Cross Country Training

University Golf

Play will begin Monday in the

second annual University Golf Tour-

nament around the 72-par Finley

\$1.98

VALUE

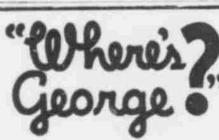
NOW ONLY

The U.N.C. cross country team is | A typical example of workouts using revolutionary ideas for train- for varsity and freshman cross country is twelve 220's at moderate

Over the years, with many ex- speed, or one 330 and six 150's, recellent runners. Coach Dale Ran- peated four times. Each workout son has found what he considers the usually takes less that forty min- man co - operates, the sixth World best type of training in repetition utes. Often a boy who looks as slow Series game will be played in Comof short distances,

past, this is his first full year of by this type of workout. stressing the idea of repetition of 100, 220, 330 and occaional 440 vards. He also has the boys do long distance running, consisting of alternately slow and fast paces.

Coach Ranson says that this type Golf Course of workout should be used in high The entry deadline, previously school. He has sent pamphlets on last Sunday, was recently extended three sunny afternoons. The weathshort distance running to over five to this Sunday. hundred coaches at the North Carolina high school clinic.



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OPENS FRIDAY

Carolina

World Series Play Returns To Chicago

as molasses on a winter day, will iskey Park Thursday with 39-year-While he has used the idea in the improve his running tremendously old Early Wynn holding the fort for Go" screams of 48,000 customers as and Johnny Podres trying to close 3 games each. it out for the Los Angeles Dodgers.

> Both clubs flew into town in the v/ee small hours after a night plane ride from Los Angeles where attendance records fell on each of the er forecast here is cloudy and cool.

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Instead of the full - throated "Charge" cheers from 92,000 fans, Comiskey will echo with the "Go

Jim Rivera in Tuesday's fifth game, first three games.

bounced back from a 3-1 deficit to with a shoulder injury win a world championship. One of Lavoie promptly scored 18 points Pittsburgh Pirates rallied against gia team. Washington, And of course the New waukee last year.

from Witherbee, N. Y., was a 4-3 times, but spun off tacklers. winner in the second game at Comiskey Park when the Dedgers yards. In leading the Gamecocks rallied after he departed for pinch to a 3-0 record, he has rushed for hitter Chuck Essegian. He was a 157 yards. Phil is expected to be the two-time winner for the Dodgers in big man again Saturday when the World Series.

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(5) 有限計算 (新數學 5)。

You May Register EVERYTIME You Come In . . . Drawing To Be Held Wednesday, Oct. 14, 4 P.M.

ONE HAT BY ADAMS

of Chapel Hill 103 E. FRANKLIN ST. -:- Next To Sloans

Lavoie Heads S.C. Offense

COLUMBIA, S. C., AB - The shadow. Phil Lavoie, is leading the University of South Carolina foottall team to what could be an un-

All through his college career. the desperate Chicago White Sox the Sox try to level the Series at Lavoie has played in the shadow of other fullbacks. Now in his final Rescued by the clutch pitching of year, he has come into his own. Bob Shaw and Dick Donovan and He rates among the national scorthe spectacular running catch by ing leaders with 38 points in his

the White Sox were the 11-10 choice | The 205-pound, 6-1 bruiser from to win Thursday. The Dodgers, how- Lynn, Mass., finally got his chance ever, remain a solid 21/2-1 favorite in the season's second game when All-America candidate John Saun-Only three clubs ever have oers was knocked out for the year

them, the 1903 Boston Red Sox did against Furman and 20 in a smashit in a best-of-nine series. The 1925 | ing 30-14 win against a strong Geor-

Unlike most fullbacks, Lavoie is Course, York Yankees did it against Mil- a heads-up runner, like most halfbacks. He swivels, slides, whirls Podres was manager Walter Al- and plows as the occasion demands. ston's choice to work in Chicago, His best run this year was one of if necessary, even before the fifth 27 yards for a touchdown against game. Th 27-year-old left-hander Georgia, when he was hit three

He ripped through Georgia for 77 1955 when they captured their only Gamecocks take on North Carolina at Chapel Hill

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MURALS TODAY

TAG FOOTBALL 4:00 - \$g Nu vs. ZBT, SAH vs Pi Kap Phi, TEP vs. Phi Kap Sig. Pi Lamb vs. Lambda Chi, Chi Phi vs. Phi Gam.

5:00 - Kap Psi vs. DU, Phi Delt vs. Chi Psi, Peacocks vs. Med Sch-1, Law Sch-2 vs. Law Scho-1, Med Sch-2 vs. Dent Sch-2.

TUESDAY SCORES Law Sch (2) 2, Med Sch (1) 0; Zetes 37, KA-6; Med Sch (2) 14, Law Sch (1) 0; SAE 13, TEP 6; Spodie-Odies 8, Winston (1) 0; Kap Sig 16, PiKA 6; DKE 50, Theta Chi 0; Cobb (1) 26, Avery (1) 6; Peacocks 12, Dent Sch (1)

GOLFING OPPORTUNITIES Any Carolina student, faculty member, or alumni may play golf from 8 a.m. - 7 p.m. at Finley Golf

0; Beta 10, ATO 0.

Clubs may be rented and all golfing equipment may be bought at the club house.

Anyone who does not know how to play golf or would like to brush up may obtain private lessons from Ed Kenny, manager of the course.

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