

SPORTS

Kavluk is not about to stop running

It's not that Kim Kavluk has anything against the scenic splendour that is Big Sur in California.

It's just that in his mind there are still many miles to go before he gets to relax a little and take in the sights.

With his 44th birthday looming just a few months down the road, Stouffville's marathon runner emeritus

knows the day is approaching when he'll abandon the fast track races in Canada and the United States in favour of the events which combine a good workout with a little sight seeing.

Consequently he's feeling a slight sense of urgency as he eyes a most sought-after goal. Kim is looking to break the two hour and 50 minute mark somewhere, any-where.

After running 30 marathons in Canada and the United States over the past decade, he has reached a plateau which speaks well for his consistency but still leaves him some three and a half minutes away from his cherished accomplishment.

In three marathons run last year he posted times that were all within a few seconds of each other, coming in at the two hour and fifty three and a half minute mark. His best marathon time ever is 2:53:27.

He'll try once again when the fall season gets under way, probably at the Canadian International Marathon in Toronto in October. While last year's Canadian event saw him cover the 26.2-mile distance in a time of two hours and 55 minutes, he was hampered by a bad hamstring.

"I hope to do better this time," he told me. "I'm looking for a personal best time."

Kim feels he can reach his goal, but he'll have to fine-tune his already arduous routine.

"It's just a matter of getting the training in, doing my homework if I want to break the two hour and 50 minute mark."

RUNNING OUT OF TIME?

But he knows the sands of time are slipping steadily through the hourglass.

"Runners I've talked to say they start to regress a little at the age of 44 to 45. So if I'm going to break the 2:50 mark, I'm going to have to do it over the next few years."

However, for now, Kim said he's showing no sign of slowing down. "I'm not regressing yet. I'm still improving."



Bruce Stapley

He credits some of that improvement to the fact that he's training smarter these days. He has come to realize that hamstring injuries and other such setbacks can be averted to a great extent by incorporating some cross training activities into his routine. He's doing some hiking and he's now got a Nordic trail ski machine at his home.

"That's why I'm injury free this year. Many of the world class runners train on ski machines."

NEED TO SET A GOAL

Goal achievement has been spurring Kim on ever since he took up marathon running in 1988. That, along with what he sensed was a need to get out and blow out the cobwebs after spending eight hours a day sitting at his insurance broker's desk in Markham each day. He believes there must be a focus in order to maintain a disciplined training regimen that includes running 50 to 60 miles each week.

"If you're going to put in all that training, you've got to have a goal."

He achieved a major goal when he broke the three-hour barrier at the renowned Boston Marathon a few years back. He came in at 2:57:30 in this year's event back in April, placing 830th in a field of 12,500 runners from around the world. Last year's Boston Marathon saw him cover the distance 20 seconds quicker, leaving him an impressive 550th overall.

Kim's disciplined approach to marathon running makes him a role model of sorts for others looking to go beyond simply running a few miles to stay in shape. Many would do well to adopt a few of his strategies as they put together their training plan. For instance, with the heat waves we've come to take for granted this week, it's best to train inside on a treadmill.

Another trick he uses on his longer runs is to drive around the route he plans to run before hand and scatter bottles of Gatorade in well hid spots.

He's also started to do much of his running during extended lunch hours, returning to the office all charged up and raring to sell insurance policies.

"Plus, it allows me to spend more time with my family after work," he said.



STAFF PHOTO/SJOERD WITTEVEEN

TAKING CAREFUL AIM

Competitive archers, both young and old from across Canada and the United States, converged on the York County Bowmen Club last weekend to compete in the sixth annual 3-D Canadian Classic competition. One of the competitors included Dan Sutherland, 8, of Apsley, Ont., who took careful aim at a 3-D target before releasing his arrow on Saturday.

Rebels ride the arm and bat of Evans in 5-1 win

BY BRUCE STAPLEY
CORRESPONDENT

Scott Evans showed he was ready for the upcoming world finals, while the stay-at-home players provided solid backup support on offence and defence, as the Claremont Rebels put on an impressive road show Tuesday night in Aurora.

Evans twirled a five hitter and struck out nine as the Rebels defeated the host Aurora Mud Hens 5-1 in the Oshawa City and District Softball League game.

Evans, who goes to the International Softball Congress (ISC) world championships in Wisconsin with a team from Lincoln, Nebraska Aug. 14-23, also slugged a long home run and smacked a double to help his own cause. He had two runs batted in and scored twice.

But while Evans was in top form, the Rebels got an all round effort from their less-travelled players as well.

Third baseman Jim Closs had three hits in three at bats including a double. Catcher Dave Jones also hit one out of the park.

Tom Watson, who will play in the ISC finals with the Scarborough Thunder, added an RBI double and also scored a run.

The Rebels played errorless ball behind Evans. "It was a lot of good hitting and a lot of good

defence," said Rebels coach Frank Hendy.

Evans doubled in a run, then scored on Watson's single to key a three-run first inning for the Claremont club.

The Rebels were held at bay until Evans homered in the sixth, with Jones collecting his round tripper in the top of the seventh.

The Mud Hens mounted their only offensive charge in the fifth when they scored on a pair of singles.

Evans closed out the game by retiring the final seven batters he faced, with an assist from Jones. The catcher threw out a runner on a steal attempt after the Aurora player reached base with a lead off double in the seventh.

Hendy said it should come as no surprise when the Rebels come up with an outstanding effort such as they did Tuesday.

"With Scott (Evans), Tom and Rob (Watson) going to the ISC world championships, and Paul (pitcher Koert) and Evan (Boyd) going to the Canadian Junior Men's Championships, we've got some pretty good ball players here," he said.

The Rebels, who were to square off with their neighbourhood rival Stouffville Menno's last night in Claremont, upped their season record to 10 wins and seven defeats with Tuesday's triumph. They are tied with the Menno's in second place in the Campbell Division. Port Perry is in first spot.

The Tribune wants to know the score

What's the score?

The Tribune is inviting Stouffville area sports leagues and recreational organizations to submit scores from their weekly games for publication in our recently expanded

Scoreboard page in the Tuesday edition.

All children's and adult leagues are welcome, as are standings. Children's league reports can also include game highlights.

Deadline is Monday at 10 a.m. scores can be dropped off at the Tribune office at 6244 Main St., Stouffville. They can also be faxed at 905-640-5477 or emailed. Our email address is thetrib@istar.ca.