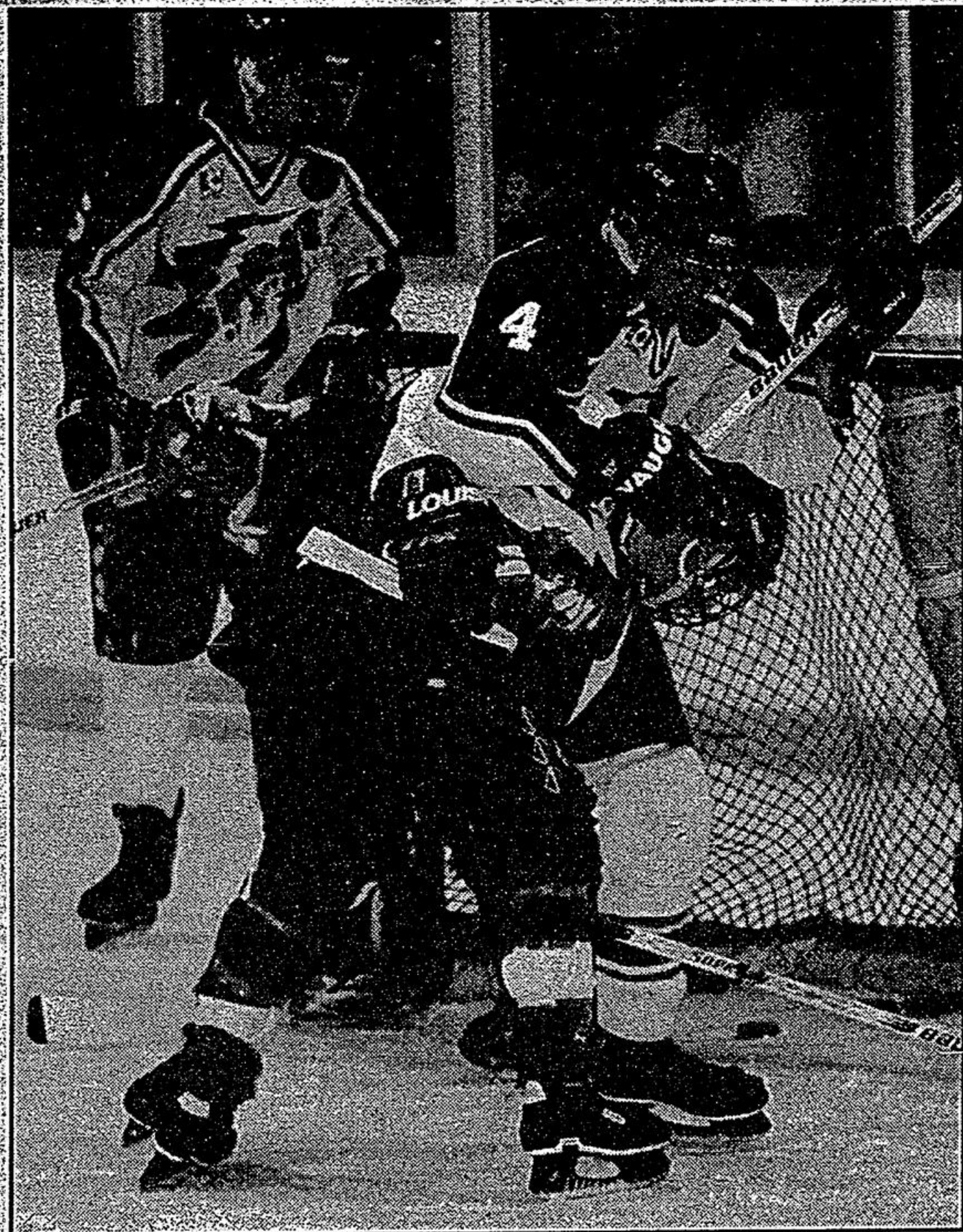


THE TRIBUNE

# Sports & Leisure

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**SPIRIT IS HIGH AT TRAINING CAMP:** The Spirit of Stouffville junior A hockey club commenced training camp at the Rec Centre this past week. Here, Spirit defenceman Ryan Lewis (4), gives an opposing player a small shove to the head as he tries to move him out of the crease during opening day camp action on Tuesday.

Photo by STEVE SOMERVILLE

## Rebels' bats sound off in big win over Bramalea

The Claremont Williamson GM Rebels' bats were red hot in their Oshawa City and District Fastball League home game against Bramalea on Wednesday as they cruised to a 14-6 victory.

Jim Chilvers collected three hits in five trips to the plate for the Rebels.

Brad Evans, Rob Parcels, Greg Horne and John Tait each drove in a

run. Dave Jones, Kevin Gibson, Tim Evans and Chilvers each scored two runs.

Brad Evans fanned six batters and scattered nine hits to post the win.

The Rebels are currently in the process of scheduling makeup games. They are expected to play at home this Wednesday.

## Mite girls field silver medal at West Rouge Tournament

The Stouffville mite girls select softball team, sponsored by the Bartley Boys, captured the silver at the recent West Rouge Tournament.

