

Local gymnast struts her stuff

Miltonian Kristi Wright delivers an impressive performance in the ribbon division during the recent Ontario Special Olympics rhythmic gymnastics national qualifier at Schlegel's Gymnasium in Oakville. Kristi was the only local representative at the competition.

Photo by
GLEN THIESSEN



Liberty Balance keeps run going with win Friday

By SANDRA SNYDER
Special to The Champion

In spite of a rain-soaked track rated three seconds slower than normal, three-year-old trotting colt Liberty Balance made short work of a field of his Ontario-sired peers on Friday night.

Regular driver Randy Waples of Homby sent the Breeder's Crown champion to the front from post seven and sailed around the Mohawk Racetrack oval unchallenged in 1:58.3.

The duo logged fractions of :29, :58.3 and 1:28.2 on the way to their eighth straight victory. Royal Pocket finished six-and-three-quarter lengths back in second and Bionic Ballad was another length behind for third.

Liberty Balance boosted his record to 11 wins and four seconds in 16 starts and \$852,818 in earnings for owners Tom and Elizabeth Rankin of St. Catharines.

With another \$50,000 available to the winner of next Saturday's Gold Final and \$250,000 up for grabs in the November 10 Super Final, Liberty Balance is poised to go over the \$1 million mark in earnings in his first year of racing.

He is also eligible for the Canadian Breeder's Championship — the last stake on his schedule before a well-earned winter vacation — and trainer Pat Hunt believes the gelding will be back on the racetrack next year.

"He'll race next year. I don't know where yet. It depends on how he finishes off this year and how much rest he gets," said the Cambridge resident. "There's a lot of money around for the aged horses too, but if he wants to race with the good boys we'll have to give him a good rest."

With Royal Glory scratched from Friday's elimination, all 10 starters advanced to this Friday's \$100,000 Gold Series Final. Top 10 point earners following that event will return to Mohawk November 10 for their \$250,000 Super Final — one of eight Super Finals that will be contested that evening.

Familiar faces win Saturday

There were some familiar faces in the winner's circle at Flamboro Downs Saturday when the half-mile track played host to a pair of Ontario Sires Stakes Gold Series Elimination races for the three-year-old pacing colts.

In race two, Daylon Trooper captured top spot and \$27,758 with a 1:56 effort.

Coming out of post position one, the Camluck colt and driver Doug Brown got stuck behind traffic in the early going, sitting fifth for the first half of the mile. On the move through the final quarter, the Stew Firlotte trainee grabbed the lead at the top of the stretch and pulled away for the victory — returning \$5.40 to win, \$3.70 to place and \$2.10 to show.

Torlando Farms Inc. Clay Harland Horner and John Fielding of Toronto and Claude Incaudq of Marietta, New York own Daylon Trooper, who hit the wire one-and-three-quarter lengths ahead of Tyler. Taking third by a head was White Star Jo Jo.

The second Gold Elimination featured a repeat victory for Campbellville trainer Ben Wallace's Ton Of Diamonds. The son of Albert Albert eased his way out of post four into third spot and kept himself well positioned in mid-field until pulling into first at the half. Crossing the wire in a sharp 1:55.2 the colt — owned by Mississauga's Mottram Stable — paid out \$5.30, \$3.20 and \$2.90.

After having led through the early going, Camluck son N Xample slipped back into second at the midway mark and finished well behind Ton Of Diamonds. Rounding out the top three was Awesome Light.

The top four finishers from both eliminations will return to Flamboro Downs Saturday evening for their last Gold Series Final.

Please
fax all
your
team
reports
and
sports
story
ideas to
Steve
LeBlanc
anytime
at 878-
4943.

