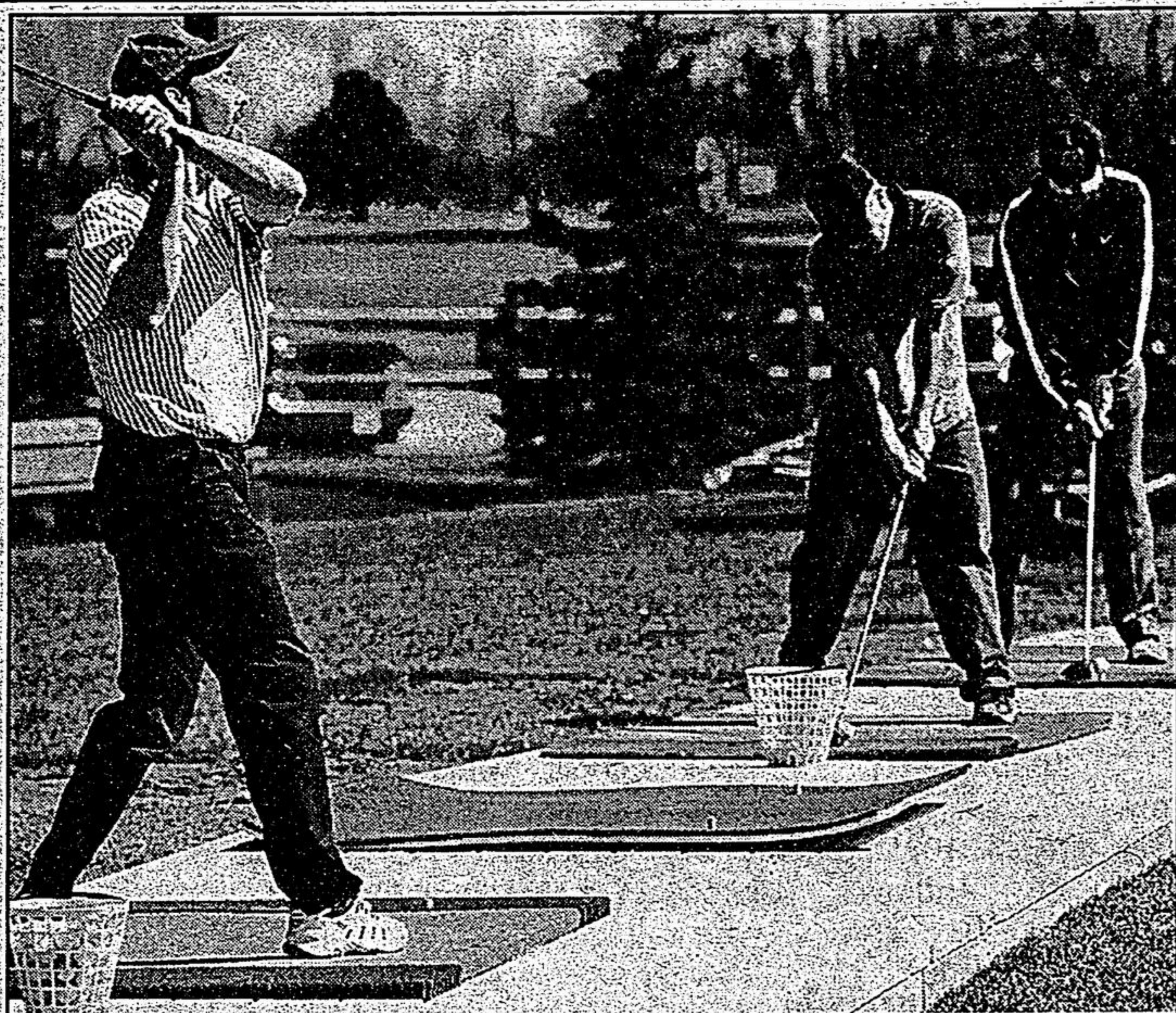


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**HOME ON THE RANGE.** The nice weather earlier in the week lured golfers out to the driving range to hit and few balls in preparation for the upcoming season. Here, (from far left): Bill Cox, Evan Cain and Dave Bourne were hitting some balls at the Timber Creek Golf facility on Tuesday.

Photo by STOERD WITTEVEEN

# Minor peewees win York-Simcoe hockey crown

It took five games, but the Smalley Christmas Trees / Grey Power Insurance/Stouffville Legion minor peewee Clippers finally wrestled the York-Simcoe championship away from their Keswick opponents.

The Clippers came back from a third period deficit to defeat Keswick 5-2 in Sunday's deciding game.

A fifth game was made necessary when the series remained tied at a win and two ties apiece after four contests.

Like the previous four matches, Sunday's game was a nail biter. Keswick led 2-1 heading into the third period, and threatened to add to the lead when they were awarded a penalty shot. But Clippers goalkeeper Mike McManus came up with the big save to give the Stouffville squad an emotional lift.

