

Pioneers win three

With the Eastern Ontario Baseball Association men's regular season winding down, the Markham Pioneers picked the right time to play some goodball.

Playing three games in as many days recently, the Pioneers emerged victorious in each, as they defeated the Scarborough Sun Devils 12-6 on July 30, the Peterborough Tigers 5-1 on July 29 and the Belleville Nationals 8-2 on July 28.

Steve Horsley's three-run homer in the fifth inning keyed the Pioneers' win over the Sun Devils while Shelby Nelson and Pat Turner each drove in two runs. Matt Wagner had two hits and one RBI and Mark Petrou, one hit and one RBI. Todd McLeish was the winning pitcher.

Petrou led the Pioneers to its win over the Tigers by smashing an eighth inning grand slam home run. Nelson contributed two hits and Turner, one. Mark Cheeseman worked eight innings for the win.

Unleashing a 16-hit attack against the Nationals, the Pioneers were led by Nelson, who had three hits and one RBI. Horsley contributed two hits and two RBIs while Todd McLeish and Ryan Jones each had one hit and one RBI. Wagner, Petrou and Ian Ellis each had two hits and Shawn McLeish, one. Steve Waggott went the distance for the win.

Lightning win gold

The Markham Lightning under-14 girls kicked up a storm at the recent Sudbury 2000 Panhellenic International Soccer Tournament by capturing the title with a 3-1 win over the Sault Ste. Marie Civics in the championship final.

The Lightning reached the final after winning its two-round



SPORTS DIGEST

robin games and Barrie in a semi-final game 2-0. Scoring for the Lightning were: Stefani Ivkovich and Lindsay Brown with two goals each. Michelle Butler, Mandy McBean and Leanne Zuccheri had singles. Also contributing to the club's success were: Alison Shettler, Laura Vella, Valerie Wood, Ashley Docking, Kristen Leandro, Vanessa Porchetta, Amanda Weber, Livia Lepore, Patti Tsigaridis and Christina Bagnarol.

Markham men tie one on

The Markham Soccer Club men ran their Ontario Soccer League unbeaten string to nine games after battling Olympiakos Scarborough to a 1-1 tie Wednesday at Mount Joy field.



Trailing 1-0 at the half, Markham was awarded a penalty shot when Peter Firebrace was struck down on a breakaway. Dariusz Ostaszewski converted the penalty kick.

Occupying first place with a 9-2-3 mark, Markham's next game is on the road against Bramalea Celtic on Friday.

Panthers tame Raiders

The Markham Raiders lost their fourth straight New York Football League contest last Friday when they dropped a 34-7 decision to the host Toronto Panthers.



Gifford Rose accounted for the Raiders' lone major on a 14-yard run in the first half. Now 1-4 on the season, the Raiders will take to the road Saturday to play the Ohio Cardinals.

Lines takes a serious approach to being fit

Markham resident once bore the brunt of jokes because of her physique

BY MIKE HAYAKAWA
Sports Editor

There was a time not too long ago when Teri Lines bore the brunt of some jokes about her physical appearance.

Describing herself at one time as a "98-pound individual who made Ally McBeal look like a body builder", the 26-year-old Markham resident sought to improve her physique.

That decision eventually paid off as the now physically-toned, 123-pound Lines has received some rave reviews.

Making her debut in a recent regional fitness competition in Ottawa that was sponsored by Neutron Sports, Lines finished second in the figures segment and third in fitness.

With her placement, the former Markham District High School graduate advanced to a national competition that will be staged next month in Oshawa.

"I didn't expect to place at all," Lines said of her feat. "It was shocking and gratifying. In high school I even failed gym."

For Lines, the results were a pleasant surprise, considering she just began to take careful note of the sport in late December and started serious training in January.

"I was watching a couple of fitness shows on television and I thought to myself 'that's what I wanted to look like.' I didn't want people teasing me about how I looked. I wanted to make a life change," she recalled in the events leading up to her involvement in fitness competitions.

