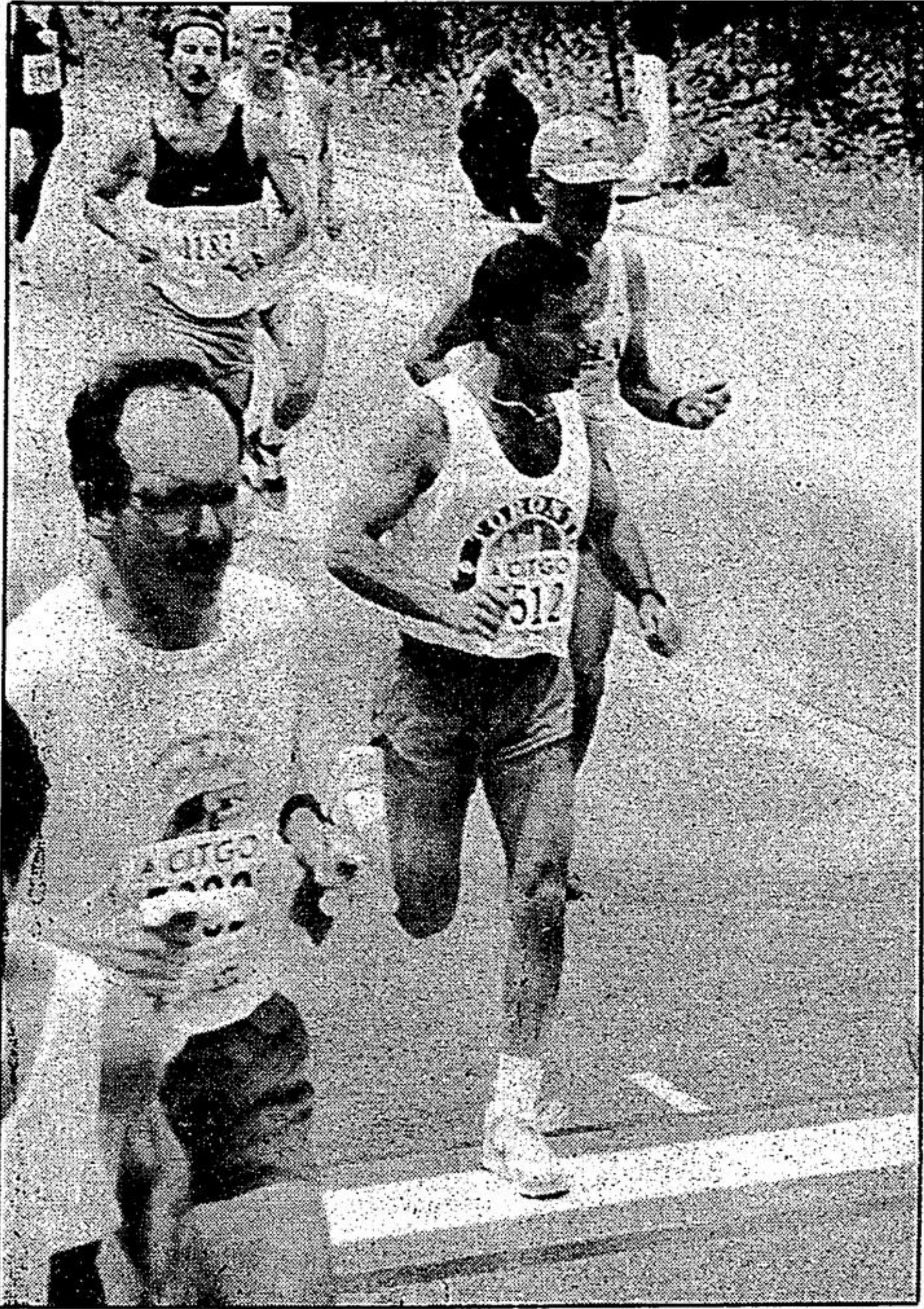


# Sports

## Kavluk just keeps on running



Kim Kavluk (centre), has taken part in three straight Boston Marathon events. In this year's race, which was held Monday, the 38-year-old Stouffville resident finished 953rd out of a field of 8,800 runners. This photo of Kavluk was taken during last year's event.

□ Hard training has paid rewarding dividends for 38-year-old marathon runner Kim Kavluk.

**BRUCE STAPLEY**  
Correspondent

It was business as usual for Kim Kavluk Wednesday morning at the family insurance business in Scarborough.

But the 38-year-old Stouffville resident was the first to admit he was still hurting - or "wobbling" as he put it - after surviving Monday's brutally warm Boston Marathon.

