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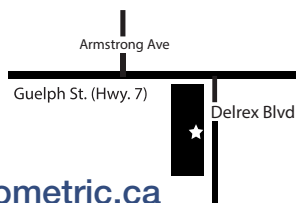
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SUMMER OLYMPICS 2021

CHASING DOWN THE OLYMPIC DREAM

FOLEY IS YOUNGEST MEMBER OF CANADIAN PURSUIT TEAM IN TOKYO

HERB GARBUIT
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Before venturing into cycling, Michael Foley did some competitive sailing.

He enjoyed it, but there was one aspect the competitor in him just couldn't come to terms with. If he made a mistake, he was often at the mercy of the wind or the current or some other outside factor. He felt helpless.

"I was quite mediocre when it came right down to it," the Halton Hills athlete says with a laugh.

He had dabbled in cycling thanks to a friend's dad who was into the sport. So when the Mattamy National Cycling Centre opened so close to home, he



Metroland file photo
Michael Foley is ready to test himself on the Olympic stage with Canada's men's pursuit team.

ATHLETE SPOTLIGHT



went to watch the first races.

What he saw was a sport where the results relied on one thing — the person on the bike. Describing himself as "a hypercompetitive kid," Foley liked that if you wanted to be at the front, you just put your head down and worked harder.

"If you fell behind, you could just suffer more to get back in the race."

Foley has never wavered from his belief in put-

ting in the necessary work, though he eventually discovered that his initial assessment of track cycling was off the mark.

"It turns out it was not, in fact, true at all," he said. "At the grassroots level you can make up a place or two, but not at the highest level."

At the national and international level, the calibre of riding is so high, any mistake will cost you precious time. Riders have chips on their bikes measuring the power of each pedal, giving them splits multiple times per lap telling them if they are making up or losing hundredths of a second in the corner.

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Supporting Local Businesses in Your Community

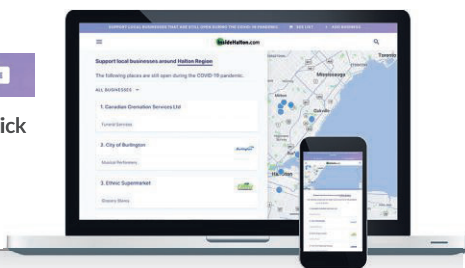


With shopping restrictions changing regularly to comply with the latest public health safety measures our communities need to be kept informed on which businesses are open and how they are ensuring a safe shopping experience.

To help our communities we have created an online business directory that features local businesses that are open, hours of operation and how customers can safely make purchases from the stores.

Local businesses open in your community. [CLICK HERE](#)

Visit our community website in your area and click on the banner at the bottom of the page.



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