

Family triathlon draws crowds, support

BY DANIEL SCHWAB

An overcast day with subtle north winds provided ideal conditions in Lake Erie for Annie Bison to conquer her fear of swimming. Bison, 50, celebrated her

two-year anniversary of being breast cancer free by deciding to participate in the Loaring family's seventh annual triathlon near Harrow Sept. 9.

"The cycling and running parts were easy," Bison said

after finishing. "I've always been a runner and I started cycling to train for this event."

The 375-metre swim was another story. But despite her fears, and supported by her daughter Vanessa who was with her for the duration of the race, Bison finished.

"She has been practising almost every day, coming out to the race site and practising in the lake," said Charlotte Loaring, an organizer of the charity triathlon. "We'll be giving her a special award called the Pink Heart just for her effort."

This year, Bison raised more money in personal pledges for the fundraiser than any other participant - \$1,820.

The funds will go toward the Elena Loaring Memorial Fund for Breast Cancer Research.

The Loaring family established the charity after Elena, Charlotte's mother, lost her battle with breast cancer in 2004.

Proceeds from the memorial fund support scholarships for students of the University of Windsor studying breast cancer research.

In addition, the Ontario government has made a commitment to double all donations received through the triathlon until 2011.

"We're happy because our dollars go that much further," Charlotte said.

In 2004, the event raised more than \$52,000.

Prior to that year, all proceeds went to the Canadian Cancer Society.

"The Windsor-Essex community in general has made an amazing commitment to this event," Charlotte added.

Hundreds of friends, family and supporters turned out to show their support for the family's cause.

Charlotte said part of the appeal of the event is that it's open to beginner athletes.

"The distances are manageable and we try to really cater to them so they feel comfortable and like the sport and keep going on with it," she said.

This year there were 81 participants in the beginner triathlon.

Along with the 375-metre swim, the beginner race includes an 11-kilometre bike ride and a 2.6-kilometre run.

More experienced triathletes participated in the "double" event, going through the entire course twice.

Jamie Moracci of Leamington finished in the fastest time in the "double" triathlon, just shy of an hour and eight minutes.



AT THE FINISH LINE - Craig Lohnes of LaSalle runs his bicycle across the finish line during the 7th annual Loaring Triathlon Saturday. Hundreds of participants, volunteers and supporters turned out to the charity event that supports the Elena Loaring Memorial Fund for Breast Cancer Research.

The 28 year old has been a long-time friend of the Loaring family.

It was his second time participating in the annual event.

"It's always a fun atmosphere," Moracci said. "And it's in support of a good cause."

Moracci also said the event would provide good

training for November's Iron Man Triathlon in Florida.

After all 60 participants finished the race they were treated to dinner and an award ceremony.

Koolini Italian Eatery in Windsor provided pasta and salad and the Motor City Sertoma Club prepared the food.



The Corporation of the
TOWN OF ESSEX
www.townofessex.on.ca

NOTICE OF OPEN HOUSE SESSIONS

CONCEPTUAL DESIGNS FOR PROPOSED ESSEX ARENA PROJECT

Take notice that the Corporation of the Town of Essex will hold open house sessions to provide the general public with an opportunity to review the two (2) conceptual designs for the proposed Essex Arena project.

TUESDAY SEPTEMBER 19TH, 2006

1. Harrow Arena Community Room
243 McAfee, Harrow
2:00 pm 4:00 pm
2. Kinsmen Fieldhouse Essex
Fairview Ave W, Essex next to Skateboard Park
5:30 pm 7:30 pm

The prime consultants of Rounthwaite, Dick and Hadley, as well as the project management firm of MHPM will be at each session to review and answer general inquiries. Forms will be available at each session for the general public to leave their comments on the proposed designs. To date the Town of Essex has met with user groups for their input on the proposed project and both conceptual designs have been based on these meetings.

Any questions pertaining to these open houses may be directed to the Director of Parks and Recreation, Doug Sweet, at (519) 776-7336 x30, or by e-mail to dsweet@townofessex.on.ca.

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Program Information available at the Essex Rec. Complex or visit our website at www.townofessex.on.ca

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