

Cousins conquer Ironman

Complete Idaho event in under 13 hours

Those McDonald boys sure can go the distance.

Brothers Paul and Chris and cousin Kevin — all native Miltonians, with Chris and his family still residing in town — made their latest high-endurance endeavour a family affair, competing together at the recent Ford Ironman Coeur d'Alene in Idaho.

Paul and Chris were both making their Ironman debuts at the June 27 showcase. But with a myriad of long-distance races under their belts, simply finishing the gruel-

ing 4-km swim, 180-km bike, 42.2-km run course (in the allotted 17 hours) wasn't enough of a challenge.

The sibling racers were determined to live up to their cousin's successful bid of finishing his first Ironman in under 13 hours — accomplished last summer in Nice, France — and did just that.

The youngest of the trio, 29-year-old Paul (now living out in Vancouver) delivered a sizzling 11:13.46 performance to place within the top quarter of the more than 2,200 competitors — finishing 336th — while 34-year-old Chris

stopped the clock at 12:47.41. Sandwiched in between the brothers was 31-year-old Kevin, who shed an impressive 45 minutes off his Ironman debut effort, crossing the wire at 12:07.29.

"I think everything I'd learned from the first one was the difference," remarked a now Toronto-based Kevin, whose most ambitious racing pursuit so far was a successful completion of the TransRockies Challenge (a seven-day, near-600 km bike event across British Columbia's Continental Divide) in 2007. "I paced myself better this time and had more left for the run, which was important since it (run course) was quite hilly and it was about 30-degrees out by that point with no shade."

Much like with his previous races, Kevin was planning his next challenge before the effects of this latest event began to subside.

He said, "I want to do two Ironmans a year now and I'm thinking Wisconsin in September will be the next one. They (cousins) thought I was crazy to plan the next one right away last year, but now they're hooked as well."

The McDonalds conquered Coeur d'Alene alongside two out-of-town friends, including Terry Drew of Streetsville — Kevin's partner for the TransRockies Challenge.



PHOTOS COURTESY OF BOB McDONALD

TRIPLE THREAT: Above, amid a sea of competitors, the McDonalds prepare for the swim portion of the Ironman. At right, (from left) Paul, Kevin and Chris are all smiles upon completing the course.

Late surge gives Sr. Sox much-needed tie

Kicking off a scorching week with some offensive sizzle, the Senior Red Sox put the brakes on an early-summer funk in Oakville Monday night, rallying to tie the As 9-9. This snapped a four-game losing skid and put them at 5-7-1 in league play.

Youth b-ball camps run Saturdays this month

Milton Minor Basketball will begin its second annual summer camp this weekend.

Sessions run Saturdays — from 2:30 to 5:30 p.m. — at the Milton Leisure Centre throughout July.

The camp is open to players of all skill levels between six and 15. The cost is \$85 per player.

To register or for more information, go to mbleague.info or visit the leisure centre.

Eager to distance themselves from a disappointing 0-3 run at last weekend's London Tournament, the Red Sox amassed a season-high 13 hits and evened things up with a three-run ninth inning.

Carlos D'Costa highlighted the late surge with a two-run homer — just the second long ball of the season for Milton — while Kevin Greer cashed in the tying run with a double.

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