

# Triathlon and vacation for Braam in Hawaii

By ROB KELLY

Tina Braam walks quickly, loping along in effortless strides down the corridors of Milton District Hospital. She is 45 years old. She moves like someone younger. And she is about to face one of the most grueling athletic tests in the world.

Less than a decade into her career in the sport Braam, a full-time x-ray technician, is competing in the Bud Light Ironman Triathlon in Hawaii tomorrow (Saturday).

When the first trickles of publicity began flowing back from the Ironman in the early 1980s, television audiences greeted the event with a mixture of admiration and amusement; the admiration was based on the fitness levels of participants.

The amusement stemmed from the fact that anyone would willingly choose to subject themselves to such punishment.

Billed as the most prestigious triathlon in the world, the Ironman consists of a 2.4-mile ocean swim, 112-mile bike race and 26.2-mile run, all of which must be completed within 17 hours.

Braam qualified for the event with a third-

place finish at a race in Muncie, Indiana, during the dog days of August. She prides herself on the fact that she was the highest age-group finisher among women who have jobs. "The women who beat me don't work for a living."

The Muncie qualifier was tough. "I had a terrible race. It was so hot (approximately 37 degrees Celsius). In those cornfields, nothing moves." Race organizers flew warning flags as runners faced "total complete dehydration. It was hotter than Hawaii."

Her training schedule for the Ironman reflects intensity bordering on obsession. She swims 6,000 metres per week, and admits "I don't concentrate on swimming" because it is her worst event.

She cycles 450 km a week and runs between 70 and 75 kilometres. The whole regimen takes anywhere from 15 to 25 hours "when I'm going full tilt."

By way of explanation, she offered, "I'm driven with anything I do."

The 5'3" athlete weighs 118 lbs., "exactly what I weighed when I got married 22 years ago." Her husband, Ed Braam, is a local sporting goods store owner,

also a triathlete and the organizer of a highly successful triathlon run out of Milton's Kelso Conservation Area annually.

When she first started out a decade ago, "I used to come home crying" from the pain after running, but once she entered her first 10k race "it was such a high," she progressed quickly, never looking back.

The couple have no children, but share a strong bond forged through their mutual burning desire to explore the outer limits of athletic potential. "If you don't grow together, you don't have anything."

When she trains, riding her bicycle to the furthest reaches of rural Milton and beyond, she phones her husband every two hours just to let

him know she's safe.

She proudly noted that Ed "gave up his own running time" — mornings — to watch her train at Kelso over the summer, quietly sitting on the bank for more than two hours as she swam.

As her departure date for Hawaii loomed a few weeks ago she admitted to being "Mrs. Paranoia" about fluke injuries. "I'm afraid to walk down a step in case I sprain an ankle. That's paranoia, don't you think?"

She is incorporating a vacation in the Hawaii trip, since she must pay all her own expenses, as well as the \$150 race entry fee. Her goal is to finish in 13 hours, 30 minutes. "All the women who do this professionally will beat me."

There are no financial rewards for being an outstanding woman triathlete in middle age, no product sponsorships, at least not yet. "Sports people aren't interested in women, and especially women over 40. But we're not dead yet."

She is not that concerned about any monetary rewards, either. "We do this for a t-shirt and a finishing medal."



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Photo by STEPHEN UHRANEY

### Goin' for the hoop

Bishop Reding's Andrea McNelly drives to the hoop in the Royal's junior basketball game against Queen Elizabeth Park High School. QEP's Susan Dalglish attempts to play defence but it was to no avail as the Royals won 38-35.

## Juniors romp to 35-0 win

By MATT GUINEY

Special to The Champion

Wednesday's 35-0 blanking of Lord Elgin Lancers wasn't a grueling test for the Milton District High School junior football team, but the Mustangs kept their concentration up and stayed undefeated as they ran their record to 4-0 with two games to play. They share first place in the junior Tier II league with Assumption, also undefeated.

"I'm very pleased with our team's performance," said Mustang head coach Keith Swarbrick after the road game. "How could we play better in the first half? Everything went right for us and we capitalized by scoring points."

In the first half Milton took its first possession at midfield and marched down to the Lancer 25-yard line before Pat Henneberry took a reverse handoff into the end zone for a touchdown. Gary Hans, who was a perfect five-for-five on converts, made it 7-0.

