



LIESA KORTMANN / METROLAND WEST MEDIA GROUP

**ON THE RUN:** Shania Nabi of Bruce Trail School competes in the 800m at last Friday's Wallace Track and Field Meet at Nelson Stadium in Burlington.

## Kelso set to host triathlon/duathlon

It's time to get in gear for the annual Milton Triathlon and Duathlon.

The 2009 edition is set for next Sunday, May 31 at Kelso Conservation Area.

As always, the day will include a Try-A-Tri for beginners and novice triathletes, featuring a 375m swim, a 10km bike and 2.5km run. For more ambitious racers, there's both a 750m swim, 30km bike, 7.5km run triathlon and a 2km run, 30km bike, 7.5km run duathlon, as well as a relay triathlon —

with the same distances as for the solo competitors.

Volunteers are needed to help out on race day, and high school students can use the hours toward the volunteering component needed to graduate.

Those interested in pitching in are asked to contact organizer Harry Barnes at (519) 823-2173 or hbarne2411@rogers.com.

To sign up as a competitor, visit [www.trisportcanada.com](http://www.trisportcanada.com).

## Monk big in tournament win

The North Mississauga Panthers' Under-17 boys captured the 26th annual Mississauga International Tournament title last weekend, thanks in no small part to their lone Miltonian.

Midfielder Richard Monk scored the game winner in each of the first two games — to eclipse Woodbridge 2-1 and Barrie 1-0 — and delivered a strong two-way performance to help fuel his Elite Division team to an unbeaten weekend. The Panthers won their round-robin finale and semifinal showdown by identical 2-1 scores, over Aurora and Dixie respectively, before blanking Niagara Falls 1-0 in the championship.

Monk is also a key member of Bishop Reding's senior boys team, which looks to have a serious shot at winning regionals and reaching 'AAA' OFSAA next month.

### Give BMX racing a try

Hey kids, looking to put a little rush in your summer?

If so, Track 2000 may be just the ticket.

The local BMX racing club is set to begin another season, and is inviting children and teens to try out the sport at an open house tomorrow at their Drumquin Park facility.

From noon to 3 p.m., first-time and

## SportsShorts

novice riders can take a spin on the track. Proper attire is required — including long pants, long-sleeved shirts, gloves and closed-toed shoes — although the club will provide bikes and helmets to borrow free of charge.

Drumquin Park is located on Britannia Road, across from Terra Greenhouses, just west of Trafalgar Road.

### Field hockey clinic

E.C. Drury's field hockey program will be holding a four-day introductory clinic for elementary school girls early next month.

From June 1 to 4 — from 4:15 to 5:15 p.m. — the school will host beginner sessions for prospective players, with sticks and equipment provided.

The Spartans will be headed to British Columbia for another competitive tour in September and have recently hooked up with a nation-wide promotion company called SOGOACTIVE.ca — an Olympic program that encourages teenagers to get active.

For more information on the clinic, e-mail field hockey coach Geoff Sheppard at [sheppardg@hdsb.ca](mailto:sheppardg@hdsb.ca).

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**JOIN US!** **SATURDAY JUNE 13, 2009**  
**BRONTE CREEK PARK**  
Registration between 8:30am & 9:30am; Start time 10:00am

FOR OUR 7TH ANNUAL



## HEALING FOR BREAST CANCER 5 & 10 K WALK/RUN

Join us for a 5k and 10k Walk/Run at Bronte Creek Park in support of Breast Cancer Support Services

### GREAT PRIZES

T-Shirts will be given to the first 300 entrants

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- \$150 or more in pledges and you will receive a gift certificate for healing treatments
- Grand Prize for most money raised • Door Prizes

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For Information on the Healing for Breast Cancer 5 & 10k Walk/Run and to receive an information package please call:

**905-634-2333**

[lstevenson@breastcancersupport.org](mailto:lstevenson@breastcancersupport.org)

Register and pledge online at [www.vrpro.ca](http://www.vrpro.ca) and set up your own pledge site and email friends.

