

A GIFT FROM MRS. SANDSTRÖM



Canada West Small Talk

by Alan Small

LET'S HAVE A ROUND OF APPLAUSE to newly honored All-Canadians Liz Czenczek and Bev Wolfert of the Panda field hockey squad. Czenczek was selected to the first team while Wolfert made the second. It was Czenczek's second selection to the All-Canadian

squad, while it was Wolfert's first. SO YOU THINK THE U OF A HAS PROBLEMS playing against their alumni in basketball games. A glance at the Victoria Vikings alumni squad is like reading the who's who on the Canadian National Team. Having no less than

U of A athlete takes Japanese Triathlon title

by Alan Small

It's not very often that a Golden Bear or Panda can win a tournament or race or a game nationally, let alone internationally. That's what makes this story so different.

Roch Frey, who swims backstroke for the Golden Bears swimming team, moonlights as a triathlete during the summer. In three years, he has become one of the best triathletes in Canada and in the beginning of October, won the Japan International Triathlon, held in Tokyo.

The race, which was the standard United States Triathlon Series length (1.5 kilometers swimming, 40 kilometers cycling, and 10 kilometres (running)), it's no wonder their team is prepared well, look at their pre-season competition.

"We swam in the ocean, and the swells were three or four feet high," Frey said, "I can do 2 hours flat if the conditions are right."

Although it was Frey's first international victory, this season he has also won the Grande Prairie triathlon and the Share the Earth triathlon in Calgary.

Frey also completed his first Ironman triathlon the Ironman Canada in Penticton. Ironman races are 2.4 miles of swimming, 112 miles of cycling and a complete marathon of running afterwards. Frey completed the hilly course in a time of ten hours and 41 minutes.

Frey said that he was just trying to finish the Ironman and that he could have gone faster.

The "wall" that many athletes and commentators talk about has never been experienced by Frey in a competition. "I always hit them in training though," Frey added.

Although everyone has the idea of triathlons being the mass of bodies in the water at the start or the runners collapsing at the finish, Frey and his training mate John Nagy have said that the big money is in the shorter USTS distance, like the one Frey won in Japan.

"You can recover from the USTS triathlons in one day," Frey said, "while Ironmans you have to take a whole week off."

In summer, when training peaks, Frey will put in three to six hours a day, and will accumulate 15 000 to

20 000 metres in the pool, and up to 225 miles on the bike and 40 miles running.

There's so much variety," Frey said, "you don't get sick of it. I love it so much."

Although he is still an amateur, Frey does have professional aspirations.

"Maybe I'll go pro in one or two years," Frey said, "He also said that to get better, a move from Edmonton may have to happen, as the long, harsh Edmonton winters takes him off the bike for months at a time, while triathletes in California and even Victoria can train on all three disciplines all year round."

"The Californians will hammer you early in the season," he said, "but by the summer they're burnt out."

Frey, who is also vice-president of the Edmonton Triathlon Club, has some short term goals in mind for next season. "I have to do some speed work this summer," Frey mentioned "Maybe I'll get the times down to one hour and 55 minutes and down to ten hours for the Ironman."

season. Look on the bright side, things can't get much worse.

ONE MUST FEEL SORRY FOR REGINA though, as they lost their top scorer and number two in Canada West Todd Elk. Elk has gone one to bluer pastures with the New York Rangers IHL farm team in Denver. They also lost their starting netminder Rod Houk, to the Regina Pats.

Volley Bear not eligible

by Alan Small

An unfortunate incident happened to the Bears volleyball club this past weekend as the Bears fifth year veteran John MacKinnon was deemed ineligible by the CIAU and Canada West because of a lack of courses he took last year.

The loss of MacKinnon will hurt the Bears immensely, as head coach Pierre Baudin was going to rely on MacKinnon for leadership and his fine play in the back court. MacKinnon lead Canada West in service acres last year.

MacKinnon's leadership was to be essential for the Bears this season as they field a young squad in what is said to be the toughest conference in the country for volleyball.

"We don't have much of a chance to make the playoffs now," Baudin said Monday.

On a happier note, the Bears won the ACAC volleyball tournament in Grande Prairie last weekend. Although they lost to Mount Royal in a preliminary match, they came back to defeat the foes from Calgary two games to one in the final by scores of 15-13, 12-15, 18-16. The Golden Bears open up their conference play on November 20 and 21 as they make the long trek to the coast to play Victoria and UBC.



three present or past national team members on the roster: Elji Pasquale, Greg Kazanowski, and Kelly Dukeshire), it's no wonder their team is prepared well, look at their pre-season competition.



HE WHO MAKES PREDICTIONS TENDS TO HAVE EGGS ON FACE is the proverb that The Carillon sports writer Harvey Kehler has thought of when he said in a Regina Cougar season preview "No one is going to kick snow in the face of the Cougars this season." Unfortunately for poor Harvey, the Cougars ran into more than they could handle when they lost to the Saskatchewan Huskies 6-2 and 17-2 on the first weekend of the Canada West

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