Krista Agur's triple and Amber Muir's fielding plays helped the team to an 11-6 victory over Brampton in their first game.

In their second contest against Pickering, the Stouffville bats remained hot as they prevailed 15-10.

Cassie Sparks was the winning pitcher while Jessie Harris and Anna

Whitebread each belted home runs.

In their third game, against West Rouge, the girls played hard but came out on the short end of a 9-6 loss.

Alanna Eloyd and Amanda Sellers provided good hitting while Kate Devine and Alisha Garnite played well defensively.

The Stouffville girls finished the tournament in second place, showing talent and team spirit.

They will be heading to their final tournament this weekend in Whitby.

# You're never too old to get started in running

Being in the running scene looks like a tough thing to do at first.

Look out the window and you'll see the hoards of healthy-looking types, willingly trotting along as the sun rises or sets, alone or in packs — nearly always smiling.

Running is a healthy activity with little more expense than a good pair of shoes. It's also a great excuse to get out and form an entirely new social circle while getting in shape.

"You're never too old," said Fred Robbins, a local carpenter and volunteer track coach for Stouffville District Secondary School.

Getting started into the local scene is much easier if you meet Robbins, who has open clinics and runs for the community.

"You can't go out and run 5 K immediately," said Robbins, who is a Level 3 coach for middle distance running, which means that he is qualified to coach at fitness clubs. "It's a good idea to come out and run with us."

Robbins' adult groups run on Wednesdays at 7 p.m. and Sundays at 9 a.m., starting at the recreation centre in Stouffville. All levels are welcome, free of charge.

There are different loops, and runners are not committed to stay with the group.

"I'm hoping to start up a system with a sandwich board and maps," said Robbins. "During the run, after the run, you can talk to others about the sport."

Some of the regulars are aiming to run the GMC half marathon in September.

"Some people are doing it for stress management, because they're stuck in the office and they want to get out and be active. Some begin with walking, and that's a good place to start," said Robbins.

Robbins holds free all-ages events on the Stouffville track, behind the recreation centre, twice a week. Mondays at 6 p.m. is a half-hour of speed dynamics, and formal workouts are offered on Thursdays at 6:30 p.m., for one hour.

After getting the go ahead from a doctor or chiropractor, almost anyone can start running. For some heart patients, walking is part of their rehabilitation program.

Other clinics are offered by Running Free, a



### Starting Line

Theresa Ebdon

specialty running store in Markham.

"There's lots of charity races, 10K, and 5K events listed in runner's stores. You can pretty well run a race every weekend if you want to," said Kim Kavluk, a Stouffville

resident who has run 25 marathons.

A marathon is a race that got its name from ancient Greek history, after a messenger ran 26 miles from the city of Marathon to a larger city, requesting help as his people had suffered an attack from Persia. Once his message was delivered, he died on the spot.

But don't let that scare you. Runner's hazards are few, save for injuries from over-exertion, as with any other sport. Run with a friend for safety, wear bright colors and reflective clothing when jogging near a road at night, and drink lots of water to stay hydrated.

Kavluk recommends Jeff Galloway's book on running. Once a top U.S. Olympic runner, Galloway's book includes training schedules for all levels.

"Go it slowly at first," said Kavluk, adding that light stretches before a run are all you need. Save the big stretches for the end, to relax your muscles after the run.

"You want a good pair of running shoes, don't use squash shoes or other types or you'll end up with shin splints," said Kavluk. "Everybody's got a different run and there are shoes for every style."

It's best to experiment with different types of shoes, said Kavluk, who still hasn't found the perfect shoe after over a decade of running.

"I always end up going back to the cheaper ones, about \$70 to \$80. Don't get lured into thinking that big expensive shoes will be better."

As for clothing, shorts and a T-shirt are fine, and build the layers as you go.

Kavluk recommends visiting Runner's Choice in Toronto, as well as Running Free on Denison Ave. in Markham. Apart from sound advice from real runners on what shoes to buy, there's also posted lists of upcoming events.

Local events include the Saint Nick's Quick Sprint at the Kinsmen Santa Claus Parade, in Stouffville on Dec. 6, as well as the Canada Day weekend races.

## Pearce, Bernina claim top spot

MARISSA STAPLEY  
Correspondent

Local equestrian John Pearce was in the ribbons at the Collingwood Horse Show on Wednesday.

Pearce rode 'Bernina' to a first-place finish in the Tropicana High Preliminary Jumper with a time of 33:94 seconds. There were 24 entries in the

class.

Pearce also placed in the Modified Jumper Speed Competition on 'Casper', finishing third with a time of 50:3 seconds.

Only ten horses from the field of 42 mastered German course designer Frank Rothenburger's Jumper Speed course in this class.

Events at the Collingwood

Horse Show will continue throughout the weekend, with the \$50,000 Audi Grand Prix taking place on Saturday afternoon, and the Collingwood Jumping Classic beginning at 2 p.m. on Sunday.

The Collingwood Horse Show is located at Bygone Days Farm in Collingwood, and \$10 parking will be available all weekend.