

Daughter's wish turns Stouffville dad into top triathlete

When Megan Derry tearfully confronted her father with his 50-cigarette-a-day habit a few years ago, the frightened youngster had no idea she was initiating a chain of events that would see her dad winging his way to Gold Coast Australia to compete in the 1991 Triathlon World Championships next month.

But that's exactly what Dave Derry is about to do, as the freelance film industry key grip tunes his body for the gruelling ordeal that awaits down under.

Dave, who resides on the Bethesda Sideroad just west of Stouffville, qualified to make the trip as part of the Triathlon Canada national team when he finished 11th in the recent Muskoka Triathlon.

The Muskoka swim-cycle-run event was the culmination of a summer spent chasing down just about every triathlon held in southern Ontario.

Dave won his age group in this year's Stouffville Strawberry Festival Triathlon in July, and he placed second in competitions at Niagara-on-the-Lake and Guelph.

He finished third in the Toronto World Cup affair in Milton, and logged a third at a Peterborough race as well.

The father of three will be the first to admit he's come a long way since entering his first triathlon. After granting daughter Megan's all-consuming Christmas wish that he quit smoking in 1989, Dave took up jogging to help him appreciate his rediscovery of fresh, smoke-free air.

He had promised his daughter he would chuck the butts the year before, in the spring. Then fall became the target date, as the pledge kept going unfulfilled.

"Then my daughter got upset," remembers Dave. "She came up to me and told me, 'You're going to die.'"

That was good enough for Dad. He swore off cigarettes immediately.

FROM WHERE I LIVE

Bruce Stapley



But the demon weed had taken its toll, and his participation in his first triathlon, the Strawberry Festival Triathlon in the summer of 1990, was a less than awesome athletic display.

In fact, Dave recalls it as a lamentable ordeal at best. "I almost died," he now concedes.

"I hit the water in my boxer style bathing suit, and the water was freezing. All I knew how to do was the backstroke. I did the bicycle part on a mountain bike, and all I remember was that people were going past me like rockets."

"I was staggering at the transition point. In the end, I was just surviving, not competing."

But that was last year. After his initial experience, Dave proceeded to go out and buy a proper bike, then began training nightly at the York University facility until he started to develop some stamina.

He started entering more triathlons as his conditioning came along, and the rest, you might say, is history.

Now that he's made the national team, his main concern evolves around just how he's going to pay his way to the land of the kangaroo and Crocodile Dundee.

He's responsible for his own airfare, accommodation, and food, as well as other incidental expenses. And he's hoping he just might stumble across a sponsor looking for a little international exposure.

Once he gets there, he's in for the triathlon of a lifetime. The proposed course runs through the centre of Surfer's Paradise, about 80 kilometres from Brisbane.

The 1.5 kilometre swim will be in the Gold Coast Broadwater, a stretch of tidal saltwater just

behind the coastal strip.

The 40 km bike course will encircle the Indy Grand Prix course, with the Pacific on one side and the highrise hotels and condos on the other.

A 10 km run finishes it off.

Good luck, Dave. And don't for-

get to bring home a little something for Megan.

WOULD YOU LIKE TO OWN YOUR OWN BUSINESS?

COME AND DISCOVER

LEADING FRANCHISE & BUSINESS OPPORTUNITIES

(FULL AND PART-TIME) AT THE

METRO NORTH BUSINESS SHOW

WEDNESDAY OCT. 2, 10 A.M. - 8 P.M.

THURSDAY OCT. 3, 10 A.M. - 7 P.M.