Norman Fretz netted the equalizer with just under seven minutes remaining on a well-aimed shot from the slot. Less than a minute later Alex Bollo scored what proved to be the winner. Mark Carruthers, Brian Taylor and Bollo had the other Clippers goals. Assists to Blake Maynard (two), Mark Sutcliffe, Jesse Maillet and Nick Hawkins.

Keswick had taken the series opener 3-2. The teams tied 2-2 in the second contest, with the Clippers knotting the set with a narrow 1-0 triumph in game three. The fourth game ended in another 2-2 draw.

McManus and Kyle Martin provided the Stouffville crew with outstanding goalkeeping throughout the series. The duo combined for nine shutouts during the season.

The York-Simcoe title put the cap on an impressive season for the Clippers, who are coached by Doug Mereweather, Claude Maillet and Brian Relf. The team posted an overall season record of 36 wins, 21 losses and 15 ties.

Defenceman Hawkins was the team's second leading point scorer, leading the team with assists at 44. Taylor's goal in Sunday's York-Simcoe final enabled him to hit the 50-goal plateau for the year. All players reached double digits in points.

Hawkins and Taylor have been chosen to play for the Lakeridge Bullets AAA summer hockey league.

Other members of the team are Jordan Smalley, Taylor Loughheed, Geoff Campbell, Stephen Relf, Chris Flanagan and Dana MacDonald. Managers are Pat Smalley and Kadri Mereweather.

## Preparation needed to run a marathon

The Boston Marathon is only a few weeks away.

In planning for the big marathon, which will be held on April 20, Kim Kavluk took to the road at The Around the Bay 30K race in Hamilton recently.



**On the Run**  
*Fred Robbins*

is tough. Part of going the distance is building up to two hours of running, or longer. The target time of three hours or three and a half is an excellent target for a marathon.

Another local runner, Jim Goudis, has been doing some hills so he can improve his time in the last part of the race. The duo of Tyler and Ralph will battle together to go the distance of their largest race to date.

For those wishing to compete in marathons closer to home, participants have two options. One is the National Capital Marathon in Ottawa on May 10.

Also taking place the same weekend is the Forest City Marathon in London, Ont.

Those looking to run the streets of Toronto will have to wait until the fall as they no longer have a spring event.

On the subject of marathons, those that do well prepare well in advance of a particular event.

Months ahead runners plan to increase the long runs until they have a big one four weeks before the big event.

Kavluk just did his 25-mile run recently. When he did it the day was tough as he encountered ice pellets and high winds in going the distance.

For Kavluk it probably felt like 30 miles, but the training still goes on.

The muscles in the legs are strengthened as the endurance is increased.

As well the mindset of running over one hour

You struggle with where to get all this running done.

The streets of a town are only so long. The choice then is to take the concession and side roads to fit in those big mile runs.

As time draws closer to the marathon, most runners will add some leg turn over and speed back to their workouts. The tapering phase reduces the big-mile training runs.

Doing pace work at 10K distances is more on target. Kavluk enjoys doing one-kilometre repetitions on a quiet back street in town.

Diet is also part of the process. The traditional carbohydrate loading is started.

Two weeks ahead you starve the muscles of carbohydrates, then you load for the next week. This causes the muscles to store more glycogen for later energy sources.

This fuel can help you get through the last part of the race when you hit the traditional wall.

A healthy diet all the time is the best idea considering the training load and the day-to-day activities.

As society learns more about positive lifestyles, living longer, and the reduced costs to the health care system we spur on the local marathon group and wish them good luck.

## Novice selects find going tough in Markham tourney

The Stouffville novice selects closed out the 1997-98 hockey season with an appearance at last weekend's Markham Waxers Tournament.

The Stouffville crew, which is made up of boys between the ages of 8 and 10, was in deep against teams comprised almost exclusively of 10-year-olds.

"We knew we were in over our heads but we wanted to end our season playing some good hockey," noted team manager Mandy Paterson.

The selects were kept out of the win column in their three games, but still showed excellent dedication and sportsmanship, said Paterson.

"We lost some tough games, but we also had some fun. We have an excellent group of boys and coach-

es as well as parents whom are very proud of what the boys have learned this season.

"Just seeing the improvement in the players makes the season all worth while."

Scoring for Stouffville at the Markham tournament were: Ben Sampson with three goals, Justin Lawrence with a pair, and Corey Thomson, who scored his first goal of the season as a member of the selects.

Assists went to Lawrence, Salvo Andolina, Fletcher Mun, and Derek Conlon.

MVPs for the games were Kurt Brillinger, Thomson and Sampson. The tournament's Most Dedicated Award went to Brillinger, Most Sportsmanlike to Matthew Mauro, and goalie Kirk Paterson picked up the Most Improved Award.