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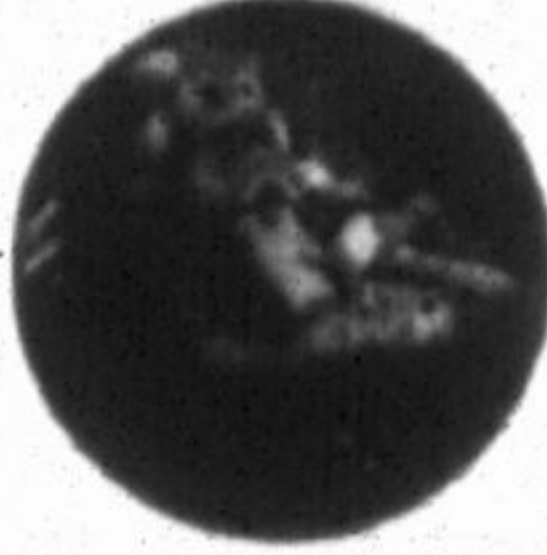
Dr. Nina Nejme of HealthWise Rehab & Physiotherapy Centre introduces you to the ES Tech Scan

Monday - FYI

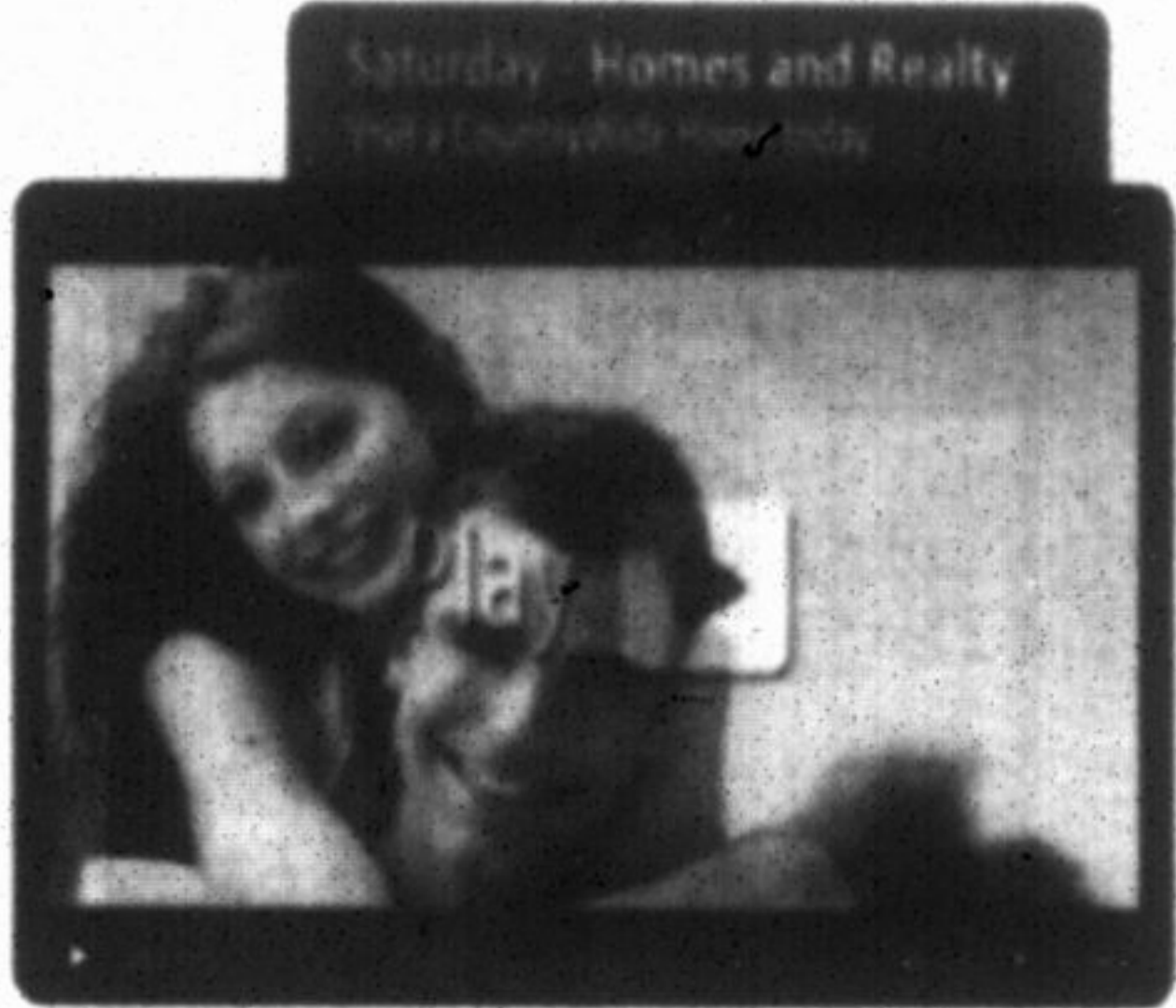


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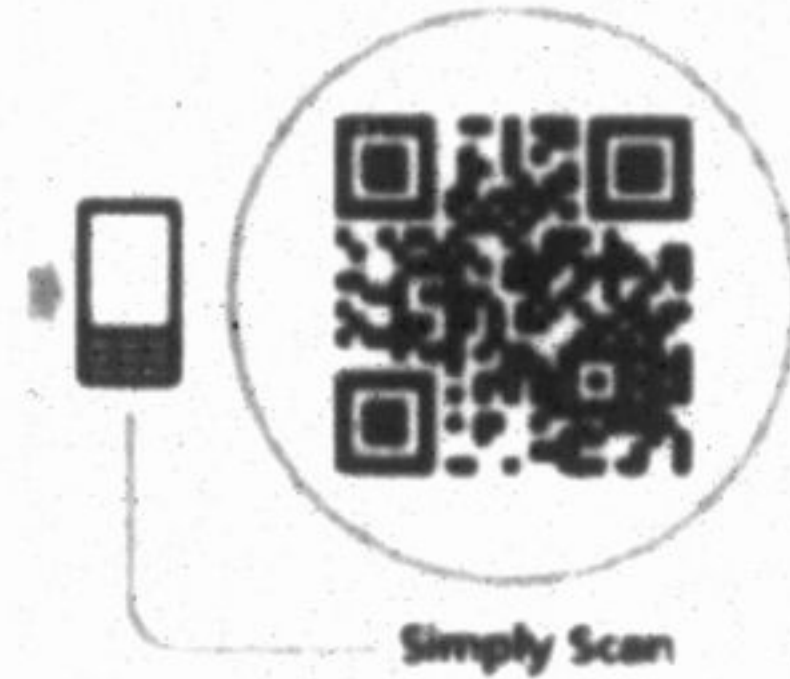
Thursday - In The Kitchen



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Spartan Mccrossan king of York Region trails

BY MICHAEL HAYAKAWA
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Stouffville Secondary's Robbie Mccrossan was the first competitor to cross the finish line in the senior boys' division at the York Region high school mountain biking championships in the Ravenshoe Forest near East Gwillimbury Wednesday.

The 17-year-old Grade 11 student negotiated the 5.5-kilometre course twice in a time of 33.05.

'He comes in with a T-shirt and board shorts. Everyone looks at him and kind of take him for granted.'

Mccrossan, a first-year senior entrant, won a regional title two years ago.

Mccrossan uses mountain biking as a cross trainer for motocross and snowmobile racing, said Spartans head coach Scott Croucher.

"He's a kid who doesn't stand out in the crowd," Croucher said. "He doesn't have the fancy bike racing outfit on. He comes in with a T-shirt and board shorts. Everyone looks at him and kind of take him for granted."

"He's quite determined and has a lot of guts. He doesn't use his brakes when he races and I think it comes from his motocross and snowmobile racing experience."

Stouffville's Cam Mitchinson was fourth

and teammate Chris Makowski fifth, giving the Spartan senior boys the York Region team title.

In the junior boys' division, Mark Gavrilov finished fourth.

Junior rugby boys out in semis

The Stouffville Secondary junior Spartans gave the South Division-leading Bill Crothers (Unionville) Colts a run for the money in their York Region high schools tier one semifinal tilt before falling 15-11 at Fletcher's Field in Markham Thursday.

Inserting five subs in their starting lineup to start the first half, the Spartans jumped out to an 8-7 lead at the half and padded it to 11-7 early in the second half before the Colts rallied with a try and penalty kick on the last play of the game.

Matt Espey scored the lone try for the Spartans and Matt Renzoni booted two penalty kicks.