LE PARK CONVENTION FACILITY

SW CORNER OF HWY. 7 & LESLIE STREET MARKHAM

BRING THIS AD & SAVE \$2.00 ON THE ADMISSION PRICE

GET RID OF YOUR HOUSEHOLD HAZARDOUS WASTE



CORROSIVE
Batteries
Drain Cleaners
Oven Cleaners



TOXIC
Pesticides
Rat Poison
Pharmaceuticals
Cleaning Fluids



REACTIVE
Pool Chemicals
Ammonia
Bleach
Aerosols



FLAMMABLE
Paints, Solvents
Oils, Gasoline
BBQ Starter
Propane Cylinders

AT THE REGION OF YORK'S HOUSEHOLD HAZARDOUS WASTE DAYS

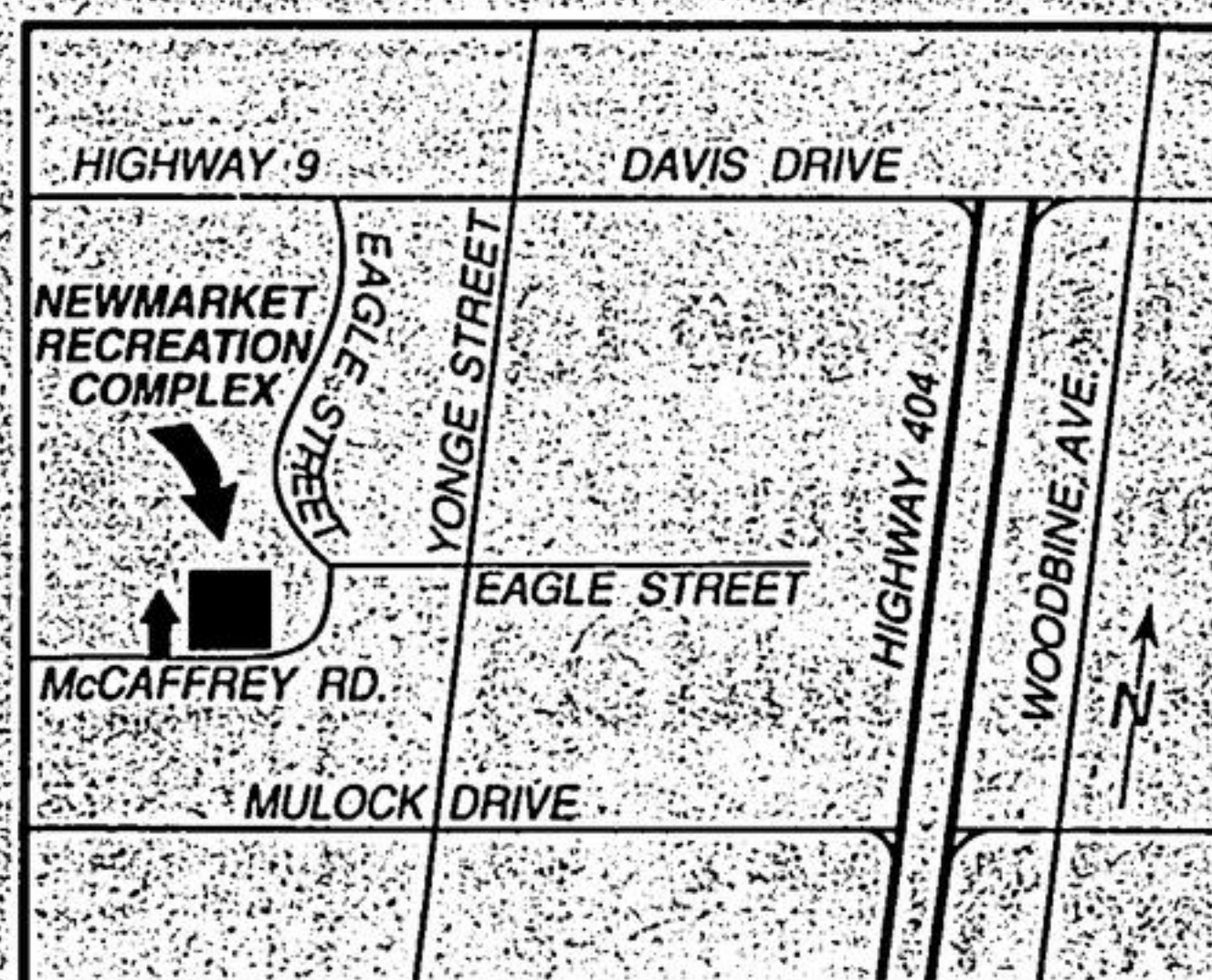
AURORA EAST GWILLIMBURY GEORGINA KING MARKHAM
NEWMARKET RICHMOND HILL VAUGHAN WHITCHURCH-STOUFFVILLE

When you use these hazardous products, you use them carefully. When you don't need them any more, you should dispose of them just as carefully. That's what Household Hazardous Waste Day is all about - an opportunity to clear potentially dangerous waste out of your home, and protect our environment - water, land and air - at the same time. If hazardous products are thrown in the regular garbage, they can injure sanitation workers and cause long-term environmental problems. Bring your Household Hazardous Waste to either of the special depots, and it will be dealt with by experts, at no cost to you.

What to do:

