

Training plan needed to race

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Fully recovered from his injuries, Amodeo has already reached the \$6,500 fund-raising mark and he has been training six days a week in preparation for the punishing Pentiction race course. He has entered long course triathlons (2-km swim, 56-km bike, 20-km run) and time trials in the past, but decided to enlist the services of coach Peter Judd to come up with a training program and Amodeo also took part in a camp June 20 in Lake Placid, N.Y. that simulated the Ironman triathlon distance. Working out with various community groups such as the Georgetown Masters Swim Club has also helped him pick up some handy tips that will come in handy on race day.

"Biking's my strength and I don't want to go too hard and then have nothing left for the run," said the Queen's University grad, who works for Apotex pharmaceuticals in Weston. "Blowing up is always a concern, so that's why I've been working with a nutritionist to help me keep up the intake. With the assistance of all the people helping me, we've put together a definitive plan where every day has a prescribed workout, except for Fridays, which I have off. When you first look at (the training requirements) it looks terribly daunting, but once you get into the routine it actually simplifies your life in a lot of ways."

Earlier this month, Amodeo competed in the Peterborough half-Ironman and was very pleased with his swim and bike segments, but had to end his race half way through the run due to extreme pain in his kidneys—a hydration problem caused by drinking too much Gatorade and not enough water.

"Lesson learned," he said. "I train this weekend in Milton at an IronMan Canada simulation day, and will make adjustments there. Then, I race the Kingston Triathlon Long course the first weekend in August to confirm that my nutrition plan is in place. That should have me ready for Pentiction on the 26th."

Amodeo credits his mother Gloria for helping out with organizing and the publicity for the fund-raising dinner and car wash as part of Anthony's campaign.

"I'm amazed at the support we've received so far, from the community, sponsors and my family," Amodeo added. "It's definitely made the journey a lot easier, for sure."

For more information about Team Diabetes, visit the website www.diabetes.ca or to contact Amodeo e-mail aamodeo1@gmail.com.

(Eamonn Maher can be reached at emaher@independentfreepress.com)

Goalies galore at Shopper's World this weekend

BRAMPTON - The Vezina Show, featuring six Vezina Trophy winners and a four-day sports card and memorabilia show, will visit Shoppers World this weekend.

Legends Charlie Hodge, 1964 and 1966 Vezina winner for the Montreal Canadiens, Eddie Giacomin, 1971 Vezina winner for the New York Rangers, and Johnny Bower, 1961 and 1965 Vezina winner for the Toronto Maple Leafs will be appearing at Shoppers World Brampton on Saturday from starting at 11 a.m. to 3 p.m. for an autograph session.

On Sunday, Dennis DeJordy, 1967 Vezina winner for the Chicago Blackhawks, Tony Esposito, 1970, 1972 and 1974 Vezina winner for the Chicago Blackhawks, and Bernie Parent, 1974 and 1975 Vezina winner for the Philadelphia Flyers will visit Shoppers World between at 11 a.m. and 3 p.m.

Hockey enthusiasts can check exact times and autograph fees by logging on to www.shoppersworldbrampton.com or by calling Customer Service at 905-459-1337.

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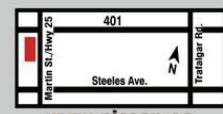
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