

Sports & Leisure

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Tougher competition helps mountain biker improve technique

Tracey Temple has reached an uphill climb in her mountain biking career but she has confidence in her abilities to reach the summit.

After advancing to the pro division, Temple spent the summer riding the provincial circuit in British Columbia. Not only did the long climbs on the B.C. courses force her to sharpen her skills, so too did the stronger field of riders.



TRACEY TEMPLE

"Definitely my technique has gotten a lot better," Temple said before returning for her final year at the University of Victoria.

Just five years since entering her first race, Temple has progressed to the point she now races in the same class as Alison Sydor, a silver medalist at the 1996 Olympics, and other national team members. But rather than being intimidated, Temple uses the races as a learning experience.

"You see how they do things and follow their lines and it makes you better," she said.

Also encouraging is that, unlike some sports, mountain bikers can enjoy long careers. At 34, Sydor is still one of the world's best. For the 22-year-old Temple, that motivates her.

"I have lots of time left to train and get better," said the biology student. "It's something you can continue to compete in. It's not like when you're 18, you can't do it anymore."

After racing in provincial circuits for several years, Temple hopes to get into more national competitions. With a goal of making the national team, Temple knows it will take a bigger commitment to racing.

"It's a satisfying feeling to be able to get to this level while I'm still going to school," Temple said. "I certainly need to increase my training time to improve. I'd like to take a year off after school and see how far I can take this."

—By Herb Garbutt, staff writer

Ritchie, Banker Hall come up empty

There just wasn't enough left in the vault for Banker Hall.

The favoured colt, driven by Trevor Ritchie of Acton, led Thursday's \$100,000 Gold Final at Mohawk Racetrack for two-year-old trotters at the three-quarter pole but another Balanced Image colt, Coldspot, made a charge as Banker Hall started to fade in the final turn.

Coldspot took the lead by the top of the stretch and went on to victory. Banker Hall finished fourth, ending its unbeaten run at Mohawk Racetrack.



Georgetown Raider David Lajeunesse battles for position with Trevor Wilkieson in front of Burlington Cougar goalie Tim Fewster Saturday. The Raiders followed up a 5-2 win over Oakville on Friday with a 10-2 pounding of the Cougars at Alcott Arena.

Photo by Yvonne Gaynor

Raiders playing like their old selves

That's more like it. After two less than stellar showings at home, the Georgetown Raiders finally showed the local faithful the form that led them to the top of the Ontario Provincial Jr. A Hockey League's West Conference last season.

The Raiders trounced the Burlington Cougars 10-2 on Saturday and kept up their strong play away from the Alcott Arena by extending their road unbeaten streak to four games with a 5-2 win in Oakville Friday.

"We're just starting to come together," said Stace Page, who dominated Friday's game with four goals and an assist. "We're starting to learn our roles."

Page has returned to the role of the league's most dangerous scorer. His four assists on Saturday boosted his point total to 25 in eight games—a pace that could threaten his team record of 123 set two seasons ago.

The Raider captain seems more concerned with another point record—the team mark of 71 set last year.

"If the puck goes in (for me), it goes in. There's really only two points that matter every game," he said.

Those points will be even important in the coming weeks. The weekend victories moved the Raiders into

a three-way tie for first place in the West Conference, although two surprise front-runners, Buffalo and Mississauga, moved two points ahead with wins on Monday. The Raiders play both teams in the next two weeks, including a Sunday date with the Chargers. They host Buffalo next week while this Saturday they renew their rivalry with the Milton Merchants, who currently sit in fourth, just one point back of Georgetown.

An encouraging sign heading into the key matchups is the improved defensive play. The Raiders have allowed just 10 goals in their last four games after surrendering 20 in the season's first four contests.

"We're playing with more intensity in the defensive zone," said Raider coach Simon Couture.

The addition of Brampton Battalion draft pick Alex MacDonell means the Raiders now have six defencemen, lessening the burden on a young group of blueliners.

RAIDER RAP: Mike Knoepfli had a hat-trick Saturday while Scott MacDonald netted a pair. Mason Drew had a goal and two assists. T.J. Trevelyan, Daryl Knowles, Adam Russell and David Lajeunesse also scored.....The Raiders were 4-for-5 on the power play.

At Ironman Canada

Cole-Hryciw shaves two hours off previous time

When Nancy Cole-Hryciw entered her first ironman triathlon the goal was simply to finish. This time around, her intentions were to improve.

Cole-Hryciw finished the recent Ironman Canada in Penticton, B.C. in 13 hours, 44 minutes and 43 seconds. That was two hours and one minute better than her previous time in the ironman event, which

consists of a 3.86-km swim, a 180-km bike ride and a full marathon run of 42.2 km.

The rural Acton resident said the Penticton course was much tougher than her first ironman in Lake Placid, N.Y. Climbs through the mountains, some as long as 11 km, were very draining.

"There were times where I thought I had nothing left," said Cole-Hryciw, who trained 16 to 18

hours each week for the event. "I just felt totally exhausted."

But with her strongest event, the run, ahead she continued on.

"I'm still much more at home on the run. When you go into a part that you know you can do, you can fight (exhaustion) off. When I finished it was so exhilarating, I felt I could do anything."

—By Herb Garbutt, staff writer



LETTER OF THE MONTH

Dear Kevin,

I wanted to express my gratitude to you for your personal assistance on July 29th when our Rav 4 broke down in Collingwood. It would have been a horror story had you not been able to speak to the dealership on our behalf and expedite us into their bay for immediate service. What could have been a nightmare holiday still finished with a happy ending.

I also wanted to thank you for your assistance with the speedy repair once we returned to Georgetown and for supplying me with the courtesy car for the second week of our vacation.

I have been a faithful Georgetown Toyota customer for 12 years, have purchased 3 Toyotas, have commissioned you for every service and I believe that the commitment has certainly been returned.

I look forward to continuing this wonderful relationship!

Sincerely, Katy Norton



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