



On The Run

Road Runner

By Robin Steckley

Spouses of runners accept that the 14 pairs of running shoes in the closet are worn out and yet another new pair is needed.

They accept that while the rest of the world plans vacations around school breaks and Christmas, our vacations are planned around marathons. And as my husband John will tell you, sightseeing together is on hold until after race day.

As a runner's spouse you become proficient in an entirely new running-related and scientific vocabulary that includes PB's, split times, fartleks, tempo runs, long slow distance, glycogen replacement and VO2 max. Sound like exciting dinner conversation?

We measure distance in minutes/kilometre as opposed to distance in kilometres per hour. Spouses of runners put up with a great deal, which is why I am supportive of my husband's new found love of cycling.

Cycling can be enjoyed by kids and adults and is a fantastic and fun workout, as well as being effective in shedding calories and getting rid of flab. Forty-five minutes six days a week burns approximately 2,000 calories. It helps to improve your overall balance and coordination, and minimize the risk of heart disease. It gives your heart, blood vessels and lungs a workout.

Riding a bicycle also alleviates stress, anxiety and depression, and allows you to spend time with friends, meet new people and discover new places. And it's environmentally friendly.

On the down side, it involves some risk of injury. Posts and pylons may be lurking in plain

sight, clearly visible in the middle of open roads like McCowan Avenue. When you hit them, they will cause you to fall off your bike. This will hurt!

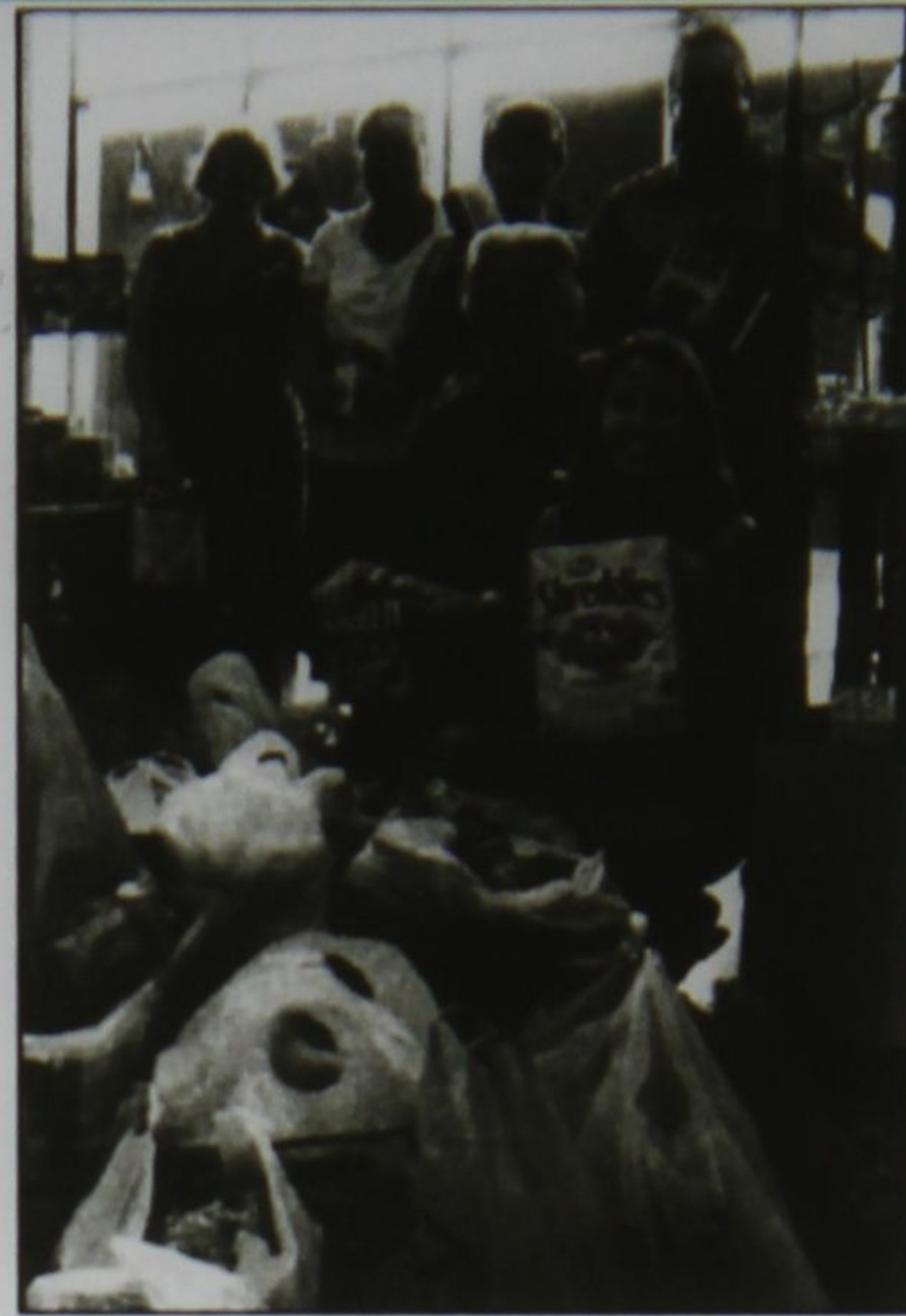
John can attest to this. Cycling is considered a non-contact sport, assuming that the cyclist pays attention to his surroundings. Not my fearless husband! He is practising for the *Tour de France*. Thus, while flying down the final 800 metres of McCowan Avenue to turn onto Stouffville Road, he was oblivious to the pylons that are now permanently fastened to the road. I know they have only been in place for a year.

