

Blazing waffles

by Karl Wilberg

The U of A has not escaped the running boom. Increasing participation here has probably resulted in an expansion of the U of A cross country programs. In particular, according to men's coach Dr. James Haddow, there has been a "big improvement" in the women's program.

Both men's and women's teams have placed well this season. The women won the Saskatchewan Sled Dog open last September and on the long weekend both squads were winners at the Golden Bear open. Last weekend the women won and the men placed second in the senior provincial championships.

Haddow commented last week on the women's team stating he "couldn't believe how good they are" and how they "steadily improve". Haddow's enthusiasm is justified because the women's past performance indicates they have a good chance of winning the West conference in Victoria on October 29.

One reason for the women's success has to be their experience. National team competitor Birget Otto and veteran Janice Turner are running for the U of A. Generally, the women according to Haddow are a "strong group" and have "promising runners" in Heather Randall, Ann Galloway, Karen Chorney, and Karen Smith. In addition, Mary Burzminski placed well in the September 22 Sled Dog open. Moreover, Bev Bush has run well, and placed second in the Golden Bear open.

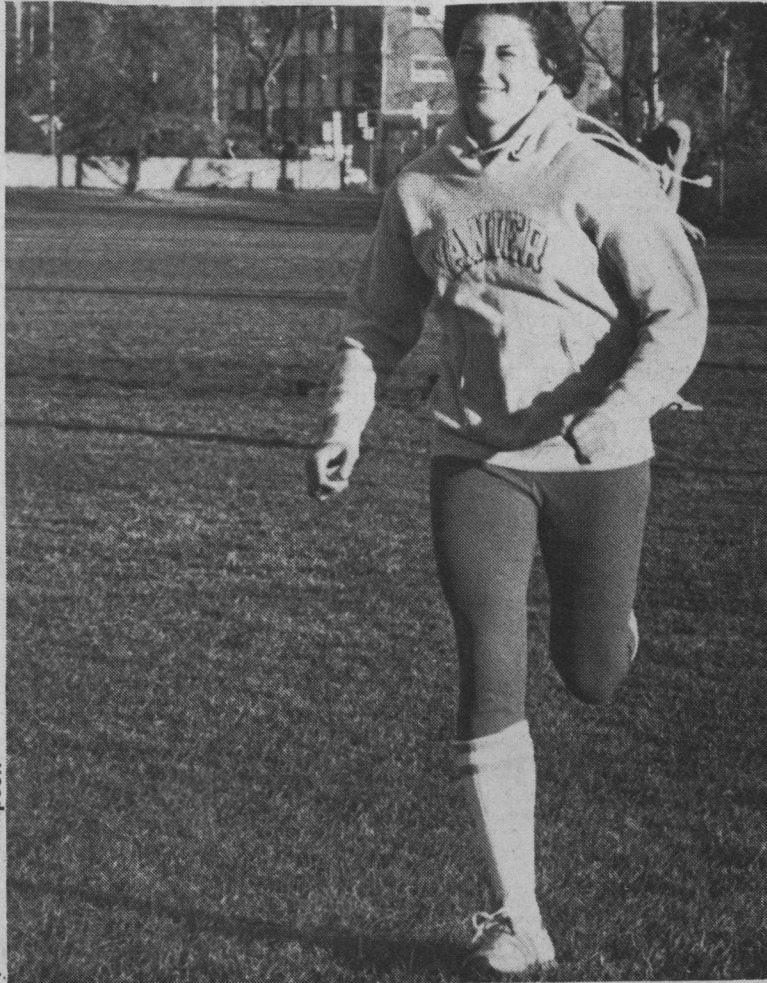
Just as important though is, according to coach Roger Burrows, the cooperation the team has with local clubs. This relationship is typical of the U of A track programs. It results in coaches and facilities available for both clubs and university. Burrows himself is a club coach and states the cooperative climate is "a change from four or five years ago". Now, runners need not decide to run for club or U of A, but can do both.

Burrows adds that cooperation helps preserve the important relationship between runner and coach. There is a need he states "to have that continuity".

Burrows goes on to mention that the U of A has "things to offer the community". However Burrows would like to see medical testing facilities here open to local teams. He states North America is in a "bit of a backwater" and East-European athletes get extensive medical support. In addition, Burrows maintains high level research information has not been put together in an attainable and useful way.

In spite of these deficiencies Burrows states "you can get results just by getting them fit". He comments that "the social fabric" is a cause for women's poor shape after high school. Consequently, "conditioning brings them straight up" and in fact, "talented runners" can be made from applying basic techniques.

It is interesting that Burrows does not believe in a traditional apocalyptic first workout to "separate sheep from the goats". Instead they concentrate "on small things at first" and soon are "doing as a warmup what a workout was". One aspect that may not bring results until later is an emphasis on "dynamic strength" that can be developed by "bounding and leaping."



Mary Burzminski, one of Roger's angels, runs to the rescue.

In any case the women are expected to perform well and are peaking for the CWA championships in Victoria on October 29. Burzminski, Otto, Turner, Karen Chorney, Karen Smith, and Bev Bush have been chosen to go to the coast. Ann Halloway and Heather Randall will be alternates.

The men's team too has been doing well, but faces stiffer competition. For example, the U of C has Peter Butler, who is almost a world class competitor. Still, the men's team has depth and done well recently, placing third in the Sled Dog and winning the Golden Bear open.

Lyle Kuchmak, A. Shorter, Rory Lambert, Riyadh Karmy-Jones and Laurier Belanger gained only 33 points to win the open.

Haddow believes the "team could come through". In the past the U of A has faced the tough Manitoba and Calgary teams, and placed in the West's top three.

Haddow states the team is easy to get along with and does not have motivation problems he faced as a coach in the late sixties. Haddow head coached from 1963, until 1969.

Because of problems with the runners he retired until 1975. Since then he has not found team personality problems and "enjoys it, the guys now are much easier to get along with."

In mention of national championships, Haddow emphasizes tough competition in the East. Toronto, in particular, is tough and has "real depth". Also, the Queens team has used exchange students that were top Scottish runners to improve standings.

In spite of this, and the different turf conditions in the East, the U of A should make a good showing nationally. However, the West championships in Victoria should promise better results, particularly for the women. Haddow warns "Look out for the women's team."

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All students are invited to attend an open meeting to be held in
SUB 270A

Wednesday, October 17th
from 2:00-4:30 p.m.

During this time, people will have the opportunity to meet and ask questions of the candidates running in the upcoming SU By-Election