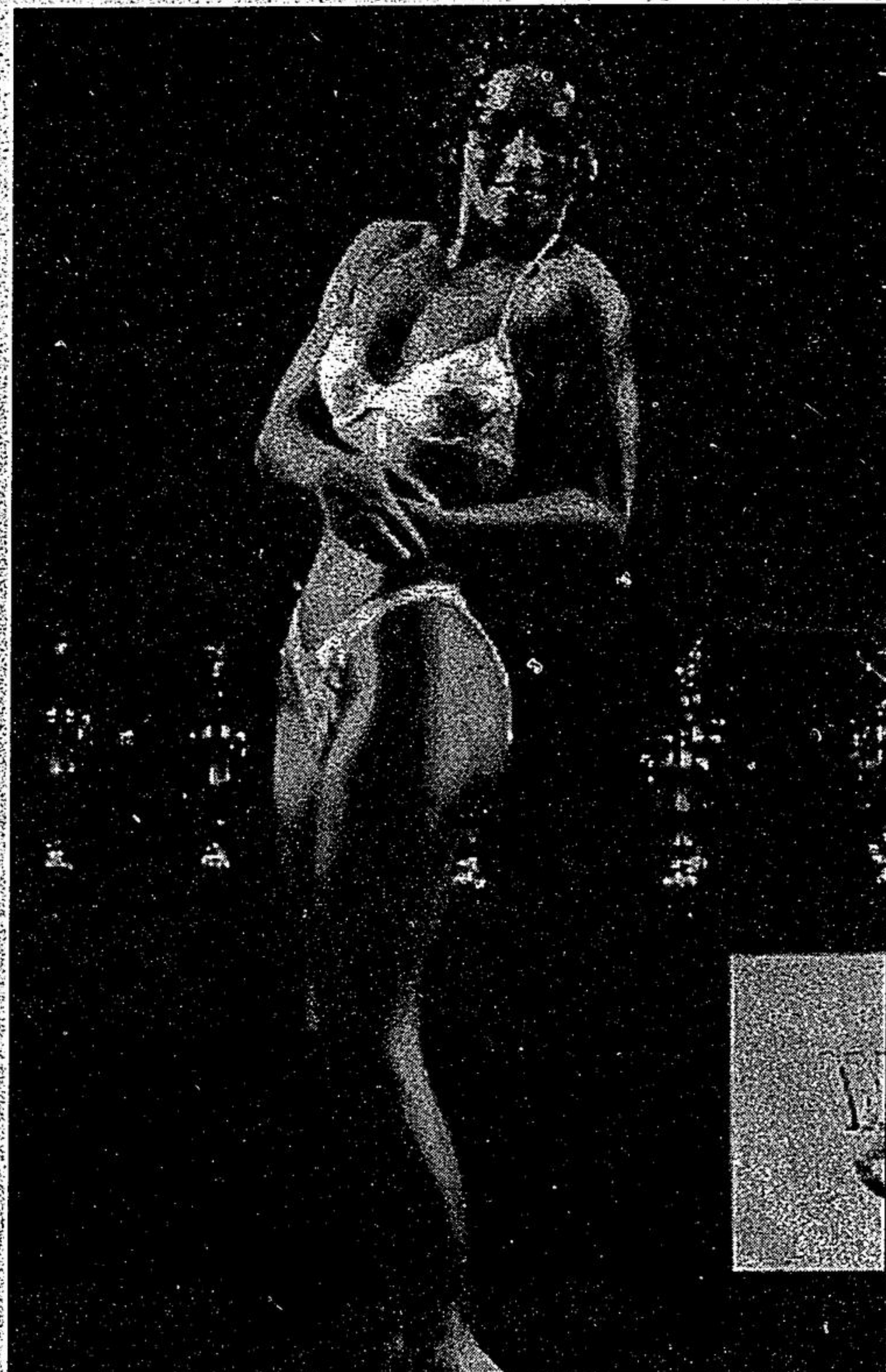
Accelerating her interest was a public relations program she was enrolled in at Durham College. During her academic year, Lines contacted Neutron Sports to see if she could get involved in some capacity. Replying to Lines' request, the Oshawa-based company allowed her to do some gofering work at their first regional qualifier in Oshawa.

Enjoying her initial first-hand exposure to fitness competitions, Lines attended the second regional qualifying show in Niagara Falls in May as a spectator.

When the third regional qualifier in Ottawa came up in late June, Lines took the big dive.