When he raised his head, he discovered the first one inches from his front wheel, and made a sharp turn right. Then he clipped his shoulder, which sent him reeling towards the menacing embankment of rock and wire. Quickly he tried to correct, but remember he was practising for the *Tour De France* and travelling faster than a speeding bullet. He rolled down the rocky embankment.

He arrived home bruised and battered. Who was there to care for him? None other than me, the runner, which was a good thing, since runners know how to deal with sports injuries. Two Advil, a bag of frozen peas and no complaining after 24 hours unless medical attention is required.

Our son offered his hockey equipment for future rides and our daughter suggested training wheels. To prevent this from happening to you, I suggest keeping an eye on the road. The good news for aspiring cyclists is that the British Medical Association has estimated that the health benefits of cycling outweigh the risks by 20 to one.

As long as you watch where you are going,



A Moving Contribution

Owners and staff at Barthau Jewellers collected contributions for the Whitchurch-Stouffville Food Bank during their recent moving sale. Seen here with a selection of donations are (back row) Judy Scala, Lilly and Paula Monaghan and Darren Barthau. Front row: David and Janet Barthau.

Readers Write

Festival Appreciates Media, Business Support

To the Editor:

As a long time volunteer and supporter of the Strawberry Festival, I can hardly express my surprise and excitement when I opened the July issue of the *Stouffville Free Press*. The articles and pictures, along with the business support for making Canada Day and the Strawberry Festival a successful event, were overwhelming. The *Stouffville Sun/Tribune* has been

a long time supporter and we appreciate the partnership we have with them, but it was great to see the added promotion and information about the Strawberry Festival in the *Free Press*. Thank you for your dedication to supporting local events and I look forward to seeing next year's edition!

Sue Sherban
Stouffville

Thank You

Thank you all... You have made the 2010 Strawberry Festival a wonderful event. A very special thank you to all of our sponsors, friends of festival and volunteers.

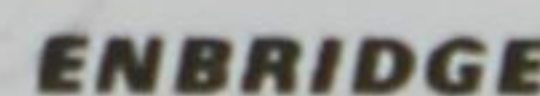
Catherine McCowan, Chair 2010 Whitchurch-Stouffville Strawberry Festival



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- Marie Adams - Pie & Baking Competitions
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- Leslie Sherban - Nineteen on the Park Pub
- Lindsay Sherban - Nineteen on the Park Pub
- Sandra Stronach - Red Berry Cafe
- Eleanor Winters - Food Vendors
- Kristina Toomey - Event Coordinator

A special thank you to all of our volunteers

Including all the many community groups and entertainers that made this Festival special.

- | | | | |
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- Bruce Haff and his incredible team from the Town of Whitchurch-Stouffville
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Be a part of the 2011 Strawberry Festival. Join our committee or volunteer. Call us today at 905-642-3779.