

Sports & Leisure

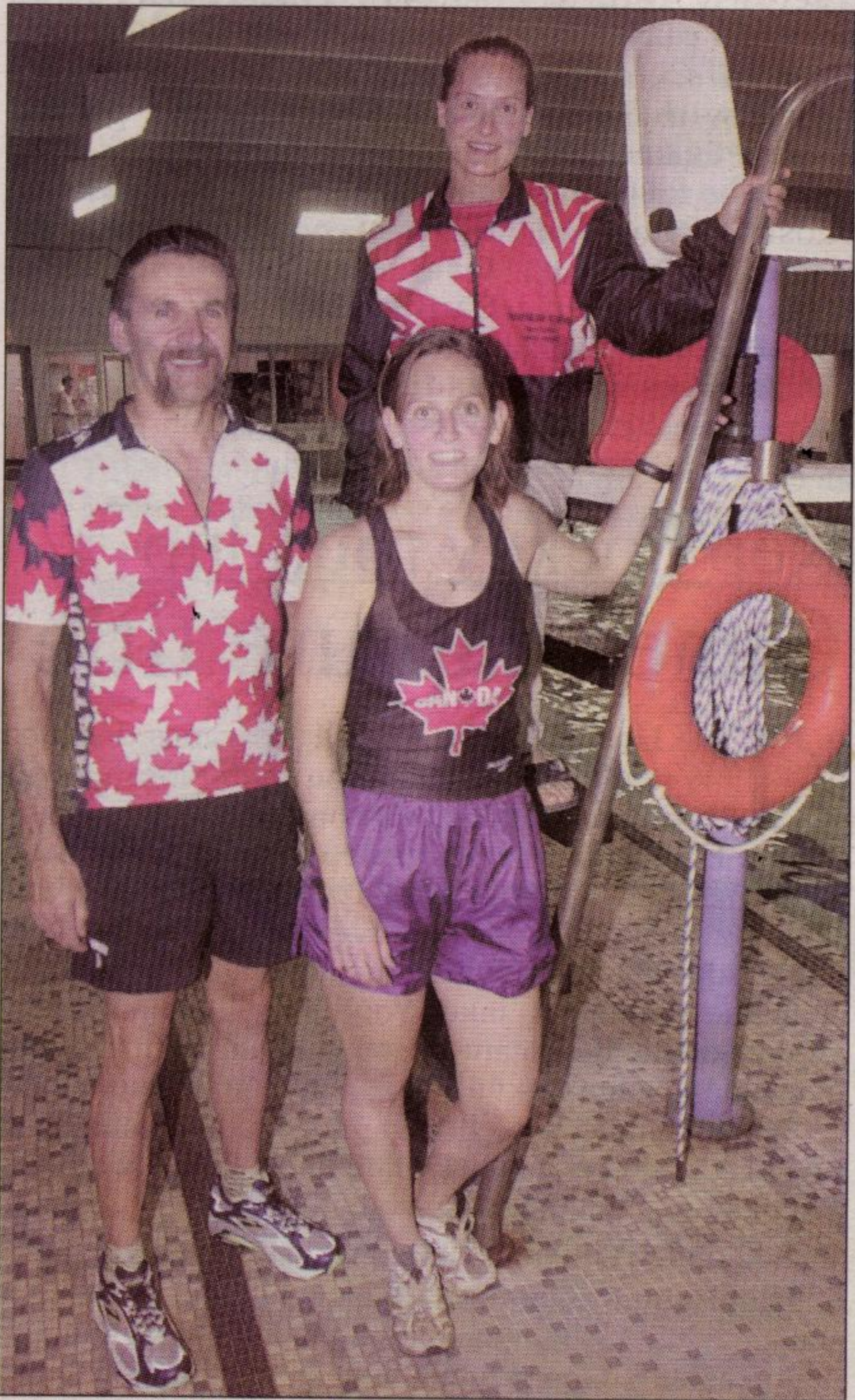
Wednesday, October 9, 2002

MAM PRO SPORTS

We appreciate your loyalty and patience and sincerely apologize for the long delays and lack of service at this time.

