

Lakers to host Langley Eagles

Vernon Lakers play host to Langley Eagles, front-runners of the BCJHL Coastal Division, Wednesday night at Civic arena and quite frankly the exhibition contest couldn't have come at a less opportune moment for the local club.

Limping, literally, off a disastrous weekend stint which saw them drop back-to-back games on the road, Vernon has suffered injuries and sickness that has sidelined a half-dozen key players, including both goaltenders.

Goaltender Jim Young is currently under the weather as he battles the fatigue accompanied with mononucleosis. Back-up man Peter Martin suffered a badly bruised shoulder during a game against Salmon Arm Saturday night in which a player landed skate-first on that area of his body.

In addition to the goaltenders, team scoring leader Dave Wensley is sidelined with a broken hand while defenceman Chris Saunders will not see action again this season due to his rash of head concussion injuries suffered some time ago.

And the news keeps getting worse.

Also suspected of contracting mononucleosis are starting defencemen Gavin Shuya and Jeff Doerr. Both will be visiting the clinic to determine the seriousness of their afflictions.

Despite the round of bad news, coach Mike Enemark remains optimistic about his club.

"We're going to have to dig deep and play for 60 minutes," said Enemark who is stressing defensive play during practice this week. "We've won before without Dave and Bob Wensley as well as without Shuya."

On the other side of the coin, Enemark even feels the next few weeks may turn out to be a blessing in disguise.

"On the positive side this may bring our club together," said Enemark.

Fans will have an opportunity to see Eagles in action and that could be a treat for some connoisseurs of the game. Up front Langley has the venerable Joe West who, if anybody, should remind onlookers of Islanders' Butch Goring.

Eagles also boast the oldest club in the league with 14 players 20 or more while five others are 19 and one is 17.

However, the prospect

of facing such an aged lineup doesn't bother Enemark who has his own assessments to think of.

"From what I understand they've got an old defence but a weak one," said the Lakers' mentor. "If you pressure them they'll give up the puck."

Up front Enemark feels Eagles are a one-line club with West centering Neil Reimer and Rod Ware to give Langley most of their offensive thrust.

Eagles may get softened up slightly on the trip up as the Coastal crew will take on Penticton Knights

Tuesday evening in that South Okanagan centre before continuing on to Vernon the following day.

Knights dropped a 4-1 decision to Eagles last week on the Coast and will be looking to avenge that loss.

Meanwhile, win or lose in Penticton, Enemark feels Eagles won't get by Lakers even though the local club will be forced to start a juvenile goaltender.

"We'll have to show them (Eagles) who the class team in the Interior is," Enemark said.

Annual run on Sunday

Vernon Pacers Running Club will host the 10th annual Vernon Winter Carnival 10 kilometre run next Sunday.

Registration is at 9:30 a.m., in front of the Vernon Fire Hall. Race time is 10:30 a.m.

The run is the first event of the year in the Tiger Interior Road Race Series. There are four divisions for men and women: under 20 years old, 20-39, 40-49, and 50 and over.

There is also a team event. Each team must be comprised of four runners, including one woman.

Entry fee is \$5. All finishers will be presented with a t-shirt.

Race Chairman Bob Williamson said the event is for serious and recreational runners. "We invited everyone to participate," Williamson said.

Sponsors include Kal Tire, Silver Star Mountain, and Dairyland.

On the day prior to the run, Saturday, there will be a sports seminar on training and medicine at the Recreation Complex, at 9 a.m. Cost of the seminar is \$10.

For further information phone 545-2236.

Pacers plan sports seminar

A unique sports seminar, developed by the Vernon and Interior Pacers Club and the Sports and Fitness section of the Greater Vernon Parks and Recreation District, will take place Saturday in the Senior Citizen Centre, at the Recreation Complex.

The seminar will consist of two parts. One involves the training and conditioning of athletes and the other, management of injuries as well as other related sports medicine topics. The seminar is approved by the College of Family Physicians for six hours of study credits.

Everyone is welcome including coaches, teachers, trainers, athletes, physiotherapists and doctors.

The seminar will also benefit anyone involved in fitness programs as well as any type of sports.

The cost of the seminar is \$10 per individual and pre-registration is necessary. Registration will be accepted with the fee at the Recreation Complex. This will be based on a first-come, first-served basis.

Registration is ongoing until Feb. 3.

Kal Tire records hoop win

Kal Tire moved into a tie for first place in the Vernon major Women's