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Natalie Geiger of Stouffville District Secondary School won the 400 metres at last weekend's OFSSAA championships in Ottawa.



Geiger has winning habit in 400m

BY MIKE HAYAKAWA
 Staff Writer

The effort was there to be one second lower if it wasn't for the wind,

Winning the girls' 400 metres at the Ontario high school track and field championships is nothing new to Natalie Geiger.

Since enrolling at Stouffville District Secondary School three years ago, she has won the provincial 400m race as a midget and junior.

Now in Grade 11, she completed the trifecta at last weekend's annual provincial event in Ottawa.

Making this year's feat a little more special, though, was that she did it while competing in her first year of senior eligibility.

"It feels just as good to win (the 400m) this year as it did in the past. I felt confident. But it was a little different. I'm younger than some of the senior competitors who were running. There were some competitors who are in Grade 12, so to win the gold this year was a little more satisfying. I'm happy I accomplished it," she said.

While being clocked with a winning time of 55.96 seconds in this year's race, Geiger felt the windy conditions did not do her any favours while trying to set a record. However, considering the elements, she was satisfied with her effort.

"Going down the first 200 metres, I didn't know how much of a wind there was in terms of speed, but it was a big wind and it made for tough running conditions. I had to adjust, but it was hard to run through.

"I had a plan and I executed it. My time was a bit higher than what I wanted it to be. But due to the wind, it was still good. The effort was there to be one second lower if it wasn't for the wind," she said.

Geiger also took to the track to run in the senior 800m and finished seventh.

But there was a silver lining to this, as she was quick to note running in the 800m enhanced her preparation for the 400m.

"It gave me more energy left at the end of the race," she explained. "Running the 800m definitely made it easier for me to do the 400m."

While not medalling in the 800m, Geiger anticipates she will continue to run this discipline. But she's not discounting a return to the 200m, which she turned down this year to concentrate on her bread and butter in the 400m.



As part of evaluating the list of potential sites for the proposed energy-from-waste facility, a preliminary health and ecological assessment is being completed. One of the potential sites is located on Garfield Wright Boulevard in the Town of East Gwillimbury.

Join us and learn more about the progress of the Environmental Assessment (EA) to date, including the health and ecology-related studies.

Information Sessions will be held from 6:30 p.m. - 9:30 p.m.

A formal presentation will begin at 7:00 p.m.

Tuesday, June 19, 2007 and Thursday, June 21, 2007

Roman Palace Banquet Hall, 1096 Ringwell Road, Newmarket

Please note that the format and information discussed will be the same for each session. Please register in advance for these sessions by calling 1-866-398-4423

For more information on the Durham/York Residual Waste EA Study or details regarding public sessions being held in Durham Region, please visit www.durhamyorkwaste.ca or call 1-866-398-4423



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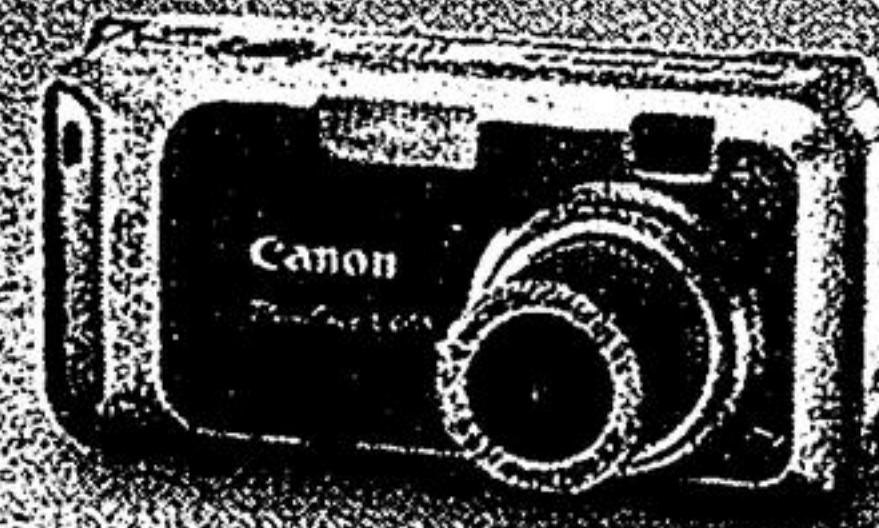
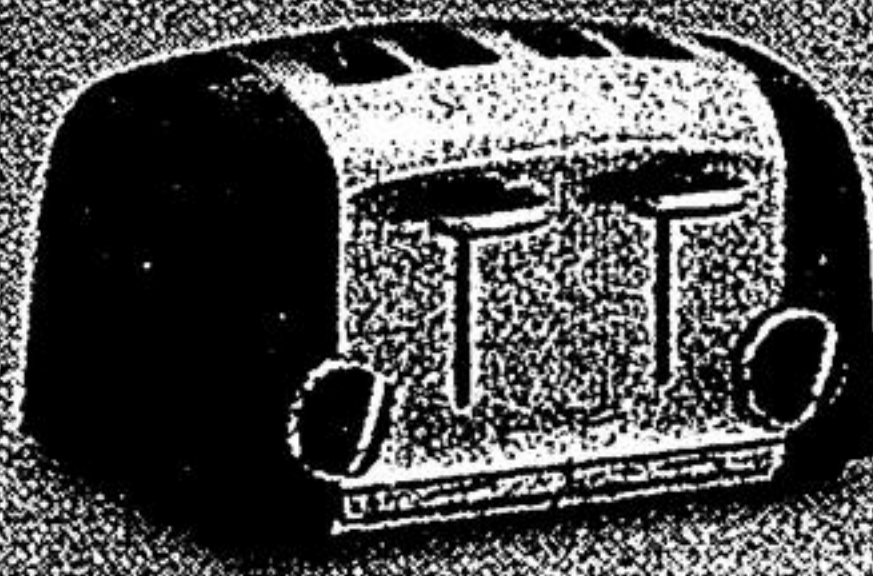
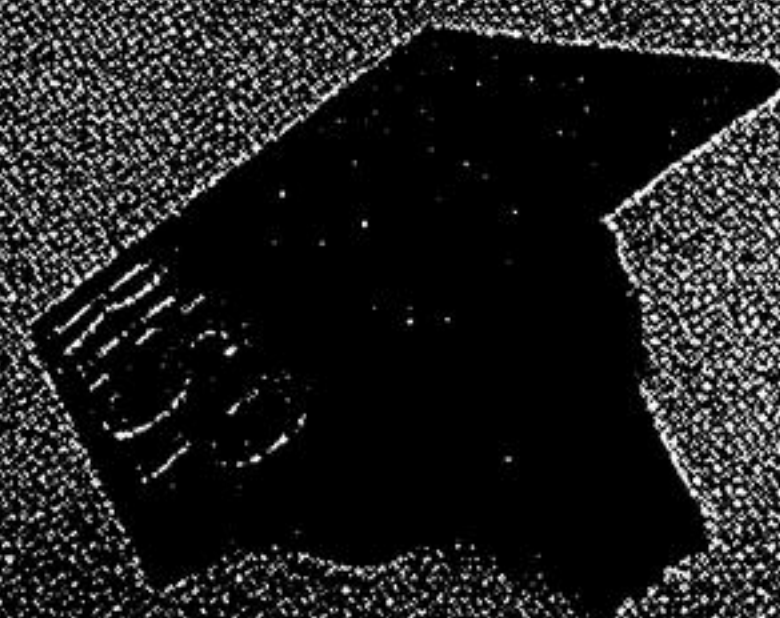
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