10 Mountainview Rd. South, Georgetown 905-877-8889

Local athletes covering the globe



Local athletes (clockwise from top) Lesley Grice, Sarah Hiseman and John Grace are preparing for the world championships. Grice will compete in the World Triathlon Championships in Cancun Nov. 9 and Grace and Hiseman will compete in the World Duathlon Championships in Alpharetta, Georgia Oct. 20. Photo by Ted Brown

Halton Hills will be well represented on the world stage in the coming weeks.

Lesley Grice will compete in the ITU Triathlon World Championships in Cancun, Mexico while John Grace and Sarah Hiseman will race in the ITU Duathlon World Championships in Alpharetta, Georgia.

Grice is coming off a 10th place finish in the professional women's division at the Subaru Ironman Canada Triathlon in Penticton, B.C. in August. Grice said she didn't expect much in that race—her first as a professional. A sprint over the last 500m helped her catch two competitors and crack the top 10.

"It was a surprise this time but now it's a goal of mine," she said.

But even though the Ironman distances are much longer than what she will face in Cancun Nov. 9, Grice said a better placing will not be guaranteed.

"My running and cycling are at the professional level but my swimming is still at the amateur level," Grice said. "When you're getting on the bike five minutes behind everyone else, it's a little depressing. When you do a short course, the swim is a larger portion of the race. In an Ironman you have a little more time to make up for it."

After the shorter course in Cancun, Grice will return her focus

to Ironman events. She's already entered a Lake Placid event in July and is looking for another event over the winter. It will all be working toward the Ironman Triathlon World Championships in Hawaii.

John Grace will be heading into the world duathlon championships in Alpharetta, Georgia October 20 looking for a top-five finish in the 50-54 age group. With 13 world championship races to his credit, Grace is long past being nervous.

"It's just another race," Grace said. "I don't worry about times, I just try to beat as many people as I can."

Having competed at worlds so many times, Grace is quite familiar with his competitors and tries to use that to his advantage.

"There's an American guy and I've beat him twice and he's beat me twice. If he catches me on the bike it fires me up. When you have someone roughly the same level as you, it can bring you both up because you push one another."

For the most part, Grace lets his body set his pace.

"I hit a certain area of discomfort and as soon as I'm out of that discomfort, I know I'm not pushing hard enough."

Grace has logged more than 8,000 km on his bike this year and competed in 17 duathlon and triathlons this summer. He won the Subaru

Triathlon Series and the Triathlon Sprint Series.

He just hopes to avoid mechanical problems that hurt him at the Canadian championships. A seized back tire cost him 20 minutes and dropped him back to ninth place.

Hiseman is looking forward to her second world duathlon championship. She competed last year but got sick shortly before the race and was nowhere near her best for the race. This year she's feeling great leading up to the event.

"I'm racing the best I have in years," she said.

Hiseman finished fifth in the Ontario duathlon series and took up triathlons last year, completing a half-Ironman. Next year she hopes to conquer an Ironman event. To do that, she is continuing to work on her swimming.

"I swim like a rock," she said.

But for now she is focusing her attention on the duathlon and the worlds. In particular, Hiseman is working on running. A former road racer, cycling comes naturally to her.

"It's always been something I didn't have to focus on. I know what muscles to use and how to pace myself."

Hiseman is hoping for a good showing in what may be her last race representing Canada because she is moving to Austria.

—By Herb Garbutt, staff writer

Battered Raiders earn draw, victory

The Georgetown Raiders have been doing a lot of work on the lineup lately. They just wish it wasn't the lineup to the trainer's room.

The Raiders limped through the weekend, missing as many as nine regulars. They played with just 15 skaters—two of them midget callups—in Friday's 5-5 tie with the Burlington Cougars and then rolled to a 7-1 victory over the Bramalea Blues at home the next night.

"It would help if we had four lines going," said Shane Remenda, who scored twice in each game. "There's no excuses, though. We only have two so that's what we have to do it with."

One positive to come out of the line shuffling was

See RAIDERS, pg. 18



A Bramalea player puts the hook on the Georgetown Raiders' Ryan McCarthy in Saturday's Provincial Jr. A Hockey League game. Teams had a tough time slowing down McCarthy and linemates Ryan Busby and Shane Remenda. The trio scored nine times in the Raiders' weekend games—a 5-5 tie with Burlington and a 7-1 win over Bramalea.

Photo by Stephen Uhraney

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