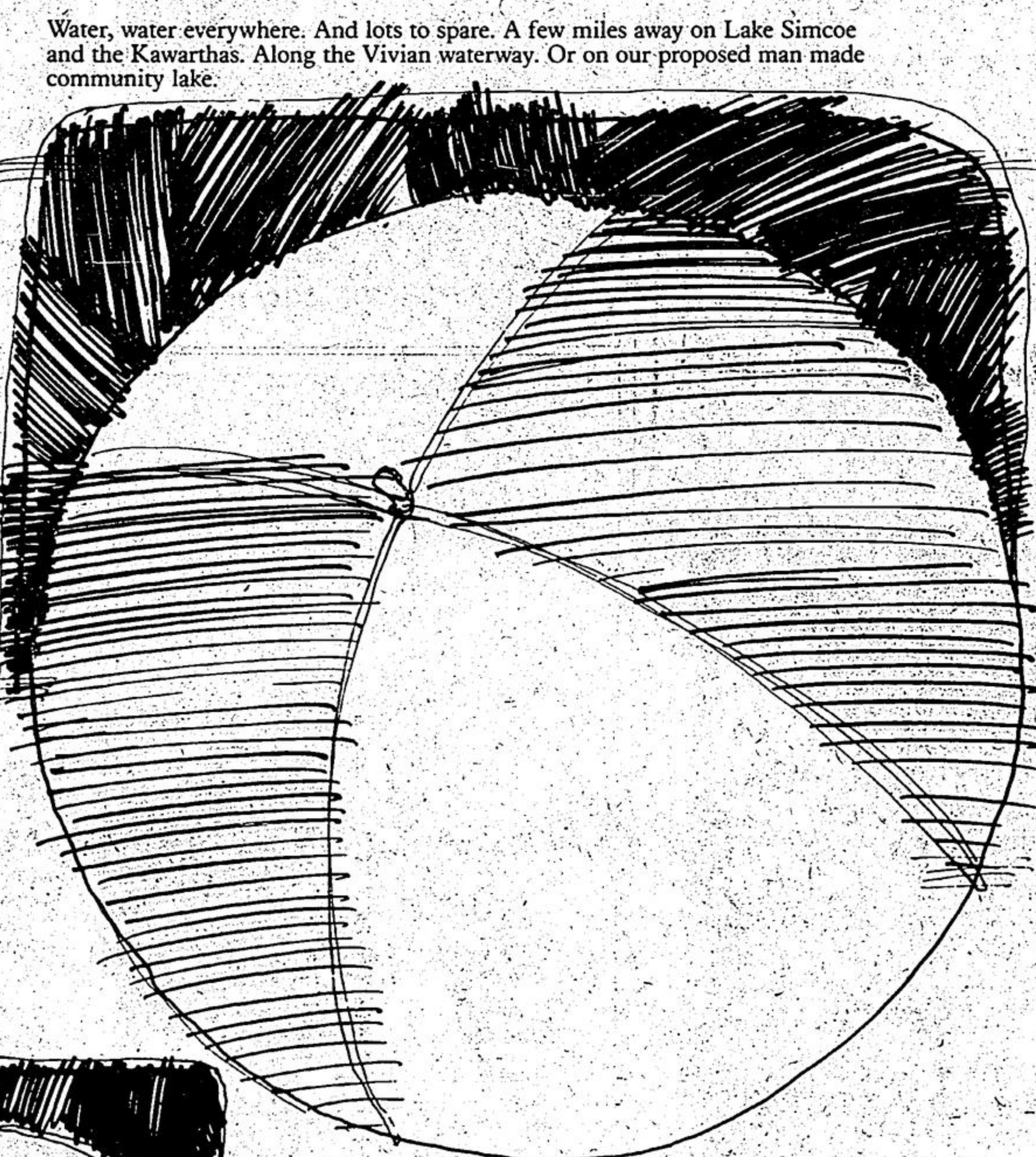


Anyone for tennis? You'll be a match for anyone on your own community courts in Willow Lane.



You'll have a swinging time playing golf on the two superb courses just a short drive away.

Steal home in a jiffy. It's easy when you live in Willow Lane. Just outside the front door of a home that's priced right in your ball park are acres and acres of rolling meadow and park land.



Water, water everywhere. And lots to spare. A few miles away on Lake Simcoe and the Kawarthas. Along the Vivian waterway. Or on our proposed man made community lake.