Despite the loss, Spartans head coach Rob Edmondson thought it was his club's best performance of the year, especially the effort from substitutes Jon Colley, Tim Batty, Jules Bartle, Ozzie Tsui and Keaton Major.

"Those guys stepped in and got us an 8-7 lead at the half," he said. "They were fantastic. But in the second half we decided to put some fresh legs into our lineup and maybe I should have stayed with who I used in the first half. But give Bill Crothers credit. They played well and they have a good team."



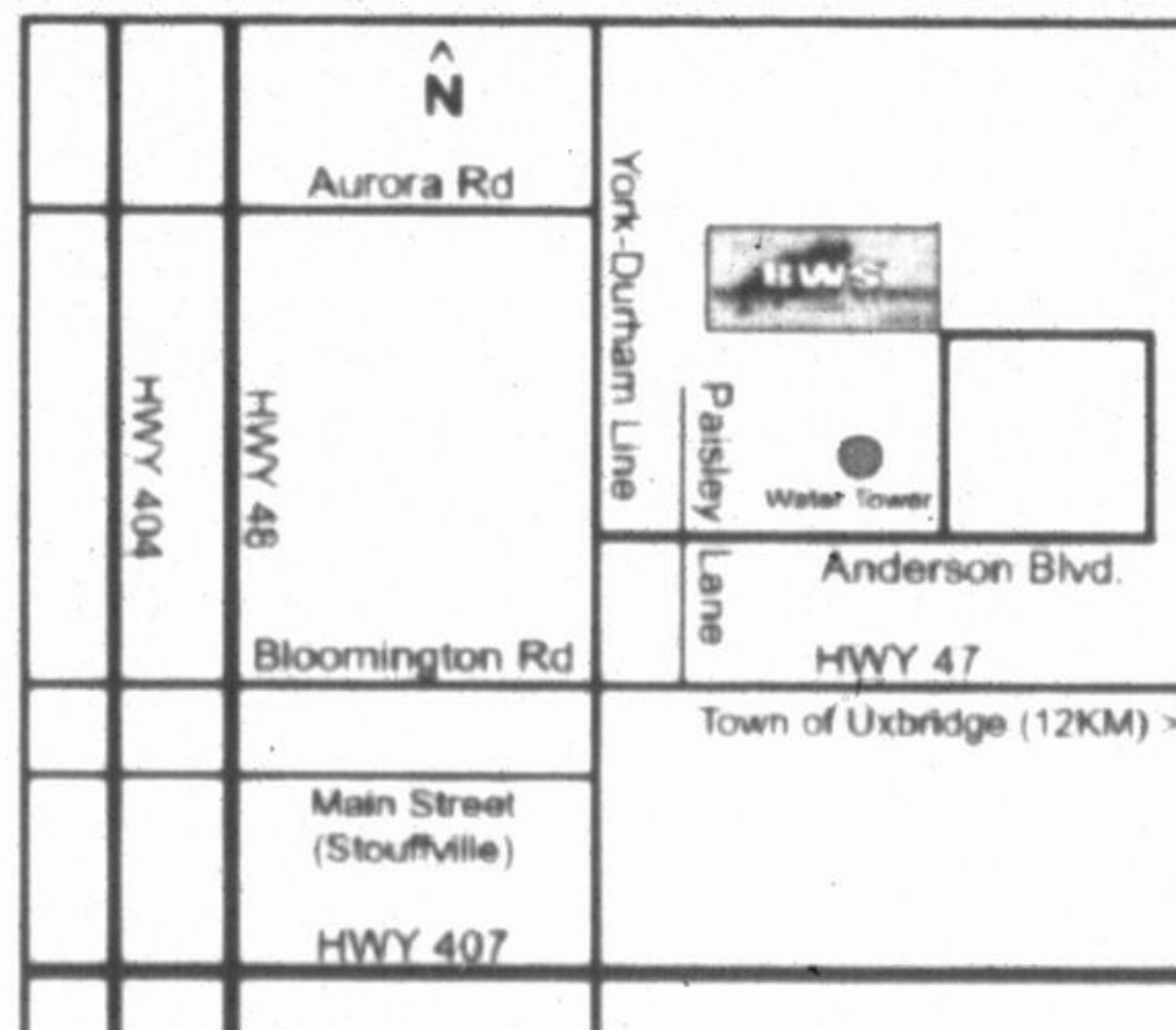
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