"I've never been scared in my whole life," Lines recalled of her competitive debut. "I didn't sleep the night before. I was just running on pure adrenaline."

In fitness competitions, Lines points out they are divided into three categories: figure, fitness and body building.



Markham resident Teri Lines, shown here striking a pose during her debut at a fitness competition in Ottawa, hopes her performance, which resulted in a second- and third-place finish, will lead to bigger things in future events.

As a first-time entrant, Lines elected to enter the figure and fitness segments. In the figure segment, bikini-clad athletes are required to do certain turns, make mandatory poses and a 90-second routine to high energy music.

MORE THAN MUSCLES

The fitness portion has contestants in their bathing suit doing quarter turn poses. They then return in an evening gown and do quarter turns before concluding by making a no-time-limit speech on fitness.

"The competitions are not just about flexing muscles," she said.

In addition, the competitions also place a heavy emphasis on entrants being drug free, as they are carefully screened throughout the event.

While Lines is developing a keen interest in the sport, she concedes the toughest part is in her training. And in particular it's in maintaining a strict diet. For Lines, her prescribed diet consists of consuming foods possessing high proteins, low carbohydrates and no fruits or dairy products.

"It's hard for me when I go out with friends who are eating pop-

corn or drinking a beer or wine and I have to stick with water," she said. "It's hard to stay motivated."

Looking ahead at the national competition, Lines anticipates she will have to work twice as hard in training.

"I still need more definition of my muscles," she said.

To do this though, she said, will require additional coaching. And in turn, it will mean more expenses on her part.

Spending close to \$2,500 at the Ottawa regional event, Lines estimates it will cost about \$450 just for 10 lessons from a weight training coach. Hiring a nutritionist, she said, will cost at least \$350.

Prescribed groceries will cost anywhere from \$200 to \$250 a week.

There's also money needed to purchase supplements including vitamins and protein shakes.

With a good showing at the nationals, Lines hopes it could lead to bigger things, including a possible berth on a Team Canada contingent that competes at fitness competitions around the world. There's also the lure of cash prizes and sponsors.

"Now I know what athletes go through," Lines said.

WANTED CARRIERS

TO DELIVER THE ECONOMIST & SUN AND TRIBUNE IN THE FOLLOWING AREAS

Markham

Wales Avenue Main Street	Elm Lea Street Arrowflight Dr.	Alanadale Ave. Friar Tuck Road	Robinson Street Rougecrest Dr.
-----------------------------	-----------------------------------	-----------------------------------	-----------------------------------

Unionville

Springwood Cres. Markville Road	Ambleside Crescent Kerrigan Crescent	Baycliffe Road Fred Varley Drive	Montgomery Court Blackwell Court
Meadowbrook Lane Waterbridge Lane	Leighland Drive Litchfield Road	Hastings Drive Lionheart Lane	Carnforth Drive Foxmeadow Lane
Rosemead Close The Bridle Trail	Longwater Chase Oakhaven Drive	Conistan Road Aries Crescent	Village Gate Eyer Drive
Main St. Unionville Dancer's Drive	Rowland Court Calvert Road	Garcia Street Library Lane	Muirfield Trail Lancelot Drive
Wentworth Court Coupenthwaite Cres.	William Berczy Blvd. Hollingham Road	Chamberry Cres. Heatherwood Cres.	Emmeloord Cres. East Drive
Loring Crescent Casson Place	McKay Crescent Gaudette Street	Ray Street Lazenby Court	Touraine Drive Hans Drive
Valentina Drive	Ellingwood Court	Vaselle Crescent	Holmesdale Crive

Milliken

Fresno Court Cresane Street	Elvira Crescent Cimmarron St.
Quince Cres. Alicewood Dr.	Chatelaine Drive Laird Drive
Olivewood Dr.	Joycedale Street

Stouffville

Main Street Second Street	Charles Street Edward Street
Albert Street	Victoria Street

Even if you don't see your street listed here, you can call our office and have your name put on our waiting list. We are also looking for carriers to be temporary vacation replacements this summer.

Make Extra Money delivering the paper and flyers to homes in your area! Call today!
ECONOMIST & SUN (905) 294-8244 Stouffville Tribune