

South Cramahe teacher runs the distance

By Bob Owen
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It's early to bed and early to rise for South Cramahe Grade two teacher Michele Sheehy.

When she's not planning for her class, she's probably doing the roadwork needed to prepare for another marathon run.

Michele has always been involved in athletics, so it was natural for her to look for an outlet when she graduated from teachers' college in Maine, five years ago.

As a youngster she played hockey with the boys until she was 13, then joined the girls teams. At York University she was varsity material. Among the highlights was an Ontario championship and games against Canadian national team player, Cassie Campbell, and others.

She's always run, a habit she picked up in elementary school at Grafton Public School where she ran in annual harrier races. So, when her university career was over, she decided to pick it up again. The goal-oriented athlete successfully completed a half marathon and decided she would run a 42.195 kilometre marathon before she was 30.

That goal was accomplished when she ran in the 2005 ING Ottawa Marathon, finishing in a time of four hours, 20 minutes.

Last fall, she took on the Toronto Marathon and dropped her time by 20 minutes. That's not enough to meet her latest goal - to qualify to run the much-heralded Boston Marathon. The standard for her age group is three hours, 40 minutes.

For now she is focusing on the May 27 ING Ottawa race where she and about 5,000 others will line up with top world marathoners, Catherine Ndereba of Kenya and Tatyana Hladyr of the Ukraine. Hladyr was last year's winner. Both runners are expected to finish in under two-and-a-half hours on the relatively flat Ottawa course.

The Ottawa Marathon has been running since 1975. It is now a weekend of races including a half marathon and five and ten kilometer races.

From now until the week before race day Michele will be adjusting her five-day-a-week year-long morning training sessions to prepare.

There will be more speed work and a day a week of hill climbing. On other days she will simply run, anywhere up to 32 kilometres. A couple of weeks before the



COLBORNE CHRONICLE APR 12/07 PHOTO BY BOB OWEN
Michele Sheehy takes a moment to prepare board work for her next class. Chances are she has already run a few kilometers today.

race she'll taper her training, up her carbohydrate load and drink lots of water.

She finds the regular morning sessions relaxing. She plays the day ahead in her mind and comes out of the workout refreshed. With the five a.m. starts though, she's off to bed by 10 p.m. every night.

It's not guesswork that has gotten her this far. Michele has studied what she needs to do before and during the race day, and she's learned some things by trial and error. She was ill after the Toronto run because she didn't intake enough fluids. She also lost three to four pounds off her tiny frame.

She takes a sports gel on her long runs. About an hour into the race she'll rehydrate and she'll do what she needs to do to keep her electrolytes up.

Race day conditions will be a factor.

Her ideal race temperature is 10 degrees

Celsius or less. She probably won't want to experience the -8 C of 1996 or the stifling 28 C in 1993. Wind will affect her times but rain is definitely not a factor. It doesn't stop her when she heads out just after five a.m. on her training sessions, unless there's thunder.

Michele's eyes light up when she talks about race day. There is something about meeting the challenge, running through the walls that runners hit when they get past the 30 kilometre mark. And she feeds off the thousands of spectators that line the race.

She admits that every little thing bothers her after she hits the 30-k mark, and the last five k's take forever.

You can be sure, whatever she does in the Ottawa Marathon, she'll be back on the roads soon after, preparing for her next milestone.

Final draft budget due Apr. 16

By Joyce Cassin
Special to the Chronicle

A little budget tweaking went on as Cramahe Township council reduced the Colborne Curling Club grant from the requested \$2,000 to \$500 — and the funds are to only be used for youth programs.

Since presenting the draft budget in March, the 2006 OPP credit has been received. It was agreed the \$45,796 will go towards additional work at Castleton Town Hall, over and above the funding provided by the province's Rural Infrastructure Initiative. The balance of the additional will be funded from the Castleton Town Hall funds and Parkland Reserves.

Council also allowed \$15,000 for the old Centennial Arena site remediation in Colborne, but turned down the request to change two part-time staff to full-time.

The final Cramahe Township draft budget will be presented at the Apr. 16

Grease traps required to reduce repair bill

Grease traps must be installed at the Royal Rooster restaurant in downtown Colborne.

A grease blockage in the eight-inch municipal sewer pipe had Cramahe Township council billing the Royal Rooster for the entire cost.

However, the municipality has since agreed to cover half the cost if the restaurant agrees to install grease traps and foot 50 per cent of the blockage bill.

Break-in at Warkworth fire hall

Apr. 9, a break-in was discovered at the Trent Hills-Warkworth Fire Hall. The incident had occurred overnight. A computer and quantity of cash were stolen.