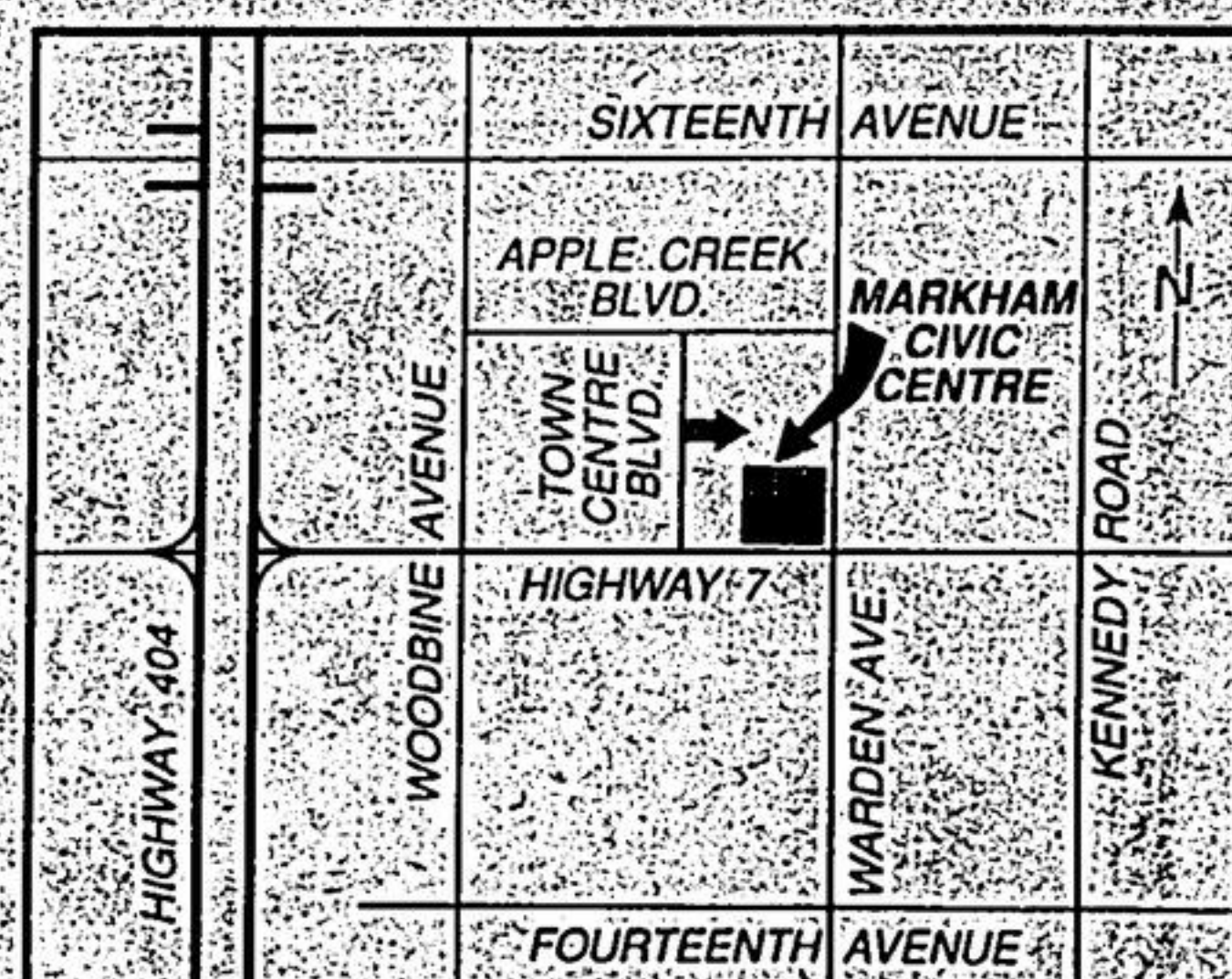
1. Look under your kitchen and bathroom sinks, in the medicine cabinet, tool shed, garage and basement. You'll probably find all kinds of cleaners, waxes, detergents, cosmetics, expired prescriptions, solvents, paints, bug killers, oil and grease, etc.
2. Make sure all materials are in original containers or contents are very well marked on containers. Be sure that all containers are capped. Please remember that your containers must be deposited with waste materials and are not returnable.
3. Bring your Household Hazardous Wastes to one of the locations shown below.

SATURDAY, OCTOBER 19 9 AM TO 4 PM



RECREATION COMPLEX
NEWMARKET

SATURDAY, OCTOBER 26 9 AM TO 4 PM



MARKHAM CIVIC CENTRE
MARKHAM

Region of York residents also may take their Household Hazardous Wastes to the Keele Valley Landfill Depot (McNaughton Road, east of Keele Street, Maple), which is operated by Metropolitan Toronto year-round on Wednesdays from 10 am to 6 pm and Saturdays from 7 am to 12:30 pm.

Please note:

- York Region residents only (driver's licence required as proof).
- No commercial, industrial or medical office wastes accepted.
- 50 litres per household limit.
- No explosives, ammunition, PCBs or radioactive wastes accepted.
- Needles and syringes from household medicinal use will be accepted in rigid containers only. No other pathological wastes will be accepted.
- Tires will also be accepted.

If you require further information:

- Call your local city, town or township office.



FAIRVIEW MALL 496-8249 **The Steak Shop**
DON MILLS CENTER 447-0537

** while quantity lasts **

STUFFED CHICKEN BREAST

Suisse oven ready
kiev ready

\$22.95

Amandine

Hawaiian

(box of 6)

Reg. \$26.00

TIME-LIMITED SPECIAL VALID ONLY AT THE ABOVE 2 STORES

MEMBERSHIPS NOW AVAILABLE

- The Fire Fighters Club, established in 1965, is inviting you & your family to join.
- We are a 1/2 social & 1/2 athletic Club.
- There are many functions to enjoy throughout the year, of course we have a fabulous exercise room with modern equipment.
- There are two options available:
- Only \$100.00 for the entire family with NO additional charges for the year. (Children included under adult age).
- \$1000.00 for 5 years membership and then at the end of the 5 years; you receive back your \$1000.00.



With these 2 great options, you should give us a call at 475-6571 - Fax: 475-6575

44 Esna Park Drive
Markham, Ont.
L3R 1E1