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jam on biscuits and God forbid I ever have another Power Bar! Yuck! I'll miss my luck #13 bike and I'll miss the campfires, but I won't miss the sore butt and tired legs!

Friday, our "recovery" day was deemed to be recovery because we only had to do 2 workouts. An abs workout followed by weights and then an afternoon of playing softball. Friday was a blah day, I was beyond exhausted, wanted to get home, wanted to be done with camp, but knew that we still had two days in front of us including the forbidding "triathlon".

Our final battle of camp was to be the triathlon. We competed again as cabins and each cabin had to decide who would swim 1.5km, bike 30km and run 10km. I was chosen to swim based on my competitive swimming background. (I swam competitively until the age of 9) I was first out of the pool after 60 laps tagged my biker but that's not what stands out in my mind. What stands out is girls that had never previously swam more than a couple laps in a pool completing the race. I sat and watched Cherie Piper, a veteran from the 2002 Olympics in Salt Lake, finish her 33 laps she still had left when I got out of the pool. Her bad shoulders prevented her from doing any sort of front stroke, so she did her final 57 laps of kick on her back with her arms at her side! IT was amazing and shows the determination of the girls on my team. Whatever the challenge, somehow everyone find a way to accomplish it.

This was only the start of the incredible

feats. The bikers set off on their 30km ride quickly forgetting about the pain in their legs and finding the competitive spirit to race as fast as they could. Unfortunately bike mishaps were a plenty. Katie Weatherston, a young rookie from Thunder Bay, went over her handlebars at an intersection-landing square on her face. Vicky, the first of our riders to arrive at her accident was horrified to find her laying face down in a pool of blood with the EMT's preparing to put her on a stretcher. Danielle Gamete, right on Vicky tail even knelt down beside Katie to let her know she was going to be okay, grabbed her hand and with all the blood on her face said, "Cheryl it'll be all right." I guess face recognition was difficult given the circumstances. Vicky and Jayna Hefford went with Katie to the hospital, while Danielle rode the 5km feverishly back to start line to inform our medical staff and proceeded to restart the race.

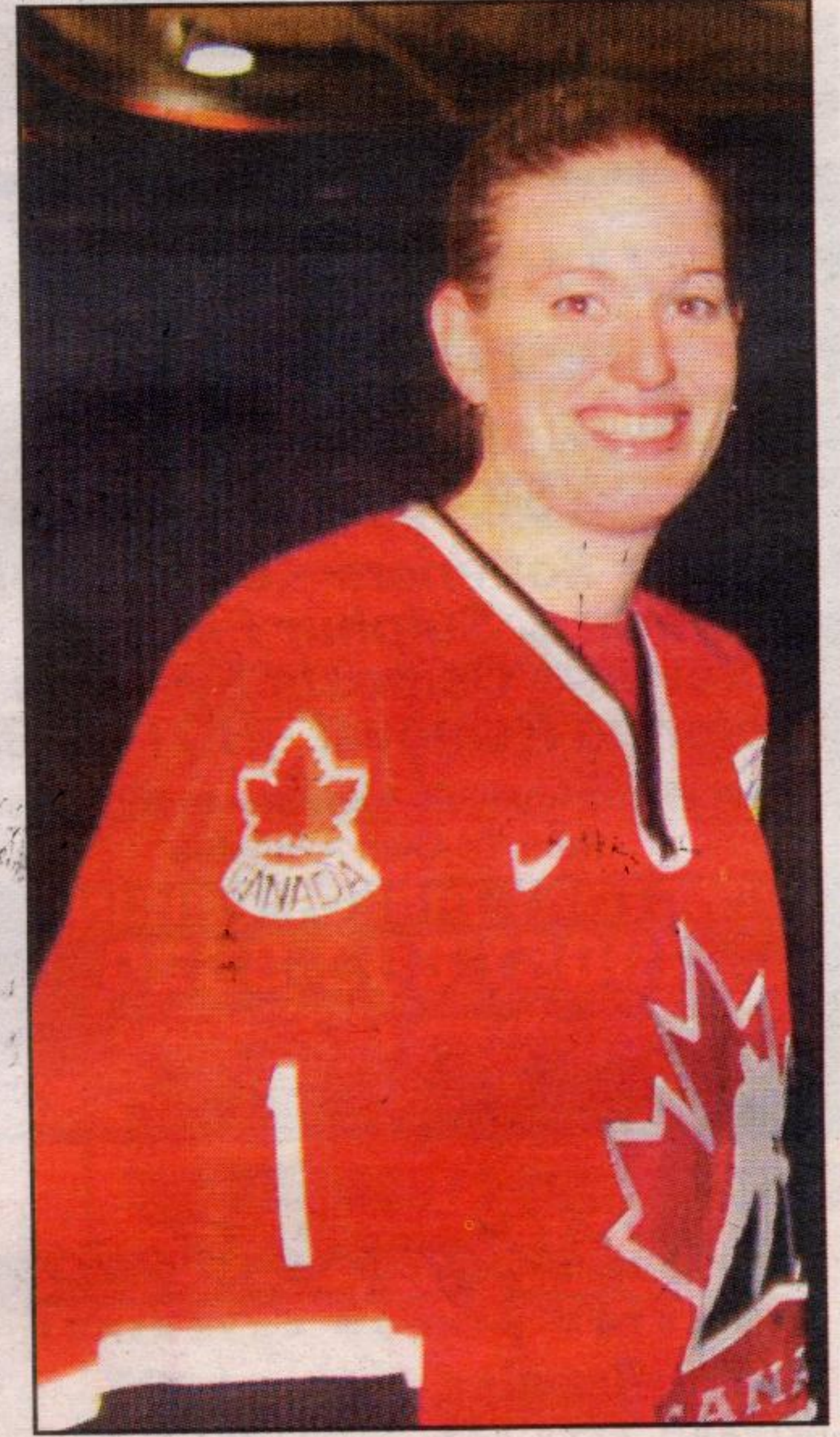
Katie was lucky she was wearing a helmet and is okay, however did suffer road rash across one side of her face, two fat lips, a gash on her chin and three broken teeth. Second crash came out on the trail when Correne Bredin, a defenseman from Alberta, nudged Cassie Campbell's tire and sent herself flying into the ditch. She miraculously was okay, but her bike was a little worse for the wear. Her handlebars had turned the wrong way and her brakes had clamped themselves to the mangled wheels. She found the courage covered in mud to turn her handle bars around and finish the last 5km on a bike she could barely push the

