

Obstacles, mud, ropes can't stop race team

BY MICHAEL HAYAKAWA
mhayakawa@yrmg.com

Alexander Powell has a sport he suggests others should engage in — especially if they like running up and down hills and negotiating a variety of obstacles in between.

It's fun, insisted the 23-year-old Stouffville resident and Stouffville District Secondary School graduate.

At the same time, it can lead to an improved physical well being.

The endeavour Powell has been actively involved in is Spartan racing.

Just recently, Powell was part of a 19-member team that took to the Edelweiss Ski Hill near Gatineau to compete in a Spartan sprint race.

Known as the Spartan Race Ottawa, the event was 6.5 kilometres in distance and involved competitors running up and down a hilly prescribed path three times and in between, negotiating a variety of obstacles.

Those included a rope climb, spear toss, barbed wire crawl, monkey bars, sand bag carry, water jug carry, ice pool pit and dip bar walk.

On the course there were also many mud

sections to crawl or run through with some knee high, he added.

If that wasn't enough, the participants conducted all of these activities under sunny and hot conditions.

With some 7,564 entrants taking part, Powell finished 17th overall.

Also competing with Powell were five other Stouffville residents including his father Brian, who was 664th, Willem Schneider, 49th, Fletcher Muir, 216th, Max Muir, 2015 and Dave Muir, 2091.

The six Stouffville residents were also part of a 19-member contingent known as Team Spaten.

Reflecting on his personal performance, Powell was elated.

"I wanted to be in the top 20," the third-year Carleton University student said of his objective.

"Last year I was in the Toronto Spartan Sprint and I was in the top 50."

A third year competitor in a sport which he says has been gaining popularity over the last five years, Powell's introduction to it stemmed through word of mouth.

"The first year that I did it our construc-



Six Stouffville residents were part of Team Spaten taking part in a Spartan Race Ottawa, an obstacle course run in Gatineau, Que. last month.

tion company that I was working for entered as a team and when I did it, I loved it," he recalled.

Acknowledging he did not start running until he began Spartan racing competitions, Powell said that handicap was offset by the fact he enjoys downhill skiing.

This, he pointed out, gave him leg strength which is a big prerequisite in going up and down the hills.

In preparing for such events, Powell revealed the nature of the sport suggested he

carry out interval training.

"Because you run 500 metres, then hit on an obstacle to test your endurance," he explained.

While elated with how he performed in Ottawa, Powell said he will continue to participate in Spartan racing.

He hopes others will follow suit.

"I recommend people to do it, you've got a lot of athletes who do it and others who just try to finish the race. And that's a big accomplishment in itself," he said.

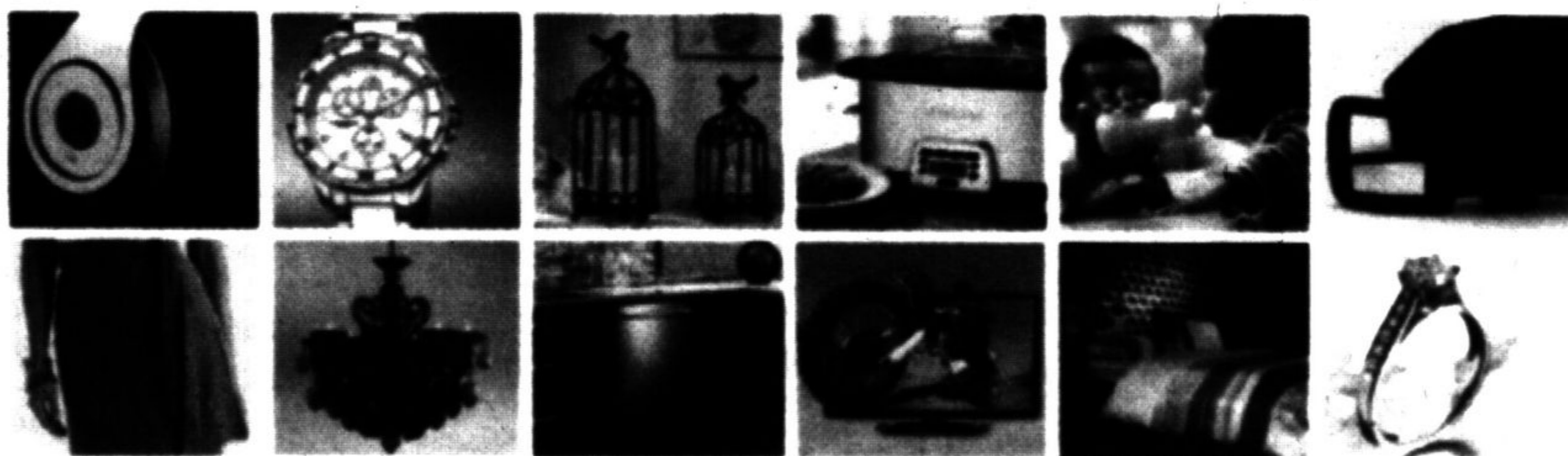
WWW.SHOP.CA

SHOP HAPPY

SIGN-UP FOR FREE & GET

\$25 TO SPEND

ON YOUR FIRST \$100 PURCHASE



Shop Happy
Canada!



Free Shipping
on millions of products



Free Returns
365 days a year



No Duty
or Tariffs

SHOP · CA

PRINT it

Knock their SOCKS OFF!

with *Dynamic*

Presentations

• Posters • Banners • Hand-outs

Contact: Stephen Mathieu smathieu@yrmg.com

905.727.0819 ext. 227

metrolandmedia
york · Connected to your community™

Printed Materials • Brochures • Catalogues • Magazines
• Signs & Banners • Promotional Products • Graphic Design