

Training for the long run

by Karl Wilberg

Cross country running is not just for escaped convicts. Opportunities for participation are not limited to ex-Olympic marathon runners. In fact, according to Gabor Simonyi, many people that jog on their own are "surprisingly good" and are capable of competition. Briefly, a cross country race involves 10,000 m mens and 5,000 m womens events run through a natural setting. A team's points are calculated by adding the finishers place numbers together. The team with the lowest score wins the competition.

Simonyi, the cross-country coordinator, employs three coaches to create a training program capable of training joggers without competitive experience and seasoned competitors, to produce a successful team. The program's success is apparent because the Bears have won the Western Conference twice since 1975. According to Simonyi, the U of A relies on a good local program for valuable training and experience. The local clubs and club sponsored races provide team members with "low key competition."

Also, there is cooperation with club coaches and club programs in order to benefit the U of A and the local running community. Simonyi states that local races are "an integral part of preparation" and are useful in early season training.

The intercollegiate races themselves are, at first, about the same length as the club races. However, the 10,000 m distance increases to 12,000 at nationally sanctioned meets. The collegiate races provide U of A runners with tough competition from Manitoba, Saskatchewan and Calgary. Simonyi says Manitoba traditionally has a good team.

Part of their advantage lies in the close competition near by U.S. schools provide. Simonyi mentions the U of A is weak in this regard. The U of Calgary too, with World Cup competitor Peter Butler, will be a challenger. In any case, Simonyi welcomes the competition and comments "we are not going to go there to lose."

Simonyi emphasizes the importance of coaches Dr. Haddow, Roger Burrows, and Art Taylor in the U of A's cross-country program. Coach Haddow

takes care of preparation for mens conference races, Burrows is in charge of the womens team, and Taylor works with beginning runners. "The training is geared toward speed endurance and mental toughness," states Simonyi. A mix of interval speed work, hills, and Swedish "fartlek" speed variation techniques is used.

The Bears staff have impressive personal records. For example, Taylor is a Veterans Championship's gold medalist and Burrows is a national event coach. In addition, Haddow is said, by Simonyi, to have worked "quietly and effectively" with the mens conference team. The team that the U of A's coaches will work with this season is young. However it is competitive because runners Lyle Kuchmak, Jim McGavin, Rory Lambert, and Neal Munroe are returning and have proven to be good competitors. Also, several women competitors have left, but Janice Turner and Cindy Herring will return to lead the women's team.

Even though the 50 person team is large, Simonyi hopes that some good rookies will approach



Roger's Angels are able to run 5,000 m in a large number of bounds.

the team. It is certainly a possibility that a determined jogger can make the team. For example, team member Rory Lambert jogged on his own before competing. Last year Lambert became the U of A's top rookie. There are also mental advantages to be gained from running. Lambert states "I think it helps my marks because of the discipline" that running develops.

The U of A cross-country

program is successful in a competitive league because it has good coaches and local support. The program also provides a good number of students with physical and mental benefits. It is an expanding program, and is open to competitors of various abilities. Consequently, the cross country team's future, in competition and at the U of A is assured. There is here a strong local base for attracting, and training good runners.

Will Mac attack again? Will res rule?

by Garnet DuGray

It's that time of year again, as some 20,000 U of A students return for another year of books and Intramural participation. The big question that looms large in the minds of Men's Intramural Coordinator, Hugh Hoyles, and his very capable staff of assistants, is whether or not there will be a noticeable difference in the overall participation from the three Residence halls, now that they have been primarily organized into co-ed dorms.

In the past, the Men's program benefitted greatly from the active participation of Henday Hall, an all male dorm, and

Mac Hall, a co-ed dorm. Although Mac Hall has been a co-ed form for some time, they have dominated in both participation and points. Their strength results from people like Hobe Horton who was last year's top intramural participant. Horton gained the majority of his winning points from participation alone. Dean Hengel, Men's Administrative Assistant, commented "If we could get one unit manager to represent each residence tower, we could possibly have three residence units as active as was Mac Hall last year."

The 79-80 Men's program has a couple of new wrinkles

including two routes for the ever popular Turkey Trot and increased publicity of the clinics offered in conjunction with the Women's and Co-Rec programs. This publicity seems to have paid off already with a highly successful Archery clinic held this week that was overflowing with applicants.

Remind yourself that throughout the year the Co-Rec Intramural Program requires officials and instructors for its various activities. All positions pay (Approximately) \$4.00/hr.

Dates for the officials are:
Volleyball
Oct. 15 - Nov. 8
Nov. 19 - 29
Mar. 3 - 20
Innertube water Polo
Jan. 14 - Feb. 13

Instructors are needed for: Social Dance that runs from Jan. 14 to Feb. 13. All interested people are asked to contact the Co-Rec office at W-6 in the West P.E. Bldg., or phone 432-5814. The Co-Rec people also wish to announce that their softball program is now under way from Monday to Thursday from 4-6 p.m. at Windsor Park School.

Deadlines for the programs coming up in the next week are:
Wed. Sept. 26 at 1:00 p.m. for the Pre-Christmas Fitness Program.

Sat. Sept. 29 at 10:15 a.m. for the Turkey Trot.

All interested people can sign up for both these events at any of the intramural offices.



Hockey veteran Dale Ross helps Janice Monk's Red Cross Blood clinic in SUB 142. You have until Sept. 21 to do likewise.

Pandas get started

by John Younie

For a field hockey coach, she's a pretty good card player. First-year Panda field hockey coach Wendy Carson was understandably playing it "close to the vest" last week, in assessing her team's prospects for the upcoming season.

"We have a core of good players to work around," Carson said, after the initial practice last week, "and some people look good in practice, but I'm going to see what they can do under game conditions before I start making any decisions."

At first glance the Panda's roster looks much the same as last year, with at least ten returnees from the team which finished third in Canada West play. Even though she won't admit it, Carson will be leaning heavily on two of those returnees, Jean Mustard and Nancy McCutcheon, to carry the team.

McCutcheon, who is on Canada's national team with Jean Mustard, was also noncommittal on her team's chances this year. "The league could be very close this year," McCutcheon said later, "but it's difficult making predictions this early. Two years ago, we had a large number of returnees, and ended up fourth."

So much for predictions. However, the fact that defending Canada West champ UBC lost a large number of players to graduation should make the Canada West title a wide-open race.

The first and only field hockey action on campus this season will be this weekend at Lister Fields, when the annual U of A Invitational Tournament will be held. Competing teams include the Pandas, U of C Dinnies, Northern Alberta All-Stars and the Alberta Provincial squad. Games are at 10 am, 1 pm, and 3:30 pm.

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