

## Look out Rotterdam, here comes Kuschnik

By Sarah Hyatt

Colborne – Earlier this month, Colborne's Harold Kuschnik was racing with some of the greats.

Olympians Eric Gillis and Krista DuChene both participated in this year's Scotiabank Toronto Waterfront Marathon and this year's Canadian Marathon Championships – as did Kuschnik, for the fourth year in a row.

"It was pretty inspiring to see them compete and meet with us more ordinary runners," said Kuschnik.

But, that's not the only special moment the East Northumberland Secondary School (ENSS) teacher and cross-country coach is taking away from his recent competition.

The long-time runner and multi-sport athlete has now conquered at the Canadian Triathlon Championships and marathon championships and just months apart.

Besting runners from across Canada and other parts of the world, Kuschnik took first place in the men's 55-59 age category at the recent marathon.

He beat out 176 competitors to earn his winning title, with a time of 3:08:16.

Overall, he placed 155 out of 3,849 runners.

Of course, the Colborne athlete is



Colborne's Harold Kuschnik holds up his medals after finishing first in the men's 55-59 age category at the Scotiabank Toronto Waterfront Marathon recently.

Photo submitted

taking away a few other fond memories.

"They had some of the best posters at this year's event," Kuschnik joked.

One of which stated, "If Donald

Trump can run, you can too!"

All-around, the atmosphere and experience was one-of-a-kind, said Kuschnik.

"This marathon is actually one of

my favourites," he added. "It's a big race and it's well organized too. I love that I don't have to travel to the U.S., New York, Boston or Philadelphia to compete for this one."

The new challenge for Kuschnik this year was switching gears from competing in the triathlon earlier in Ottawa. "It was a good race," he said, but hard.

Last year, Kuschnik finished in second place at the Toronto marathon – but with a better time than this year.

"This wasn't my fastest time," he said.

Each year, the marathon is a little different though, explained Kuschnik. Routes are adjusted and then there's always the weather to factor in. This year was both rainy and warm, while Kuschnik was competing. "And that will slow you down some," he said.

Still, the Colborne resident was admittedly "elated" when he learned of his win.

He was anticipating a lower ranking, given a slower time, he said.

"When I went up to inquire about my place and they told me, 'you won,' I really was thrilled – it was actually a nice surprise," he said.

Running has been Kuschnik's passion for more than 30 years. He even ran for ENSS back in the day.

He's well known on the local triath-

lon circuit as a true competitor.

In 2015, he placed in the top three of his age category in five marathons.

His most recent triumph gives Kuschnik confidence in his training, he said, as he transferred between the sports within the last few months and didn't sustain any injuries.

He underwent a "grueling" training program previously, to prepare for the triathlon championships.

"I'm motivated to stay on track," he said.

Considering the juggling act the teacher is often performing between his job, family, coaching at the YMCA in Cobourg and with ENSS – he's pretty pleased how everything has come together this year for him.

In coming months, the only running events Kuschnik will be participating in will be for fun, he laughed.

"I'm being mindful to not bite off more than I can chew."

Come the new year though, it's back to business and spring racing.

In September 2017, Kuschnik will head off to Rotterdam, Netherlands to represent Canada, at the World International Triathlon Union Championships.

He earned his shot to compete after taking home bronze at the Canadian Triathlon Championships in the summer.

### CRAMAHE COUNCIL BRIEFS

NORTHUMBERLAND TODAY NOV 3/16

MANDY MARTIN  
FOR NORTHUMBERLAND TODAY

#### Cowie Road rehab will be complete

For an additional \$60,785, the rehabilitation of Cowie Road will be complete.

For this year, Cramahe Township had budgeted \$400,000 to rehab Penryn Road and a one-kilometre section of Cowie Road. The work by Behan Construction came in well under budget – around \$309,000. Because there was still a hilly 600 meters of Cowie Road undone that represented potential erosion problems, Cramahe CAO Craig Brooks recommended an

additional \$60,785 be spent to complete Cowie Road. Cramahe council approved the expenditure Tuesday night. The Penryn/Cowie Roads project total cost is just over \$376,500 (excluding HST).

#### Fire chief named emergency coordinator

The Cramahe Township fire chief is also designated as the Community Emergency Management Coordinator for the municipality. Under provincial regulations, municipalities must have emergency response measures in place. Cramahe must form a committee to meet four times a year, or as required, to review emergency

plans. The council appoints the person to serve as chair of the committee, in this case Fire Chief Brandon Northrup. Members of the public can serve on sub-committees only.

#### Castleton Cemetery approved for free hall use

The Castleton Cemetery Board asked for free use of the municipally-owned Castleton Town Hall and Cramahe Township council approved the request at Tuesday's meeting. The non-profit board holds its annual meeting in April, a Decoration Day (Father's Day) lunch and township group cemeteries meeting in October.

## Youth Unlimited to hold Passages event in Brighton

CECILIA NASMITH  
NORTHUMBERLAND TODAY

BRIGHTON – Last January, Northumberland Youth Unlimited held an event called Passages at the Cobourg Community Centre.

This awareness event was designed to confront the plight of refugees, with 67 high-school students from across Northumberland in attendance. The experience continues to have an impact, according to Northumberland Youth Unlimited executive director Tony Posthumus – presentations have been completed at two local high schools, and interest continues to grow.

A recent press release from the organization announced that, on Nov. 9, they will bring Passages to East Northumberland Secondary School in Brighton.

Joining 100 ENSS students at the school, 100 Campbellford District High School students will participate sessions throughout the day.

The event includes role-playing modules developed by the UN High Commissioner for Refugees – Escape and Separation, Border

Crossing, Temporary Shelter and Meeting the Local Population. With participants grouped into "families," each will encounter simulated challenges refugee families around the world face each and every day in their flight from danger to their new home.

Passages has a dual purpose – to increase awareness of the plight of refugees, and to empower young people in their response to Canada's refugee crisis and resettlement plan.

The event will wrap up with a debriefing session that will enable students to process and discuss their experiences and how they can relate to refugee families around the world. It will also equip students to make a real and positive impact, as refugee families resettle in their communities and high schools.

Northumberland Youth Unlimited is proud to partner in this endeavour with these two schools, the Brighton OPP, Northumberland Child Development Centre, Brighton Youth Unlimited (The Beacon Youth Centre), Cobourg Alliance Church and Church on the Hill.