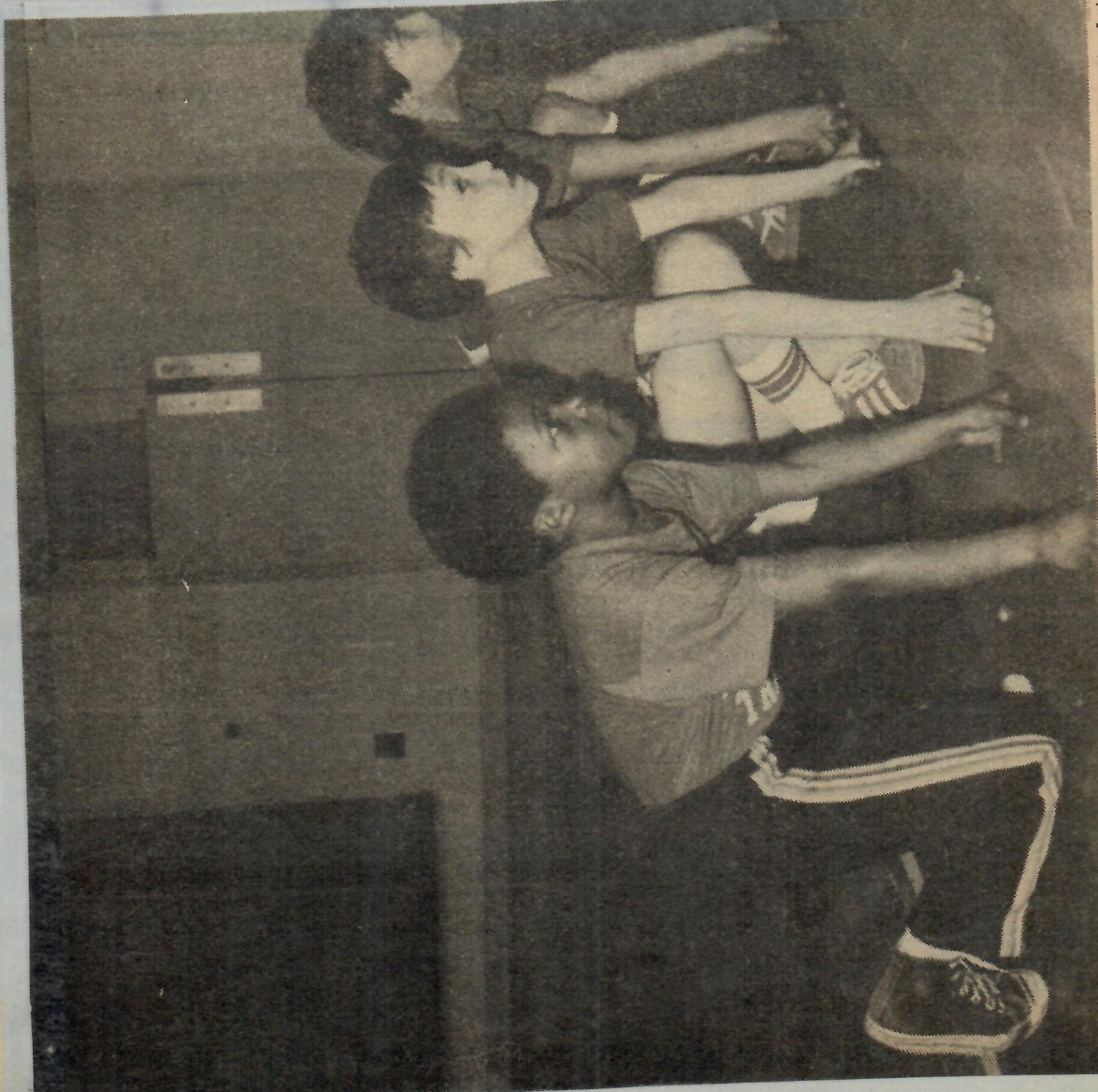


In Randolph, The Kids Run And Run — And Win And Win



Some Tips For Track Parents

If this is the first year your son or daughter has signed up for recreation track and field, here are some down-to-earth tips from the coaching staff:

— During the early season night practices, see that your son or daughter is properly clothed. Tee shirts and shorts won't do. Long pants, preferably sweatpants, a heavy sweatshirt, and even a hat and gloves are called for on the coldest days.

