

Mountain biking taken to the extreme Local cyclist takes on the Rockies—and survives

Marcus Dagenais knew he was in for an extreme test of his physical and mental endurance when he signed up for the Trans Rockies Challenge.

But all his preparation couldn't get him and racing partner Mark Burger ready for what they would experience during the seven-day, 610-km mountain bike race through the Canadian Rockies.

"I went in knowing it would be the toughest race I've ever been in," Dagenais said. "And it was 10 times tougher than I thought it would be."

The 22-year-old Georgetown rider had logged 250 kilometres a week on his bike in preparation for the race. And that training paid off, giving him the fitness level required to handle riding in high altitudes and tackling the steep trails that saw riders climb more than 12,000m—or almost one and a half times the height of Mount Everest—over the course of race.

What he wasn't prepared for were those times when bike and rider switched roles. Throughout the course of the race there were unnavigatable stretches where competitors had to throw their bike on their shoulder and lug it up steep, mountain paths or through freezing cold glacier-fed rivers. And heavy rains during the race meant even more hiking for the competitors.

"I knew there was hiking involved but I don't know if I was unprepared



Marcus Dagenais, right, and Mark Burger completed the grueling Trans Rockies Challenge. Dagenais said the seven day, 610 km mountain bike race was the toughest race he's ever competed but said he'll probably try it again- after he's forgotten how much it hurt. Photo submitted

because of the mud. Even hiking these trails when they are dry would be a challenge. There were times where we were knee-deep in mud and some days we were hiking for two-and-a-half or three hours at a time."

However, the hikes did make for some of the most rewarding moments during the race.

"It was great getting up to some of the peaks," Dagenais said. "You're doing a ridge ride and everywhere you

look there's nothing but mountains."

Still, there were times Dagenais wondered what he was doing. It was during those times that having a racing partner helped keep him motivated.

"The hardest part mentally was getting up and knowing what you were in for that day," Dagenais said. "You're up at 6 a.m., you throw on wet gear in cold temperatures. There were times where we both had to be thinking we wanted to quit but when I was down, he was up. And when he was down, I was up."

Dagenais and Burger completed most of the stages in seven-and-a-half to eight hours. And while the top teams, which included Olympians and some countries' national team members, completed the stages in about three hours, Dagenais said just finishing the race was an accomplishment.

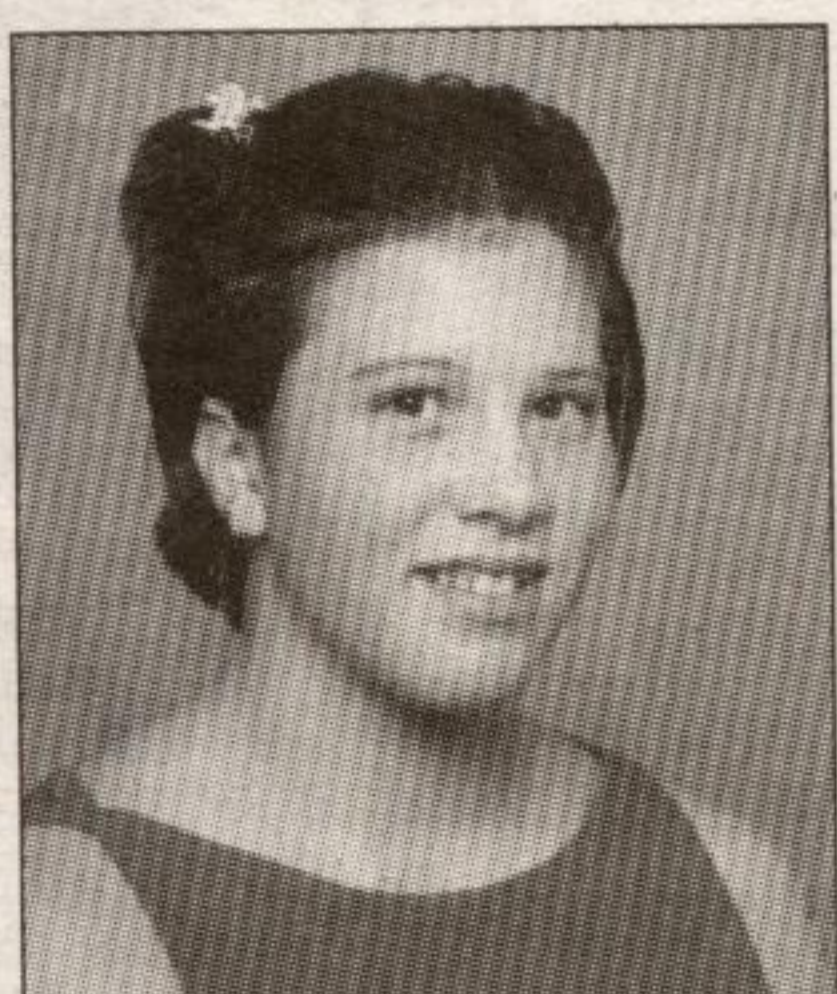
Another accomplishment was raising \$9,500 for diabetes research in memory of his aunt. Dagenais had set the goal of \$10,000 and still hopes to reach that mark. Donations can be made on-line at www.teamdiabetes.ca.