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## ANNOUNCEMENT

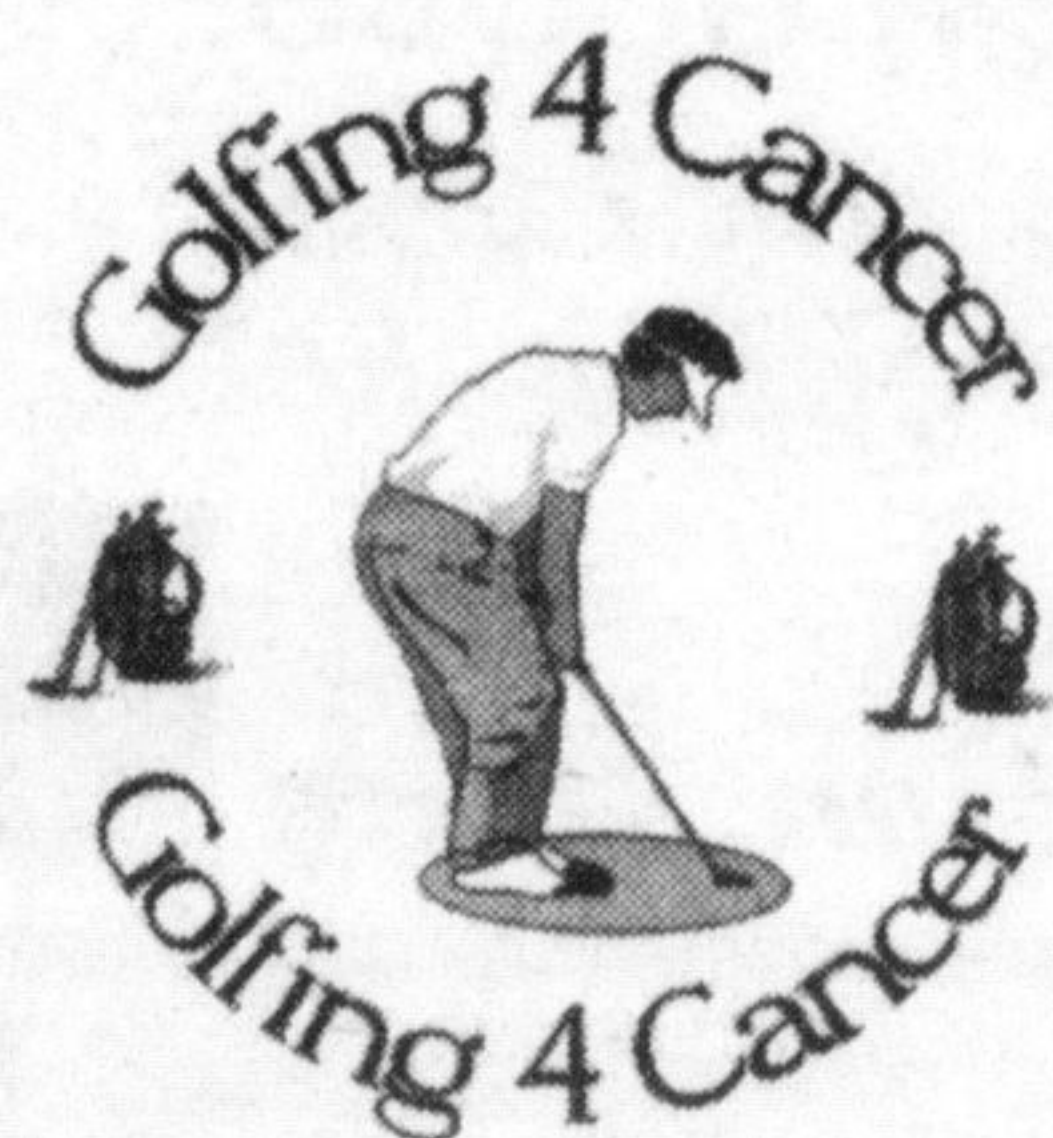
During these times of economic uncertainty, the "Golfing 4 Cancer" Committee has decided not to host our annual golf tournament this year.

We would like to thank our sponsors, volunteers and golfers for your continued support.

**Details about the 2010 tournament will be announced later this year.**

If you would like to make a donation to provide Milton cancer patients with access to free transportation to and from cancer treatment facilities at nearby hospitals, the Committee is still accepting financial donations (cheques payable to Golfing 4 Cancer) which can be dropped off at the following Milton locations:

**The Meat Terminal, 555 Main St. E.**  
**Mike's Barber Shop, 148 Main St. E.**  
**Prosperity One Credit Union, 44 Main St. E.**



Help us by donating a bag of used clothing on the day of the Run/Walk.