A 10-yard punt by the Lancers fol-

lowed their first possession and Milton quarterback Glen McBryde wasted no time putting more points on the board. He marched the team 40 yards downfield and capped the drive with a one-yard sneak. At the end of one quarter, it was 14-0 for the Mustangs.

The tempo in the second quarter stayed the same as Henneberry intercepted the ball on the Lancer 35-yard line and returned it all the way for his second score.

"Our whole team played well today," Henneberry said, "I feel we have a great chance to go all the way this year."

Then it was Corey Howitt's turn to score the points as he caught a 40-yard pass from McBryde which was described as, "a thing of beauty" by assistant coach Bob Nesevich. That made the score going to the locker room 28-0 for Milton.

Howitt also scored the final touchdown of the game, a 10-yard run in the third quarter.

"We just don't have an experienced

team this year," said defensive coach John McKenzie in his winless Lord Elgin team. "Last year we won the championship, but our juniors left to play senior ball. That left us with five players that have never played football before. You just can't win games without experience."

In their last four games, Lord Elgin has been outscored 116-0.

Milton thought they had an extra six points when Swarbrick rested his starters and played some of his subs. Bill King scored on a 10-yard run, but because he was wearing number 95, Lancer head coach Dave McKenzie argued King was an illegal substitution and could not run the ball out of the backfield.

The rule states that runners must be wearing number 39 or lower. Swarbrick argued the call with the referee and McKenzie but to no avail.

"We made an agreement with Lord Elgin that we could run subs without changing uniforms," said a much calmer Swarbrick after the game.

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## Buck: The storyteller

Part Two. The taping.

After passing the auditions for the new game show Knockout, I was told to be back at the Global Studios for taping at 10 a.m. Saturday morning. If all went according to plan I'd be out of there by 5 p.m., either eliminated from further competition or well on my way towards my first million.

It turned out to be neither. It became a classic case of hurry up and wait. First came the rehearsals. Then more rehearsals and then still more rehearsals.

As 10 turned to noon, there was a one-hour lunch break. Calling it a catered affair would be overstating the case a bit. Let's just say sandwiches and cans of pop and leave it at that.

There was a highlight to the day. Buck Martinez, the former Toronto Blue Jay catcher and current TSN broadcaster, is the emcee for the show. He joined us for lunch.

Sixteen sports nuts and Buck Martinez as the guest. They could have served sliced tongue on pumpernickel and no one would have complained.

Buck's a nice guy. We sat around and talked baseball. Some interesting observations were served up by Martinez, things he couldn't say on television without being on one end of a slander suit. The 16 of us learned some inside dirt on the Jays, and some of the stories behind the stories.

Anyway, after lunch we had to hurry up and wait some more. The only thing that made the waiting bearable was a television set in the green room, so nobody missed seeing the Blue Jays clinch the American League East title over Baltimore. It finally

As I See

It

with JEFF PASQUALE



turned out Saturday was a wasted day as only one-half of one show was taped, leaving 14 of us to return on Sunday along with 16 new contestants.

Most of the delays were because the show hadn't even shot a pilot. They were going in cold. Continual adjustments were made to the set, camera angles and Buck's makeup. It was a zoo.

Sunday wasn't too bad. Told to be at the studio at 10 a.m., I was before the camera at 11 and out of there by noon. Because I won my first-round match, I had to be back in Don Mills at 9:30 a.m. Monday morning.

Shooting was going fairly quickly but because I continued to win I had to stick around the studios all day. I was down to the final four before I finally lost.

Don't ask me what prizes I won (everybody has because last I heard all the sponsors still weren't on line). The show airs Tuesday at 10:30 p.m. on TSN and will go every week. I'm not sure what show I'm on, so I've got to go. Got to stock up on blank video tapes. This is my 15 minutes of fame.

**Here and There:** The Milton Merchants were in Brampton last night to take on last year's Central Ontario Jr. B Hockey League titleists, the Capitals. There's more to this than just what's happening on the ice.

Rick Bince, the coach of the Merchants, was the Capitals' coach when they were in Etobicoke last season. The two teams go back at it tonight at 8 p.m. at Milton Memorial Arena. The Merchants won't be wasting any time as they are right back into the fray Tuesday, when they host Oakville, the only team they were able to dominate last season.