

French thriving in CHL

Mark French's first season coaching pro hockey is shaping up to be a mighty successful one.

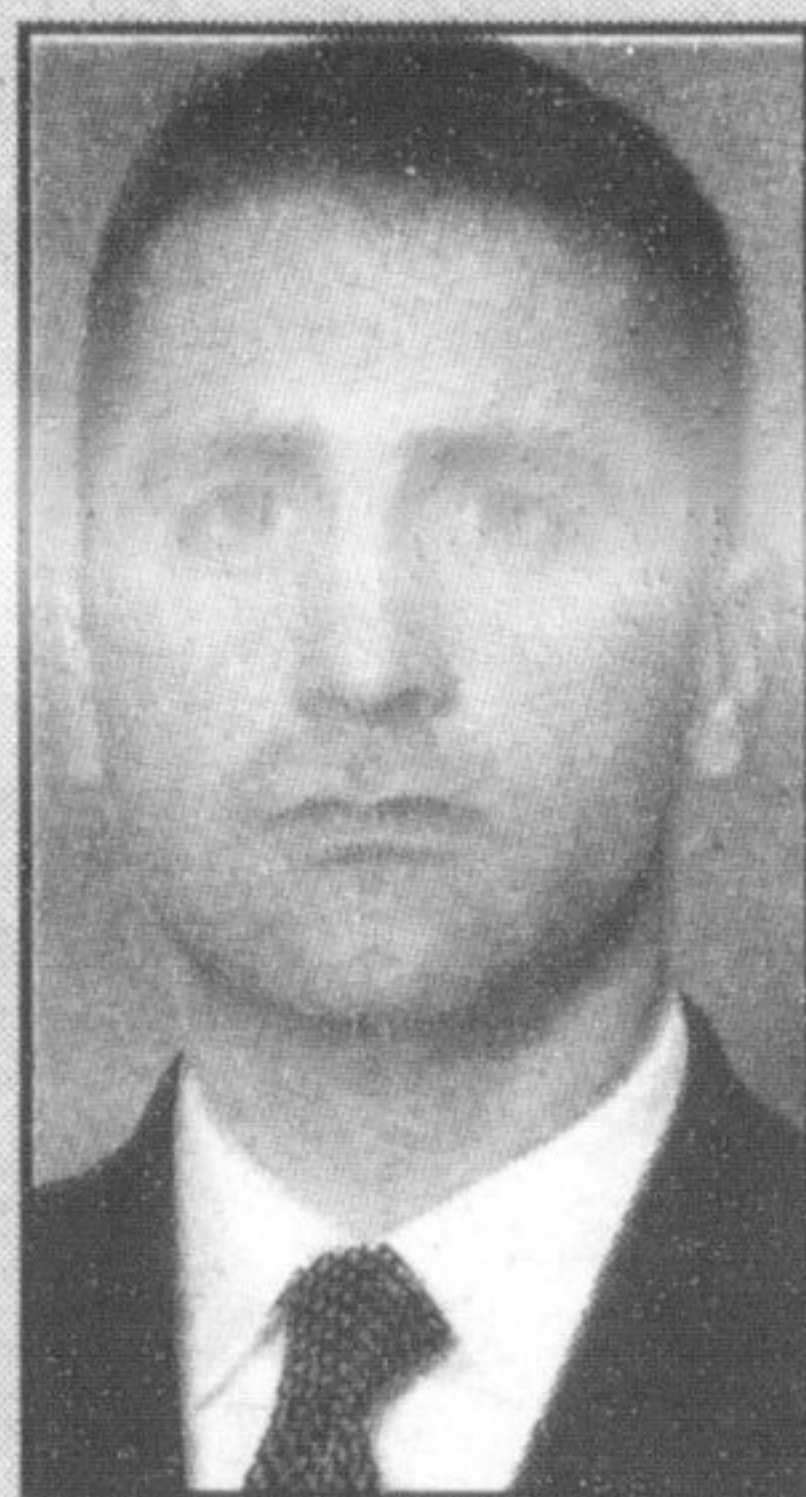
His Wichita Thunder currently sit second overall in the 15-team Central Hockey League after toppling Memphis 4-1 Tuesday night. They're now five points back of top-seated Colorado, with two games in hand.

The 34-year-old Milton native and former Jr. B Merchant took over head

coaching duties in Wichita after spending last year as an assistant with Atlantic City of the East Coast Hockey League.

"We got off to a strong start and are now looking to continue getting better," said French. "We've got a lot of good components on this team, with some skilled players up front and a good commitment to defence."

His Thunder begin a three-game road trip tonight in Oklahoma City.



Mark French

Milton native burns opposition in Miami

Racer sensational in first half-ironman

Sharon Good squashed any concern over her stamina, and all of her opposition in the process.

Turning in a surprisingly stellar half-ironman debut recently at the Miami Man, the 34-year-old Milton native — who now lives in Tampa, Florida — tamed the grueling 1.2 mile swim, 56-mile bike and 13.1 mile run in just under five hours.

The 4:59:44 performance, amidst hot and windy conditions, placed her first among all female competitors and 29th overall.

"A lot of people were shocked with my finish, along with myself," said Good, who spent the first 28 years of her life in town and whose parents David and Krys still reside here. "I really didn't expect this. I'm still glowing."

Good had won a dozen straight sprint triathlons this year before tackling the half-iron, which she spent two solid months training for.

