

Team members play off strengths

From page 24.

Racing Canada series five years ago.

Today, the Mount Albert couple is entering its third year of competition and is on two teams — a three-person Fit City entry and a four-person squad.

"We did a lot of mountaineering, canoeing and running, so we wanted to find a way to combine all of them," Mr. Pegg recalled. "Adventure racing combines everything we do. It was a natural progression to become involved."

As a former marathon and triathlon competitor, Bob Miller was enticed to try adventure racing four years ago. Today, the 27-year-old Unionville resident has competed in adventure races all over the world.

"When I first saw adventure racing I said, 'This is perfect.' This is what I want to do," he said after returning from New Zealand where he took part in several competitions.

Among them was the Southern Traverse, a six-day event that includes such steep inclines he said it's renowned for being one of the toughest adventure races in the world.

"It was an eye opener," said Mr. Miller, who is part of an entry called Team Running Free. "The fear level in the Southern Traverse was a lot higher than races in Canada."

What's the ideal age for adventure racing? Mr. Redford said he's one of the younger participants at 28. On average, though, he said adventure racing entices individuals between 26 and 35.

Mr. Pegg, however, has seen competitors in their 60s take to the wilderness trails.

While it helps to be physically fit, Mr. Pegg said possessing a sound mind might be more critical to the success of a team.

"A lot of adventure racing is mental, especially in the longer races. I know we've been in races where we've lost places because we just assumed a couple of things. If you miss a target by 50 metres you could keep on going and lose places pretty quick," he said.

'It costs me per year in the thousands. But I prefer not to look at it that way.'

Mr. Redford recalled from his adventure racing debut in Ottawa if he and his teammates had used their grey matter more effectively, they might not have become lost.

"What I've learned is it's not the fastest runners or bikers that win; it's the team that takes care of each other that wins. For example, you're navigating on unmarked courses and the routes go through the bush in the middle of the night, that's the challenge.

"You have to play off each other's strengths. That's why I keep going in it. I'm going in it for the long haul, the challenge is physical and mental."

In preparing for an event, Mr. Redford said training is essential and is carried out almost daily.

About the only drawback is the financial aspect. Adventure racing is not cheap. Mr. Pegg said an upcoming 24-hour race he intends to take part in has a \$1,200 entry fee.

"And that's not including accommodations, food or equipment," he said.

The high cost to enter the sport could also account for participation demographics. Most participants are within the managerial-professional category.

"It costs me per year in the thousands. But I prefer not to look at it that way," Mr. Redford added.

Although cash prizes in Canadian adventure races are minuscule compared with events such as the upcoming Primal Quest event in Colorado with a US\$250,000 purse, Mr. Redford and Mr. Miller said they continue their pursuit of the sport because of the challenge.

"It's a blast, it's a ton of fun," said Mr. Miller. "It's a combination of the camaraderie of racing with other people and interaction with your teammates where you go through a lot of emotions. One minute you can feel like crap and the next minute you can feel great."

"And when you cross the finish line, you can look back at what you did and say, 'Wow.' It's the challenge and satisfaction you get."

For more information on adventure racing, contact Adventure Racing Canada at 416-444-3899 or log on to www.adventureracingcanada.com. Or try *Raid the North* at 416-783-4464 or www.raidthenorth.com

Guide on website soon

From page 24.

residents to complete, even if they usually walk a distance no more than from a mall's parking lot to the food court.

Many trails in the guide can be used for bicycling, cross-country skiing or inline skating.

'Some of these are works in progress.'

Quite a few can be travelled by people in wheelchairs or strollers.

Regional staff say 30,000 copies are being shipped to municipal offices, conservation areas and libraries across the region.

Within days, visitors to the region's website, region.york.on.ca, should be able to find the guide by clicking the *Take a Hike* icon.

The guide vastly improves on a previous edition published by the region a decade ago.

Back then, some paths detailed in *Take A Hike* didn't yet exist, such as William Granger Greenway in Vaughan or the Nokiidaa Trail, which stretches from Aurora to East Gwillimbury.

"Some of these are works in progress," said Diane Pomeroy, a long-range planner for the region, adding there are further opportunities to connect communities in York with walking trails.

A third edition of the Oak Ridges Trail Association guide, with 10 maps detailing 200 kilometres of trail along the landform between Caledon and Rice Lake in Northumberland County, was released a month ago.

It's available to the public for \$22 at some area retailers or from the club at www.orta.on.ca

M&M CANADA DAY BBQ Solutions!

MEAT SHOPS



Member Special
13.99
SAVE \$4

Member Special
5.99
SAVE \$3

Member Special
8.99
SAVE \$1

Member Special
21.99
SAVE \$2

Boneless Seasoned Chicken Breasts
8-12 Pieces 1.36 kg/3 lb

Beef and Sirloin Burgers
12 x 113 g/4 oz

Striploin Steaks
4 x 228 g/8 oz

PRICES IN EFFECT SATURDAY JUNE 22 UNTIL FRIDAY JULY 5/2002. OPEN CANADA DAY!

9275 Markham Rd. Hwy 48 & 16th (In Garden Basket Plaza) 905-472-2028

4261 Hwy #7 West of Main St. Unionville 905-474-1891

5812 Main St. Stouffville (Beside Houston Ford) 905-642-9334

2002 August 15-18

Markham JAZZ Festival

5th Annual

honouring the past
celebrating the present
embracing the future






Thurs. Aug. 15 Jim Galloway Wee Big Band with Warren Vache
Markham Theatre

Fri. Aug. 16 Bill Evans Tribute Fred Hersch with Don Thompson, Terry Clarke and the Toronto Sinfonietta conducted by Rick Wilkins
Markham Theatre

For concert tickets call **905.305.7469**

The festival continues Saturday and Sunday throughout Markham and Unionville.

For complete details on all events and venues visit our website: www.jazzfest.markham.on.ca or call the festival hotline at **905.471.JAZZ (5299)**.

MARKHAM ECONOMIST & SUN The SOCAN Foundation