# Support from family and fans provides major boost

• from HEALTHY on page A19

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

matters, nor did the distraction of constant all seven races — with her best effort a 3:41

paper ones and they were everywhere, so you of a pain." had this cracking sound throughout the

body completely shut down the next day. I run," said the local marathon runner, who could hardly walk, but yeah it was worth it." since her modest debut in Hawaii five years A particularly hot morning didn't help ago has come in under the four-hour mark in crunching from the course's annoying debris. finish at the 2007 Mississauga Marathon, "They had plastic water cups instead of where she qualified for Boston. "It was kind

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

While marathons remain her race of swim. I think I'll be ready," she said.

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 chal-

"I've gotten a lot of help and support from distance triathlete/seasoned Ironman competitor) Nancy Cole with the

### Boys volleyball tryouts starting next week

The Mountain Athletic Club volleyball 2 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, course." visit www.macvolleyball.com.

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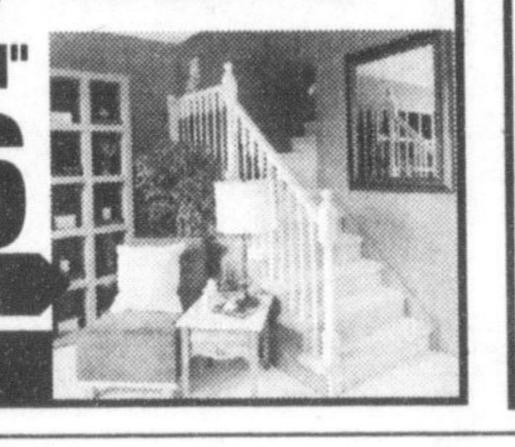
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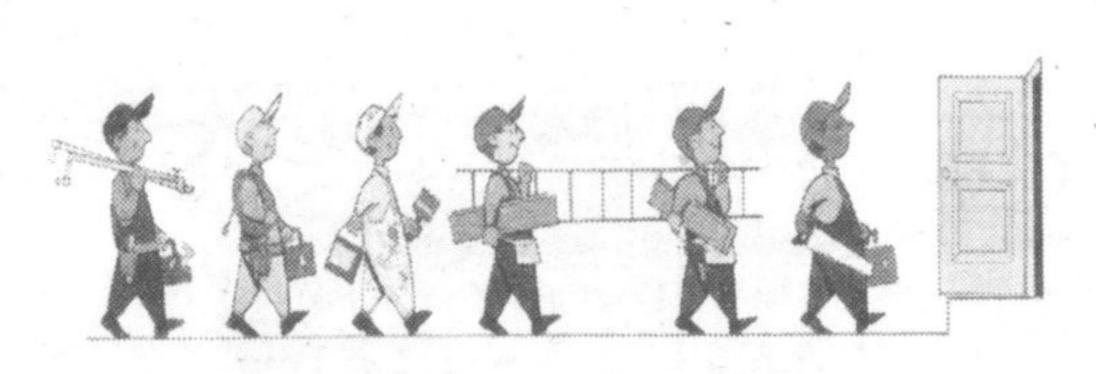
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