



Media Release

For Immediate Release

RDC ATHLETICS UPDATE

Red Deer, October 14th, 2008

1. Upcoming Athletic Events:

Home

Queens Hockey

Thursday, October 16th

RDC Queens home opener vs. University of Calgary Dinos
Start time 7:00 pm at the Red Deer Arena

RDC Badminton

Saturday, Oct 18th and Sunday, Oct 19th

Individual Tournament #1 held at RDC.

RDC Soccer

Saturday, Oct 18th vs. Mount Royal Cougars

Sunday Oct 19th vs. SAIT Trojans

Kings and Queens host at the RDC main field.

Queens start at 2:00pm, Kings to follow

Welcome Back Weekend, Oct.31 & Nov.1

Attention all alumni – come join us for a great weekend. For more details, check out 'Events' on the following link:

<http://alumnifriends.rdc.ab.ca>



Away

Golf

PING National Championships, Charlottetown, PEI

Official CCAA Golf Championship website: <http://www.hollandc.pe.ca/2008pinggolf/index.htm>

Queens Hockey

Saturday, October 18th at U of C

2. Booster Juice RDC Athlete of the Week:

Men: **Jon Werkema, Cross-Country Running**

Hometown: Blackfalds, AB
Year/Program: 1st Yr/Business Admin

Jon graduated last year from CACHS (Central Alberta Christian High School) in Lacombe. He has been consistently about fifth amongst ACAC men, behind three Lethbridge runners and one Augustana runner. In this past weekend's 5th Grand Prix in Edmonton, Jon was 5th of the ACAC runners with a time of 29:54

Women: **Dulcie Timmons, Cross-Country Running**

Hometown: Lacombe, AB
Year/Program: 1st Yr/Business Admin

Dulcie has been consistently about sixth amongst ACAC runners. In this past weekend's 5th Grand Prix in Edmonton, Dulcie was 3rd of the ACAC runners with a time of 22:53.

3. Last Week's Results

X-Running ACAC Grand Prix in Edmonton	Jon Werkema, 13 th (5 th ACAC male runner) with a time of 29:54 Dulcie Timmons, 11 th (3 rd ACAC female runner) with a time of 22:53
<u>Kings Volleyball</u> – Challenge Cup	GOLD: RDC Kings Alumni 'A' SILVER: Keyano College Huskies

4. Coaches' Comments

Brian Stackhouse, X-Running

The fifth race in the ACAC Grand Prix Series (which was also the third race in the Saucony Run Alberta Series) was hosted today in Edmonton by Athletics Alberta, the Running Room, and Edmonton Thunder Track Club. Many of the College runners did not participate because they had Thanksgiving weekend commitments and for those who did run, the results were pretty consistent with what they've been throughout the season. The course was hilly and challenging but the distances were pretty accurate. For Maegan and Shawn, this was their first College level race and it was an eye opener for both of them. Jon, Brandon, Dulcie, Melissa, and Rachel ran their usual consistently strong races. Dustin



Fountain is presently competing in the Hawaiian Ironman triathlon and is probably in the middle of his 112 mile bike ride as I type this with the 26.2 mile marathon still ahead of him. The rest of the RDC XC Running team is probably stuffing themselves on Thanksgiving turkey.
Craig Behan, Kings BB

KBB is off this week...season and home opener in 10 days.

Steve Fullarton, Kings Soccer

We have six players injured but hope to have most of them back for this weekend's final games against Mount Royal and SAIT. Tanner Newfield has to sit out the Mount Royal game due to suspension but will be available for the Sunday game. Another tough weekend awaits us, Mount Royal and SAIT are fighting it out for top spot and we are looking to try and end the season with some points on the board so should make for an interesting weekend.

Rob Weddell, Queens Hockey

We have our home opener vs. UofC Dinos. We are expecting a very good game from them as they are coming into this season as the team to beat. We will be at U of C Saturday night for game #2.

Jerry Gerling, Queens Soccer

We had no competition this past weekend. This coming weekend's games - MRC here on Saturday 2pm and SAIT on Sunday 2pm - are pretty well meaningless to us with regards to the standings. We will end up in second place. I will thus concentrate on keeping everyone healthy for the upcoming playoffs the following weekend in Edmonton by giving those players who have not received a lot of game time during the past 8 regular season games a chance to show the coaching staff that they deserve to be on the field.

Scott Bergdahl, Golf

The RDC Kings and Queens Golf team is in Charlottetown, PEI this week competing at the CCAA National Championship. Led by Camille Stankievech, the Queens look to build on their third place finish at the Conference Championship by placing in the medals. Jordan Krulicki and the Kings have been practicing hard the past few weeks and the goal is to finish in the top six teams.

Talbot Walton, Queens Volleyball

Queens will be playing an inter-squad game on Friday in preparation for next week's season opener.

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About RDC: RDC has served the needs of students and the community for close to half a century. With more than 75 programs to choose from, we pride ourselves on providing a practical education, in a genuine and sustainable learning environment. Our 6,500 full-time and part-time credit students and more than 13,000 continuing education students are at the core of everything we do. RDC – when you get here you understand.

For more information on RDC, please visit our website: www.rdc.ab.ca

For additional information, contact:

Keith Hansen, Director of Athletics
Science, Health, Sport & Education Division
Athletics Department
403.342.3267