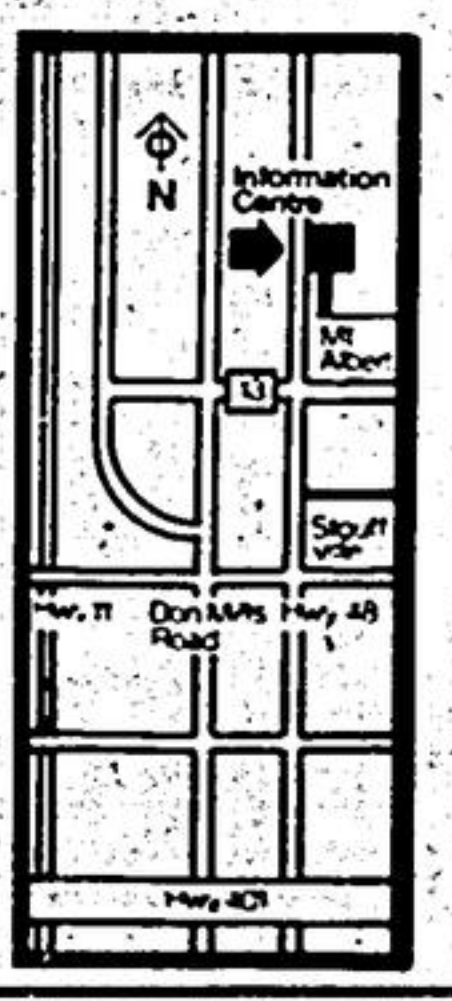


And there's more to boot. On your large, oversize family lot. You'll get a kick out of the fresh air and sunshine far away from the noise and pollution of the big city.

**Willow Lane**  
in Mt. Albert

Country style living in homes priced from \$61,900-\$71,490.

Information Centre open Monday-Friday 1 p.m.-8 p.m. Saturday and Sunday 10 a.m.-6 p.m. Telephone 363-5729, 473-2017



### Richmond Hill show

## Local riders attend

This weekend's annual Richmond Hill horse show will be featuring numerous local riders from the Stouffville area.

The show, a major event of the year, will be run Friday, May 12 to Sunday, May 14.

The show takes place at the Richmond Hill Fairgrounds and will feature riders from Foxhunter farms and Jackie Wedley, of Stouffville, who is now riding for the Dick Day stables in Aurora.

Also at the meet will be Olympic rider Jim Elder.

Some of the Foxhunter riders at the meet include: Shelly Brown, Dianne Howard and Susan Plewes all of Stouffville; Sharon Dunne of Pickering and Shirley Robertson and Jackie Baker of Agincourt.

## Uxbridge arena contract awarded

UXBRIDGE — The new Uxbridge arena and community centre complex is now official with the signing of the contract for construction last week.

Condign Limited has been awarded the contract and construction is expected to proceed shortly.

The old arena is expected to be allowed to stay open for the remainder of the year, however no final decision will be made until the Department of Labour is shown the signed contract for the complex.

## Complete Kamps story

The Tribune would like to apologize for the absence of the last half of the story on Colleen Kamps in last week's edition.

The story, in full, reported that Miss Kamps of Stouffville was named the Most Valuable Player in women's basketball at Centennial College for the 1977-78 season.

Buy **Direct from DONER DATSUN** **RON or KENT DONER** 895-4661 Newmarket

"Christian Riders" a motor cycle group coming to Wideman's Mennonite Church Saturday May 13th 7:30 p.m. to speak on their experiences. Music included. Youth welcome.

**ENJOY LUNCH & DINNER**

**MOTHER'S DAY**  
MAY 14<sup>th</sup>

AT  
**Stouffville Restaurant & TAVERN LTD.**

STOUFFVILLE SHOPPING PLAZA

**It's A Treat To Eat Here!**

**SPECIAL FULL COURSE MENU**  
TURKEY \* CHICKEN \* STEAKS \* SEAFOOD  
SELECT YOUR FAVOURITE DISHES FROM OUR EXTENSIVE CHOICE

**FOR RESERVATIONS CALL 640-3739**

FULLY LICENCED UNDER L.I.B.O.  
HOLIDAY HOURS FROM 10 A.M. - 8 P.M.  
OPEN VICTORIA DAY WEEKEND TOO!