

Ironman is a winner

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it felt great. I figured I'd better keep running and milk it for as long as possible, so that if or when I started to crumble, I'd have less distance to get through walking."

When a chronic knee problem surfaced after 21 km, he switched to a walk. "I looked at my watch and knew I had it in the bag. I blasted through the second half full of energy. I especially remember the outermost portion of the run, with no spectators, a winding road and darkness - we were given green glow sticks to wear and it was quite surreal to see all these bodiless green lights floating in the darkness ahead and behind."

In the last 45 minutes, the streets were lined with 'Ironfans' who greeted the weary triathletes with music and shouts of encouragement, assuring them their marathon was almost over. As he approached the finish, "I picked up Jaden, my six-week-old baby, and walked the last 150 metres carrying him to the loud throng

of around 500 people -- what a rush."

After 16 hours of incredible effort, he had completed his triathlon. And whenever he felt like giving up, "I saw all those pledge sheets in front of me" and that provided the impetus to get him through.

The Jennifer Ashleigh Foundation was started in 1990 by National Sports owner Norman Clements, and was named for his granddaughter, who was born in 1989, and who died of spinal muscular atrophy when she was six months old. Two years later Jennifer's younger sister, Danica, died of the same disease.

By providing monetary assistance, the charity acts as a safety net for families who are faced not only with the pain of caring for a sick child, but also the prospect of financial hardship as a result of lost earnings, and expenses for necessities such as medical equipment and parking fees. The foundation is a registered charity and welcomes donations and volunteer help. For more information call 905-852-1799.




Happy Birthday Bill

HAPPY BIRTHDAY BILL - When Bill Corrigan turned 80, his family celebrated by commandeering the York-Durham Heritage train for a surprise birthday party, and invited about 150 of his closest friends and family to come along for the ride. The Stouffville chiropractor, whose delight is mirrored in his smile, is a long-time volunteer with the railway.

happy holidays

We have a lot to be thankful for during the holidays because of you – our friends and neighbours here in Stouffville. It is a pleasure to be part of this community. Enjoy the holiday season.




Call or stop by today.

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