

Racer amazingly focused and upbeat, stresses coach

• from NO on page A30
42.2-km run) in under 12 hours, clocking in at 11:51 in Penticton, B.C.

Said coach Ian MacLean, "Lesley's amazingly focused and upbeat, regardless of the circumstances or short-term setbacks. She really does embody the phrase 'If it doesn't kill me, it makes me stronger.'"

With that mindset firmly intact, Rasmussen-McKee had battled through her lingering injury to complete two more Ironmans, most recently in May, when she delivered an 11:33 performance in Texas — eclipsing her 11:35 showing at last fall's Ironman Canada.

Another brush with adversity — and a valuable lesson — would present itself in the Lone Star State.

"It was about 45 degrees, so I threw water over myself before the run. I guess I overdid it because I ended up getting blisters on my feet from having soaked shoes. I persevered, but it was a good lesson of something not to do," said the mother of four, who gets in a lot of 4:30 a.m. training sessions before assuming her daily caregiver duties.

With the exception of her return to Ironman Canada, Rasmussen-McKee didn't do any running between November 2009 and this past January, and admits to being very concerned heading into her last

two Ironmans.

"I didn't know what to expect about my running, but I just had my heart set on doing them."

The same could be said for her April trip to Deerborn, Michigan, where she won her age group with a 3:29 marathon.

Add in her Ironman Texas effort just a few weeks later, and it looked as though Rasmussen-McKee's hamstring pulls — while not completely behind her — weren't doing much to slow her down.

Nevertheless, the Ontario Association of Triathletes (OAT) still had reservations about granting her an elite card last month.

"I'd met all the time require-

ments, but they (OAT) were still hesitant because of my history of injury," explained Rasmussen-McKee.

As a result, one final test was needed — and came with just one day's notice in Welland June 26.

Not only did the local racer win her age group, but a 1:38 finish in the sprint triathlon (750m swim, 20km bike, 5km run) was good enough for top spot among all female competitors.

Her elite card came through the following day.

"I knew just winning my age group (in Welland) wouldn't be enough (to get elite card)," said Rasmussen-McKee, who'll now venture into the elite ranks for sprint and Olympic distance triathlons, some of which will come with cash prizes for top finishers. She also has two Ironmans on her 2011 to-do list, including one later this month in Lake Placid. "It wasn't just getting my elite card that was so rewarding, but proving that I could overcome my injury. It felt great."

Added MacLean, "Lesley works as hard as any athlete I've known, and more importantly than hard, she works smart. She trains smart, she recovers smart and she races smart. All the physical talent in the world will get you nowhere if you

don't have an equally strong head on your shoulders. Lesley definitely has that."

Of course a strong support network certainly helps as well.

"I simply couldn't do this without my husband and family," said Rasmussen-McKee. "To say I've got a lot of help is an understatement."

Marlins secure qualifying times

The Marlins added two more provincial qualifying times to their tally during their recent trip to the Central Region Long Course Championships — with both delivered by 13-year-old male swimmers.

Earning his first provincial time of the season, Connor Lewis struck gold in the 100-metre breaststroke — clocking in at 1:21.76. A 1:11.74 finish in the 100m butterfly gave Jason Lacsamana the bronze, as well as his third Ontario standard swim.

Milton would come away with two other bronze medals at the central regionals, with 13-year-old Rachel McCaig taking third in the 100m freestyle and Luka Tesla matching that placing among the 12-year-old boys in the 100m butterfly.



GRAHAM PAINE / CANADIAN CHAMPION

MAJOR BOOST: The Tiger Jeet Singh Foundation gave \$15,000 to Milton District High School last week towards a new fitness room. Funds were raised from the TigerFest wrestling show. Here, Tiger Jeet Singh Jr. and father Tiger Jeet Singh present the cheque to Milton District athletes Zachary Hoehle, Melissa Gabel and Kevin Banaschweski while school staff, TigerFest supporters and sponsors look on.

Business without advertising is like winking in the dark —
You know what you're doing —
but nobody else does!



SUMMER IS HOT!
GET YOUR A/C CHECKED!

Drive with Confidence at K&B Auto

- Brake Service
- Steering & Suspension
- MDT Safety Inspection
- Computer Diagnostics
- Tires
- Air Conditioning Service
- Auto Electric and Charging Systems
- General Repairs



For the Air We Breathe



K&B AUTO SERVICE

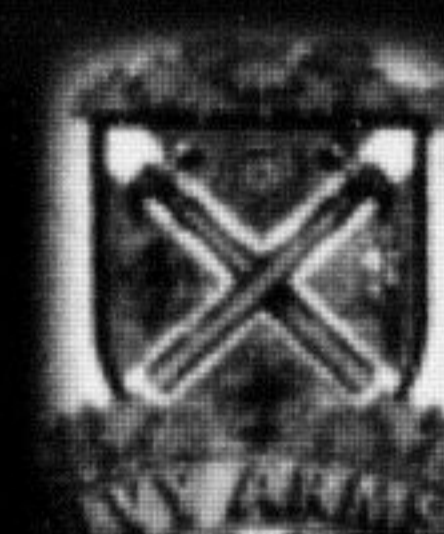
715 Main Street E. Milton 876-3148



KEVIN BLACKLOCK

Register now for **FREE**
WagJag.com

\$10 for \$20 worth of dining at The Ivy Arms, downtown Milton



50% Discount

Brought to you by Beaver **IOAKVILLE TODAY** Burlington Post **Champion** metrolandmedia

HAVE QUESTIONS? CALL 1-855-4WAGJAG