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Acton woman passes Iron Man test in fine fashion



Nancy Cole-Hryciw recently turned her attention from competing in triathlons to taking part in the gruelling Iron Man USA event in Lake Placid. Photo by Herb Garbutt

Nancy Cole-Hryciw put herself to the ultimate test and passed with flying colors.

Cole-Hryciw, recently completed the Iron Man USA in Lake Placid, N.Y. and to her surprise still had energy to burn at the end. The ironman triathlon consisted of a 3.86 km swim, a 180 km bike ride and a 42.2 km run, which the Acton triathlete completed in a time of 15 hours, 45 minutes and 23 seconds.

A regular competitor on shorter circuits, Cole-Hryciw was inspired by others who had completed the iron man.

"It boggles the mind when you think of the distances," she said. "The last three years I've been watching others do the training and succeeding. I kept watching them come back alive so I thought it was time I did it."

Cole-Hryciw undertook a training program set up by veteran triathlete Courtney Warner. It combined different types of runs (speed, distance and hills) and gradually increased swim and bike distances throughout the program.

As she had expected, Cole-Hryciw said the most difficult part of the event was the swim.

"For me, that's a very long swim," she said. "By the time I got out of the water I was getting a bit of hypothermia."

Next she tackled two circuits of the hilly bike course. By the end of the first circuit, Cole-Hryciw was concerned about her time. In order to be an official finisher, the race has to be completed in less than 17 hours and she was behind the pace.

Her fears were put to rest in the first kilometre of the run.

"The run is the easy part for me," said Cole-Hryciw, who ran marathons before getting involved in triathlons. "When I started the run, I still felt pretty good. That was the first time I really relaxed."

After a 7 a.m. start to the race, Cole-Hryciw crossed the line at 10:45 p.m. Surprising even herself, she was still able to sprint when she reached the stadium and didn't feel stiff or exhausted. She even stayed in the finish area to cheer other racers.

Cole-Hryciw said not finishing the race would have been devastating.

"It's a huge investment of time to train for it so to not finish would be really disappointing."

With the iron man behind her, Cole-Hryciw is now concentrating on the Subaru Triathlon Series. She has earned victories at triathlons in Barrie, Collingwood and Peterborough. She currently leads the 45-49 age group in the overall standings with two events remaining.

—By Herb Garbutt, staff writer

Kinsmen Champs Day schedule

The Kinsmen Girls Softball League will hold its annual Day of Champions Saturday at the Georgetown Fairgrounds.

At 10 a.m. all divisions will be involved in a skills competition sponsored by Brian's Food Basics and Fraser Orthodontics.

The Skills Competition will take place on the Senior Citizens Diamond for the Juniors and Intermediates and Diamond C for the Senior and Elite leagues.

Events will include a long-hitting competition, baserunning, and team relays in throwing and baserunning. The following is the schedule of games:

Elite League Semifinals

11 a.m.—M & M Pro Sports vs. Pictures and Presents, Diamond C.

11 a.m.—Norval Farm Supply vs. Halton Commercial Printers, Senior Citizens Diamond.

Championship final

3 p.m.—Senior Citizen's Diamond.

Senior League Semifinals

8 a.m.—Work That Body vs. Dunlop Insurance, Senior Citizen's Diamond.

8 a.m.—TD Bank vs. Re/Max, Diamond C.

Championship final

1 p.m.—Diamond C.

Intermediate League Semifinals

8 a.m.—Dairy Queen vs. Optimists, Park School Diamond.

11 a.m.—DDH Distribution vs. Pizza Hut, Dump Diamond.

Championship final

3 p.m.—Park School Diamond.

Junior League Semifinals

8 a.m.—Delrex Variety vs. Standard Products, Dump Diamond.

8 a.m.—Brian's Food Basics vs. Young's Pharmacy, Park School Diamond.

Championship final

1 p.m.—Senior Citizens Diamond.

Eagles tryouts begin next week

The Georgetown Eagles will be holding tryouts for next year's rep baseball season beginning Sept. 15. The dates for the tryouts are as follows:

Rookie (players born 1991 or 1992): Fairgrounds barn diamond, Thursday, Sept. 16 at 6:30 p.m.; Monday, Sept. 20 at 6:30 p.m.; Wednesday, Sept. 22 at 6:30 p.m. and Saturday, Sept. 25 at 9 a.m.

Mosquito (players born 1989 or 1990): Fairgrounds Diamond C, Wednesday, Sept. 15 at 6:30 p.m.; Monday, Sept. 20 at 6:30 p.m.; Wednesday, Sept. 22 at 6:30 p.m.

Peewee (players born in 1987 or 1988): Fairgrounds Diamond C, Thursday, Sept. 16 at 6:30 p.m.; Tuesday, Sept. 21 at 6:30 p.m.; Thursday, Sept. 21 at 6:30 p.m.

Bantam (players born in 1985 or

1986): Fairgrounds Diamond A, Thursday, Sept. 16 6:30 at p.m.; Sunday, Sept. 19 at 9 a.m.; Tuesday, Sept. 21 at 6:30 p.m.

Midget (players born 1983 or 1984): Fairgrounds Diamond A, Wednesday, Sept. 15 at 6:30 p.m.; Saturday, Sept. 18 at 9 a.m.; Monday Sept. 20 at 6:30 p.m.

Juvenile (players born 1981 or 1982): If interested call the Georgetown Baseball Association office at 877-3748 and leave a message with your name and phone number.

The tryouts are open to all players, male and female. There is a \$15 fee payable at the first tryout. Parents must fill out a registration form at the first tryout. If a player is unable to attend the first tryout they may still attend the other dates.

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