wheels around. Cassie, meanwhile, flew through the race making up lots of time, crossed the finish line at high speeds tagged her runner in full flight and fully lost control of her bike. She skidded 15 feet on her hip creating road rash on her hip and down her leg. Still concerned about Correne, and exhausted from the race, she could barely think straight. Our medical staff, already at the hospital, meant we had to run around the rink trying to find medical supplies. We got her all cleaned up, but Cassie's body was in shock and couldn't stop shaking so Mel Davidson, our head coach, sent her to the hospital as well. What more could happen? Well, the runners set out on their 10km run and the Trail had been mis-measured and in fact it was more like 14km. That's a big difference when you're running your heart out! But they all did it and each team completed the race. We ended up third, but more importantly, this race brought us closer as a team. The triathlon made each one of us push ourselves beyond our limits, however, still we still had the ability to pick each other up and be there for each other. It really put things in perspective, and made us all realize that you never know what can happen in life. Each day needs to be appreciated and each person can be an inspiration. We celebrated not only the end of the triathlon, but the end of the camp as well! We were homebound, finally after a whole month away, but our team is stronger for it and we all have incredible memories that will last well beyond the Olympic Games.

★★★★★

Sami Jo's Road to Turino

By SAMI JO SMALL, TEAM CANADA'S HOCKEY GOALTENDER & 2002 OLYMPIC GOLD MEDALLIST



Georgetown Chrysler Viper giveaway

PHOTOS BY STEPHEN BAKER



One of the three Viper sports cars that Chrysler Canada awarded across the country was this beauty, won by a lucky customer of Georgetown Chrysler.



Pictured here is the winner Cheryl Cimetta with, from left to right, eldest son Jonathon Cimetta, husband Barry Andela and youngest son Barry Andela.



On hand to mark the presentation were (left to right) Kim Auty, Georgetown Chrysler, Jack Sulymka Communications Manager, Daimler Chrysler Canada Inc., Patrick Reininger, Manager Service Marketing and Development, Daimler Chrysler Canada Inc., winner Cheryl Cimetta, husband Barry Andela and Paul Auty, owner of Georgetown Chrysler.



Looking like she was born to drive a \$128,000 Viper is contest winner Cheryl Cimetta.