Kavluk, running in his third straight Beantown event, placed 953rd out of an unwieldy field of 8,800 runners at the 97th running of the renowned 26.2-mile foot race.

His time of three hours, five minutes, and 33 seconds was a full minute ahead of his 1992 performance, when he finished 1,450th overall.

However, last year's high humidity was like a kiss when compared to Monday's temperature, which soared to an unseasonably excruciating 77 degrees Fahrenheit.

"It was the toughest one I've ever run," admitted Kavluk.

"But I was very happy with how

I did, especially considering the conditions. I improved 500 positions over last year."

For Kavluk, just finishing was something to be excited about. "The heat knocked 3,700 people right out of the race. The medical tent has 240 beds, and it was filled four times throughout the race. It's a good thing so many people dropped out of the race, or it would have been even worse."

Kavluk said the high temperature took everyone by surprise.

"The reason they run marathons in the spring and fall is because the temperature is usually ideal at that time of year, about 55-65 degrees (Fahrenheit)."

He attributed his ability to finish the way he did to his continuous fluid intake.

"I kept taking fluid every mile or mile and a half. They had extra water stations because of the heat, and many of the two million or so spectators along the way were handing out water or Gatorade."

He said his previous marathon experiences helped as well.

"The more marathons you have under your belt, the better," he said.

Kavluk ran three marathons last year. He recorded his personal best ever marathon time in Chicago last November, checking it at three hours, three minutes and seven seconds.

He ran the Toronto marathon in three hours and 11 minutes in October.

Before the year is out he plans

to enter the Marine Corps Marathon in Washington, D.C. this October.

He also credited a rigid training schedule for his performance Monday.

"I trained hard. I averaged 50 miles a week, then built up to about 70 miles a week a month and a half before the race. I tapered off two weeks before race day so I could rest up."

Kavluk expressed his amazement at how well organized the Boston Marathon was.

"It runs so smoothly, there are about three or four thousand volunteers. They bus you out to Hapkington, where the race begins. And the fans were wild as ever, it was a great turnout."

Kavluk arrived in Boston last Saturday, returning home Tuesday.

His accomplishment earned him recognition in two Toronto newspapers, which acknowledged the top finishing Canadians in the race.

Kavluk said he had hoped this might be the year he finally achieved his goal of finishing the race in under three hours.

He said he would keep trying, however, and would definitely be out there when the Boston Marathon turns 100 in 1996.

"I was still pleased with how I did this year, and it was my fastest time (for the Boston Marathon)."

Maybe I'll break the three-hour mark next year. And I want to be there for sure for the 100th running of the race."

## Morton is eager to kick up a storm with his first-year senior ladies' soccer team

**BRUCE STAPLEY**  
Correspondent

Tom Morton remembers how he first got involved with the Whitchurch Stouffville Soccer Club (WSSC) shortly after moving to town back in the early 1980s.

The former Scottish soccer league player, who came to Canada in 1966, was spotted wearing a soccer jacket as he waited in line for a prescription in a local drugstore.

"This fellow asked me if I was a soccer coach, and I told him I was a player," Morton recalled. "He asked if I'd be interested in getting involved with the club."

And the rest is history, as the saying goes, as Morton went on to eventually become president of the local organization. He has helped coach various teams in his decade with the club, and coached an Under 10 house league team last summer even though his own children are grown up.

But it was his current position as WSSC registrar which led to his 1993 project - coaching the first ever WSSC senior ladies' team. Morton was approached by Caroline Campbell, who had just moved into the area after starring with a Nova Scotia university ladies' soccer team.

"Caroline called me and asked if

there was anything for women in Stouffville who wanted to play soccer," said Morton. "I said I'd look into it."

He made a few calls and found out there were other ladies looking to play as well. He now finds himself coach and principal recruiter for the adult women's team, with an ever growing list of ladies determined to pick up the game. What started out as four players casually working out indoors at Stouffville's St. Mark's Catholic School has become an 11 woman contingent, with more showing up at each practice.

"Most of them are married with kids. And they're dead keen. Four of them came out last week with new soccer boots. And they listen to every word I say."

While Campbell herself is a qualified level 2 soccer coach, she has told Morton she wants to be a player with the Stouffville team, and not a coach.

Morton said the team will play only exhibition games this season, giving the players and himself the chance to get the feel of women's soccer. If things go well, he'll try to find a league to play in next season. "They've still got a ways to go before they are competitive. And I'm still not that familiar with women's soccer."



Tom Morton (left) gives some valuable pointers to several members of his Stouffville senior ladies soccer team at a recent practice. The club is about to launch its inaugural campaign.

Morton said it was gratifying for him to see the constant improvement of the players. "These girls are going to be good."

I'm quite amazed at what they can do.

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