“When it's cold,” said program coordinator Len Pietrewicz, “the fingers and ears go first. If you're not comfortable, it breaks your concentration.” Sweatpants keep in the warmth generated by running and promote perspiration which flushes out of

system lactic acid which can cause sore muscles. — Eating within two hours of practice is not recommended. The milk-eggs-sausage-juice breakfast should be replaced by a light meal of dry toast or cereal and tea, with the big feed coming after the practice or meet. “Or you're likely to find it all over the track,” warned Larry Golan, head coach for the 11-12 year old mid-

gets. — If a child wants to run outside of practices, think in terms of a mile being the minimum to strengthen the legs, said Pietrewicz. “Measure it off. It's the unusual kid who will run without worrying about how far, how fast. Most kids want those benchmark marks.”

(Peter Yanotta photo)

ON THE STARTING LINE at the first day of practice mediate School Monday were, from front, Jamah Wins for Randolph's recreation track program at the Inter-ton, Craig Laird and Evan Pinto.

By M. JOAN BOUCHER

"Every kid wants to be a sprinter, but young children are predominantly suited to distance running," said Larry Golan, one of three head coaches for recreation track and field which opened its tenth season this week.

"Most kids have lots of stamina, but their muscles are not completely developed yet. And sprinting is a muscular activity, a strength activity. There isn't too much known about training of young kids — but knowing that what the kids want to do, is not necessarily what they should do at this age, we stress lots of stretching exercises to get those muscles nice and flexible," said Golan, who coaches the 11-12 year old midget class.

Randolph has an enviable record in recreation track and field — 40 consecutive wins in dual meets since the township joined in the formation of the Lakeland Junior Track and Field League in 1972. Participation tops 300 with boys and girls in three age groups: bantams, 8-10; midgets, 11-12; and juniors, 13-14. Randolph competes in Division I against Bernards, Denville, Hopatcong and Mendham. Len Pietrewicz, physical education instructor for Fernbrook and Center Grove elementary schools, is this year's league president, in addition to coordinating the local program.

The recreation track season opened inside this week at the Intermediate School, with practice and conditioning designed to loosen up the muscles and effort, so there's every reason for our kids to remain competitive on an individual basis."

"Our philosophy is that against the other town. The most important is the competition against oneself," said Golan.

Each youngster gets a

build lung capacity. Monday night 125 children 10 and under steamed up the gym. "Can you imagine what it would be like if these kids were older?" laughed one parent on the sidelines.

Moving Outdoors

April 9 the kids move outdoors to the high school track for what Pietrewicz calls "the toughest part of the season. That's when we work out who's going to do what." The decision is based on two factors, how well the young person performs in an event and what events the athlete would prefer to enter.

"We stress enjoyment," said Golan, "so the kids select what events they'd like to participate in and we try to accomodate them."

Pietrewicz has a staff of three head coaches for each age group, who in turn, are assisted by at least 20 community volunteers. Most have high school or college track backgrounds, and/or are running now. Many work out with the kids, saying they enjoy the comeraderie.

Dave Laird, head coach for the 8-10 year old bantams, thinks this community support and enthusiasm is what brings out so many more kids in Randolph than in some of the communities against whom we compete. "This leads to power-house teams," said Laird, who assisted in the bantams last year. "We just don't lose."

Doesn't that dampen the competitive spirit somewhat?

"Fortunately, with track," Laird answered, "there's a good blend of individual effort with team everybody that comes out participates, on three levels of competition: against oneself, against your teammates, and chance to compete in a minimum of two to a maximum of four events. All three age groups can enter the 220 yard dash, the

1979 Recreation Track and Field Schedule

- April 22 — Denville at Randolph
- April 29 — Bernards at Randolph
- May 6 — Rockaway-Harding at Randolph
- May 12 — Hopatcong at Randolph
- May 19 — Mt. Olive Midget Invitational at Mt. Olive
- May 20 — Mendham at Randolph
- May 25 — Lakeland 13-14 Pentathlon at Randolph, 6 p.m.
- May 27 — Division I Novice at Mt. Olive, 1 p.m.
- June 1 — Dist. Junior Olympics at Randolph, 1 p.m.
- June 3 — Lakeland Championship at Randolph, 1 p.m.
- June 10 — Lakeland Relays at Mt. Olive, 1 p.m.
- June 16 — State Jr. Olympics Championship at Cranford, 10 a.m.