MILTON HEIGHTS RACING CLUB

SKI and SNOWBOARD SWAP SHOW

<p>New & Used Ski & Snowboard Equipment & Clothing</p> <p>Mountain Bike Raffle</p> <p>Barbeque</p> <p>Dealer & Travel Show Displays</p>	<p>DROP OFF Fri. Nov 2, 12-10 pm Sat. Nov 3, 10-2 pm</p> <p>SELLING Fri. Nov 2, 6-10 pm Sat. Nov 3, 10-4 pm Sun. Nov 4, 12-4 pm Payment by Cash, Cheque or Interac.</p> <p>NEW LOCATION Larger Venue, New Product & Travel Show Displays</p>
---	---

Held at Country Heritage Park - 8560 Tremaine Rd.
All proceeds go to M.H.R.C. Racing Program
For Racing program Membership and Swap Info call 905-336-5382

Blizzak Tires. A Great Security Blanket.



Feel all warm and cozy with Bridgestone Blizzak winter tires for your car, SUV, or light truck. Right now during the Blizzak Blitz, buy a set of four eligible Bridgestone Blizzak replacement tires and get a fleece blanket with red whipstitching and its own carrying case by mail*. Blizzak's multi-cell technology bites through snow and actually sticks to ice. You get a sure-footed ride and a Blizzak blanket. What could be more comforting?

BRIDGESTONE
BLIZZAK
Sticks to Ice

Milltown Tire Service Ltd.
Milltown Tire Service Ltd.
675 Steeles Ave. E., Milton
905-878-6785

Blizzak MZ-02
Icegripper
Patented link multi-cell compound designed for luxury cars. (import and domestic)

Blizzak MZ-01
Icegripper
Patented link multi-cell compound designed for luxury cars. (import and domestic)

Blizzak WS-50
Winterbiter
Patented link multi-cell compound for superior traction on ice, snow and dry roads.

Blizzak LM-18
[H-speed rated]
Premium Winter tire specifically designed for high performance vehicles.

Blizzak LM-22
[H-speed rated]
Premium Winter tire specifically designed for high performance vehicles.



uni-T
Ultimate Tire Technology

THE BLIZZAK BLITZ

*Promotion is valid on purchases made between October 1st and November 15th, 2001 at participating dealers while quantities last. Eligible tires: Blizzak MZ-01, Blizzak MZ-02, Blizzak WS-50, Blizzak LM-18 and Blizzak LM-22. Some restrictions apply. See participating dealer for restrictions and details. © Registered Trademark of Bridgestone Corporation. Used under license.

Halton Healthcare
SERVICES
Caring Today, Growing for Tomorrow

Don't Miss a Seminar entitled "Healthy Approaches to Losing Weight"

Members of the public are invited to attend a free seminar entitled "Healthy Approaches to Losing Weight" on Thursday, November 8, 2001 at 7:00 p.m. at the Milton District High School. The seminar is being presented by Halton Healthcare Services - Milton District Hospital site and is sponsored through an educational grant from Hoffman-La Roche Limited with appreciation to Milton District Hospital Foundation and Siemens Hearing Instruments.

The purpose of this seminar is to educate people who are overweight about how they can effectively achieve a health weight. Mary Forham, Occupational Therapist, will explain why losing weight is so difficult in the context of the demands—both on our emotions and our time—that we face. Karri Koach, Registered Dietitian, will provide the scientific background to explain why regular and balanced meals are so important and how to fit these into even the busiest lifestyle. Andrea Dunn, Kinesiologist (Exercise physiologist), will explain the value of regular activity in boosting the metabolism and improving health. Dr. Ronnie Aronson, Endocrinologist and specialist in obesity, will review the medical background and the research advances that offer promising help for overweight people. Following their presentations, there will be time to have your questions answered.

This free seminar will be held on Thursday, November 8, 2001 at the Milton District High School, which is located at 396 Williams Avenue, Milton. Go west on Derry Road from Highway #25 and turn right on Commercial Street and go two blocks. Displays and refreshments will be available between 6:30 and 7:00 p.m. and the presentations will begin at 7:00 p.m. To reserve a seat, please call 905-338-4379. ASL interpreter services will be available if pre-booked before November 5, 2001. This can be done by faxing 905-878-0498 or e-mailing cpopp@haltonhealthcare.on.ca. If you are unable to attend this event, but would like more information on this topic speak with your physician or call the Lifestyle Metabolism Centre at 905-337-0040.