

Young Milton cyclist bound for Commonwealth Games

STEVE LEBLANC

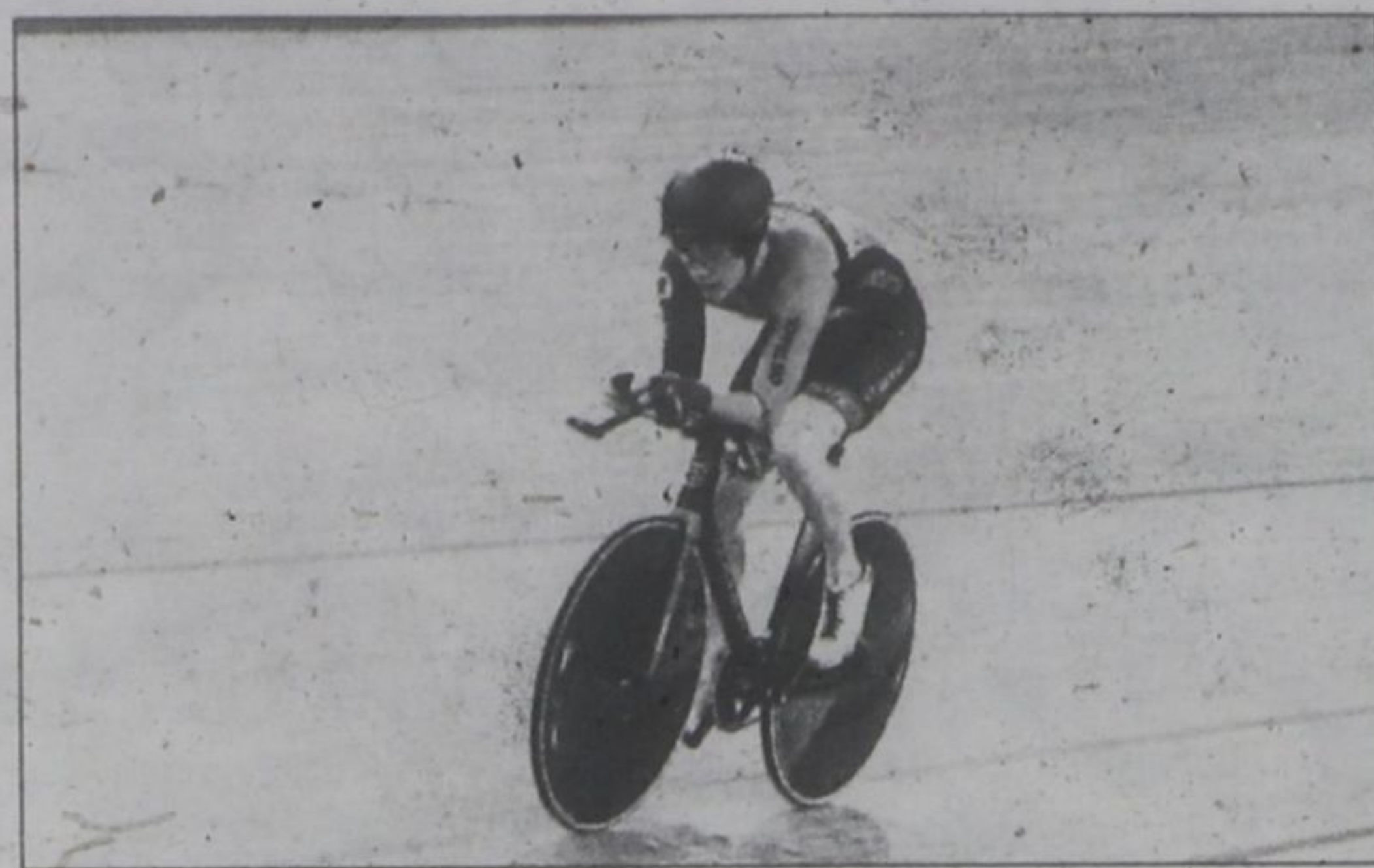
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Foley part of Team Canada squad; will compete in team pursuit and road race in Australia

Michael Foley wasn't taking anything for granted, even with a breakthrough year recently capped in record-setting fashion.

When it came time for Cycling Canada to select its representatives for this spring's Commonwealth Games, the 19-year-old Miltonian certainly didn't see his trip to Australia as a foregone conclusion.

Nevertheless, the up-and-coming cyclist will be heading to Gold Coast for his latest taste of interna-



Nikki Wesley / Metroland

Michael Foley competes at last year's track cycling junior nationals.

tional competition in early April.

"I'm super stoked about my inclusion," said the Commonwealth Games-bound teen, the youngest of the 18-member contingent, who'll compete in team pursuit and the road race.

A multi-time provincial and national champion over the past two years, Foley punctuated 2017 at the Tissot UCI World Cup in early December at Milton's

Mattamy National Cycling Centre.

While initially expected to be the fifth man - and subsequent spectator - on the men's team pursuit squad, he was subbed in after the qualifying round and helped establish a new Canadian record of 3:58.359 before crashing in the gold-medal race against New Zealand.

"The World Cup was definitely a big step forward me. It gave me more

confidence, which is something that I tend to struggle with," said Foley, who just returned from a training stint in Spain. "And it definitely did a good job of showcasing my abilities to the national association."

National development coach Luc Arseneau concurred, "It's heartbreaking how things finished (with the crash at World Cup), but Michael did amazing. He conducted himself like an experienced guy."

Foley will compete with the same three cyclists - Adam Jamieson, Derek Gee and Jay Lamoureux, whom he set the national record with in Milton. Also part of the team is Aidan Caves.

"I'm most confident about the team pursuit. I think we might even have a shot at a medal," said Foley. "The road race will be full of professionals who race on the road as a full-time job, so I think I'll be less likely to do well, but I'm still super excited to see how it plays out."

Haydar and Real McCoys to host MS Awareness Night

Darren Haydar is all too familiar with the fears and physical challenges associated with multiple sclerosis, having been diagnosed with it while he was still playing professional hockey.

Now he's helping others suffering from the disease - with the next step in that bid coming in the most suitable of places.

A hockey arena.

The former American Hockey League star will hold an MS Awareness Night with the Dundas Real McCoys, whom he joined in early December.

Set for Friday, Feb. 16, the event will include a meet and greet with Haydar - a two-time Calder Cup champion - at 6:30 p.m., before an 8 p.m.

clash with the Stoney Creek Generals.

Tickets are \$15, which includes a raffle ticket with a grand prize of a private suite for eight people to a Toronto Raptors game. That was donated by Active Transport's Brad Grant, former owner of the Milton Merchants, with whom Haydar played his junior hockey.

Those who wish to support the event but aren't able to attend the game can purchase tickets at Active Transport, 245 Bronte St.

A portion of the proceeds will go to the MS Society of Canada Halton-Hamilton Chapter.

The Real McCoys play at Harry Howell Arena at Hwy. 5 and 6 in Dundas.

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