

Support from family and fans provides major boost

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I just had to do it," said Umpleby, a mother of two who's now crossed Berlin and Boston off her to-do list of five big marathons — with London, Chicago and New York yet to be tackled. "When I crossed the finish line I was just over the moon. It felt so great to complete it under those circumstances. My

body completely shut down the next day. I could hardly walk, but yeah it was worth it."

A particularly hot morning didn't help matters, nor did the distraction of constant crunching from the course's annoying debris.

"They had plastic water cups instead of paper ones and they were everywhere, so you had this cracking sound throughout the

run," said the local marathon runner, who since her modest debut in Hawaii five years ago has come in under the four-hour mark in all seven races — with her best effort a 3:41 finish at the 2007 Mississauga Marathon, where she qualified for Boston. "It was kind of a pain."

But the moral support provided by her family entourage — as well as the thousands of spectators who lined the course — helped offset the myriad of issues Umpleby faced in Berlin.

"The fan base is unreal over there. There's thousands of spectators that line the entire course."

While marathons remain her race of

choice, the Milton Runners member is branching out to triathlons, having signed up for next summer's Ironman C'oeur D'Alene in Idaho.

Though still somewhat apprehensive about tackling the swimming portion of the grueling race — which has only been slightly eased by a successful Try-A-Tri earlier this year in Bellwood — Umpleby has only to look back at her recent victory over adversity to gain confidence for her next big challenge.

"I've gotten a lot of help and support from (Olympic distance triathlete/seasoned Ironman competitor) Nancy Cole with the swim. I think I'll be ready," she said.

Boys volleyball tryouts starting next week

The Mountain Athletic Club volleyball program will be holding tryouts for its boys teams starting next week.

Boys 13 to 18 years of age — regardless of past playing experience — are invited to

come try out for one of five teams. The program is based out of Hamilton.

There's a one-time \$25 tryout fee.

For specific times and more information, visit www.macvolleyball.com.

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ANNOUNCEMENT

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