Despite the hardships endured during the race, Dagenais hasn't ruled out tackling the Rockies again.

"It's definitely something to think about. I'd like it that I would know what I was getting into," Dagenais said, "but it will probably take a few years to forget the pain."

—By Herb Garbutt, staff writer

Happy 16th Birthday
Bobbi



Love Mom, Dad, Scott, Lucas

90th
Birthday Celebration
for
Isabel McDonald

You are invited to join "Izzy" at The Trillium on Sunday Sept. 11th, 2005 for a come and go tea from 2:00 - 4:00 p.m.

"Best Wishes Only"

Isabel's Address:
12 Grace Avenue, The Trillium Manor
Oro-Medonte Unit,
Orillia, ON L3V 2K2

Tea held in Hillcrest Hall at The Trillium Manor, Orillia, ON

Georgetown Skating Club
New Member Registration
Mold-Masters Sportsplex

Monday, Sept. 12th 7:00 pm - 9:00 pm
Wed. Sept. 14th 7:00 pm - 9:00 pm

- ✓ Parent and tot 2 - 5 yrs.
- ✓ Kinderskate 3 - 5 yrs.
- ✓ Canskate 5 years +
- ✓ Pre-Power/Power Skate 4 yrs. +
- ✓ Never too late - beginner adult

The following programs run full season:

- ✓ Session One
- ✓ Session Two
- ✓ Session Three

Tel: 905-866-2330 Priority given to previous year's registrants
(Please bring your cheque book, we do not accept Credit Cards)



Stick with your high blood pressure treatment, or you may be in for a nasty surprise.



Canadian Coalition for High Blood Pressure Prevention and Control
<http://cchbpc.org>

MILTON YOUTH BASKETBALL "MADD DAWGS"
<http://eteamz.com/miltonmaddawgs>

2005 FALL SKILLS DEVELOPMENT SESSION
Skills, Strategies, Fun and Games

Location: Bishop Redding High School

Puppy Skills: Tuesdays 1-1/2 Hr. Ages 7-10 years 6:30 - 8:00 pm

Dawg Skills: Tuesdays 1-1/2 Hr. Ages 11-14 years 8:00 - 9:30 pm

Fees: \$110.00 for first child in a family
\$100.00 for each additional child

Dates: September 20th/21st, 2005 - December 13th/14th, 2005

Registration Forms: Please download from our website in the "Handouts" folder mail completed form and cheque (payable to Milton Youth Basketball)




Registration Night: Tuesday, September 13th, 2005 7:00-8:00 pm
Bishop Redding H.S. (gym entrance)

<http://www.eteamz.com/miltonmaddawgs>

Milton Youth Basketball
420 Main St. E., Suite #558, Milton, ON L9T 5G3

For more information call Brian Schroder: Cell (905) 691-1675

Halton Hills Girls Fastpitch Association

2006 Team Tryouts

Team/Level	Age During 2006	Glen Williams Ball Diamonds	
		Sat. Sept. 17	Tryout 2
Mite	Turns 9 or 10	9:00am - 10:00am	TBD
Squirt	Turns 11 or 12	10:30am - 11:30am	TBD
Novice	Turns 13 or 14	12:30am - 1:30pm	TBD
Bantam	Turns 15 or 16	2:00pm - 3:00pm	TBD
Midget	Turns 17, 18 or 19	3:30pm - 4:30pm	TBD

Please bring all necessary equipment (helmet, glove, cleats, sliders, etc.) and be at the park stretching and warming up at least 15 minutes prior to your scheduled start time

Each participant is to complete a registration form. **NO HAWKS UNIFORM/TSHIRT TO BE WORN AT TRYOUT.** For a map please visit our website at

www.haltonhillshawks.ca