That preparation certainly paid off, as she grabbed a comfortable lead during the bike portion of the race and wound up finishing a convincing seven-and-a-half minutes ahead of her closest female opponent.

Admitted Good, "I had some intestinal issues from the four-mile mark on during the run, but basically I just gutted it out."

While she didn't get involved in triathlon competition until moving to Florida, Good said watching a women's only event in town several years ago is what prompted

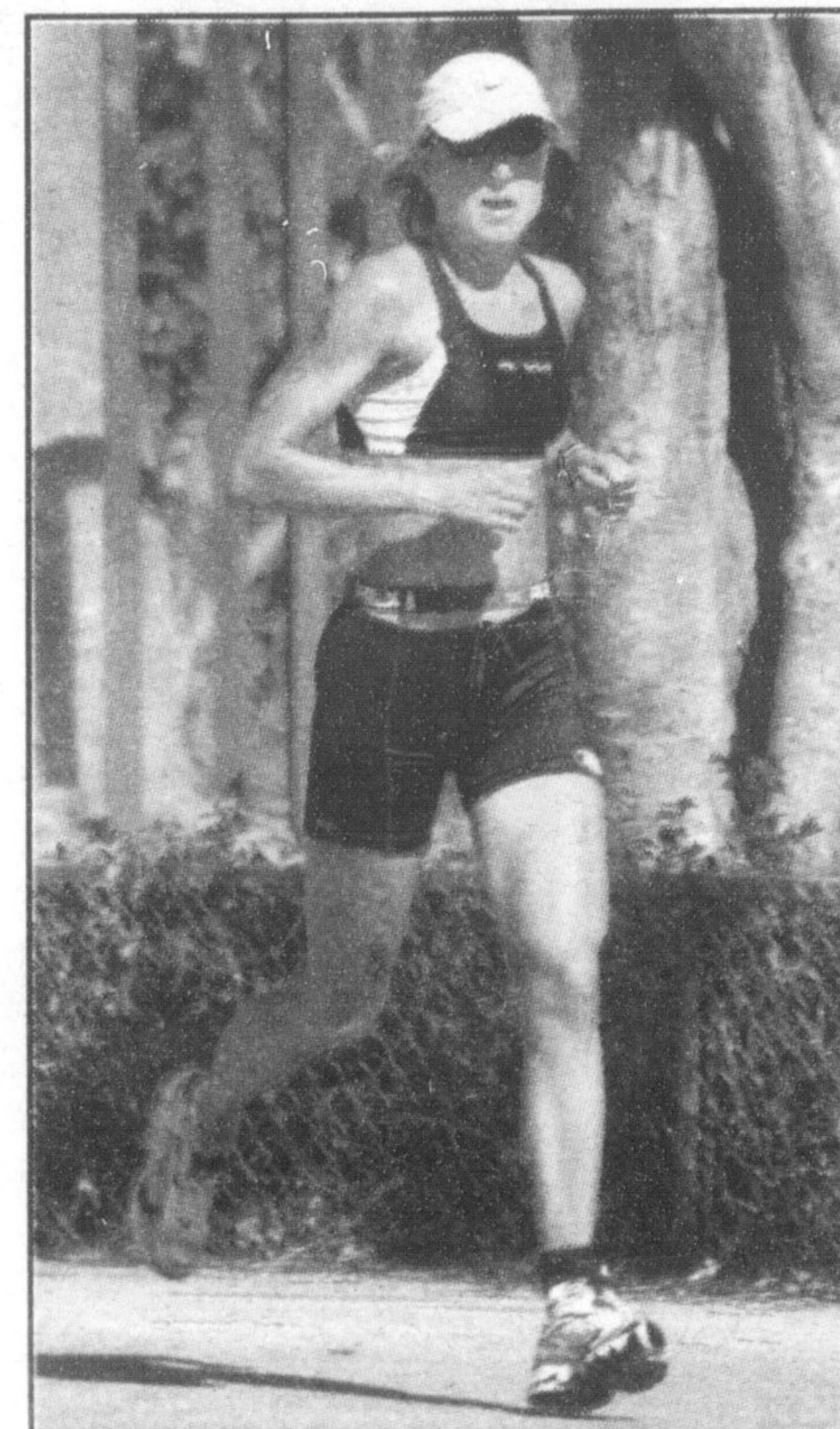


Photo courtesy of EDGAR RAMIREZ

Native Miltonian Sharon Good races to victory in the recent Miami Man half-ironman.

her to take up the sport.

"I remember think 'That's really cool'." Good's overall success this year should earn her a spot on Team U.S.A. for next fall's world long course championships in Australia. In the meantime she'll turn her attention to training for a marathon in February.

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ICEHAWKS
TONIGHT'S
TICKET

IceHawks (22-2-1-1) vs. Hamilton Red Wings (25-9-1-0)
Game time: 7:30 p.m. at Memorial
Last meeting: Milton won 4-2 November 11 at Memorial.
Who to watch: Assistant captains Matt Price and Dan Falbo are both due for a breakout night, with their production having falling off a little in recent weeks.
The skinny: The only team with any hope of catching the IceHawks, Hamilton has won 12 of its last 13 games and scored big decisions recently over Oakville and Georgetown. This could well be Milton's biggest home-ice test for the remainder of the regular season.
Champion's pick: Hamilton by a goal

Fishers and hunters are prone to hypothermia. Wear a PFD and layered clothing.

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