

Sports & Leisure

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Acton resident training for marathon in Portugal

A year ago, Amanda Presutti of Acton had never dreamed of running a marathon.

She enjoyed mountain biking and karate but the thought of long-distance running didn't appeal to her.

"I consider myself pretty active but running has always been my biggest challenge," she said.

But all Presutti needed was a little incentive. That came in December when her boyfriend's sister, Jennifer Amadio, saw an advertisement on the GO train for a program called Joints in Motion.

Operated by the Arthritis Society, Joints in Motion encourages people to raise money by paying for their airfare and accommodation to participate in a marathon. The idea struck a chord with the 27-year-old, whose grandmother Elvira Campoli suffers from arthritis and has been in a wheelchair for the past nine years

because of the disease.

"Obviously the money isn't directly going to help her but hopefully someone else won't have to suffer like she has," Presutti said.

When looking at the destinations, Presutti and Amadio originally looked at Dublin, Ireland but changed their mind to Lisbon, Portugal for a practical reason—the Dublin marathon is in October, the Lisbon International Marathon is in December.

"We thought maybe we'll take the extra two months to train," she said.

While she originally planned on doing the half marathon, that changed when she spoke to the trainer provided by the Arthritis Society about setting up a training schedule.

"He said 'I think you should run the marathon. You're young and healthy. I'll send you the training plan.'"

When the training plan arrived it was only for the marathon. Presutti looked it over and decided "it didn't sound so crazy."

Presutti has been doing short runs (although it was not what she considered short when she started training in April) of six to 10 kilometres three times a week and longer runs on the weekend. She has worked her way up to 16 kilometres in preparation for the 42.2 kilometre marathon.

Presutti says the training has not been as difficult as she expected—and not as difficult as reaching her goal of raising \$5,000. Because of the time required to prepare for the marathon, she has not had as much time as she would like to raise money.

"I thought the physical training would be really hard but the fund-raising has been tougher."

So far Presutti has raised half her goal. Donations can be made on-line at www.arthritis.ca/joints/ontario/amandapresutti.

Despite the time commitment, Presutti has no regrets about signing up for the marathon.

"The whole project has been time well spent."

—By Herb Garbuttt, staff writer



AMANDA PRESUTTI



Dustin Howard of the Georgetown Raiders breaks in alone but is turned away by Newmarket goalie Adrian Kupyetz in Thursday's Provincial Jr. A Hockey League exhibition game. The Raiders got goals from nine different players in a 10-2 victory.

Photo by Herb Garbuttt

Raiders blow away Hurricanes to remain unbeaten in pre-season

The Georgetown Raiders flexed their offensive muscles, getting goals from nine different players as they routed the Newmarket Hurricanes 10-2 on Thursday.

Matt Sweazy led the charge with two goals and three assists. His first goal, a shorthanded marker, gave the Raiders a 4-0 first-period lead. Georgetown wasted little time as Jay Sprague scored 26 seconds into the game and Mike Gurtler and Matt Sitko made it 3-0 before the game was six minutes old.

The Raiders led 6-1 by the end of the second and were leading 6-2 midway through the third when they struck for three goals in less than two minutes.

Mike Nelson and Tyler Leggo each had a goal and two assists while Tyson Gimblett, Dan Rogers and Nick Harloff also scored. Kevin Harvey and John Wheaton each chalked up three assists.

Jesse Zimmerman stopped 27 shots for the win.

Georgetown has posted a 6-0 won-lost record in exhibition action and outscored their

opponents 48-10.

The Raiders wrapped up the exhibition season last night (Tuesday) in Newmarket. Results were not available at press time. The Raiders open the regular season Saturday against the Milton Ice Hawks. Game time is 7:30 p.m. at Alcott Arena.

Referees' group holding tryouts

The Georgetown Referees Association is looking for referees for the upcoming season.

Tryouts will be held Monday, Sept. 13 and Monday, Sept. 20 at the Alcott Arena from 9-10:30 p.m. The tryouts are open to anyone 14 or older, male or female.

For more information, contact Bob DeZeeuw by e-mail at ghra@cogeco.ca or call 905-877-9621.

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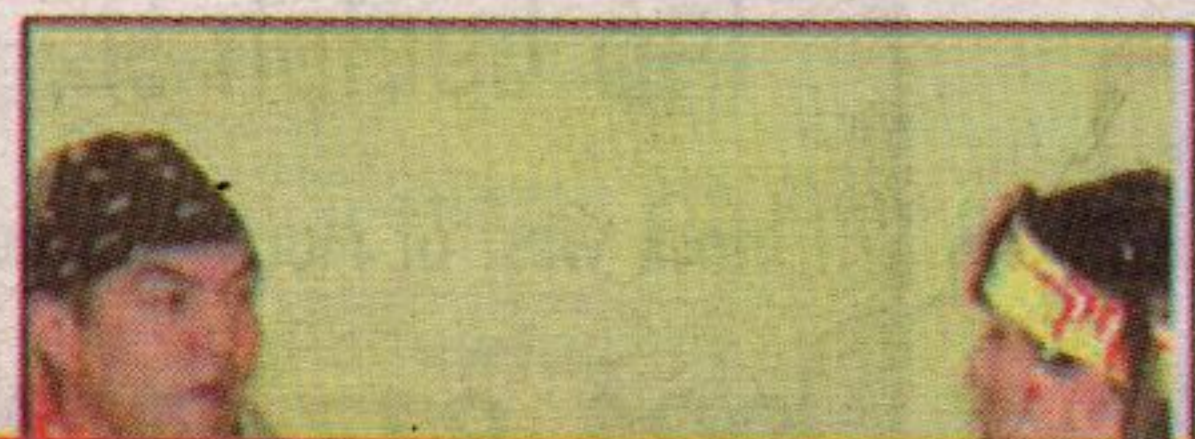
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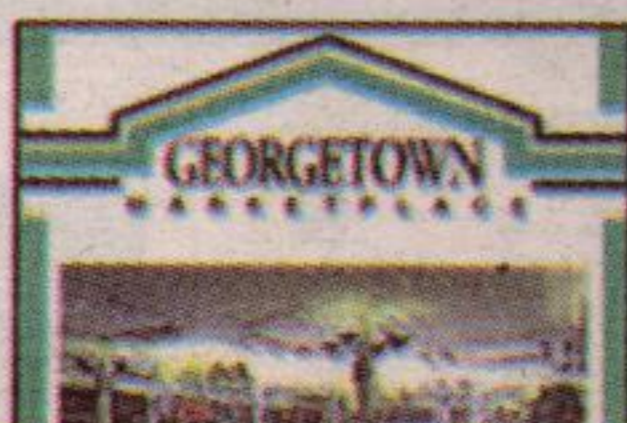
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