



# ON THE RUN

By Robin Steckley

Time Magazine has estimated that 75 to 90 per cent of all visits to general physicians are for stress related problems. The trouble with stress is that the internal mechanisms your

body uses to continually fight stress are actually causing you great harm. Chronic activation of stress hormones will raise your heart rate, increase your blood pressure and increase your cholesterol making you a potential high risk for heart disease and stroke.

Cortisol, the hormone that prompts the body to deal with stress, also plays a role in triggering the accumulation of abdominal fat giving people a pear shaped appearance and putting them at risk again for heart disease and diabetes. Stress also worsens skin conditions such as eczema, and acne, can trigger asthma attacks, cause neck or low back pain and ulcers.

We know stressful events happen in all our lives, but you can take steps to manage the impact they will have on you and your body. These should include exercise,

healthy eating, sleep and a support network, all areas where running is a real benefit and friend. Dianne MacDonald believes this. "Stress relief is the biggest benefit I have found from running," said Dianne.

In 2001 she was living in Lethbridge, Alberta. After 10 years of smoking she had quit and as a result gained weight, and three children later she knew she needed to start exercising. Her first step was to join the local gym where she went several times a week to work out. It helped to keep her mind off smoking and it was there she met a group of wannabe runners who invited her to join them in their first six kilometre race: a moonlight run with a hoedown at the end.

When the night arrived Dianne found herself alone at the starting line. Embarrassed at the thought of running by herself and having to break down and walk, Dianne determined she would run every step. "It was awful!" she said, until 500 metres from the finish when her energy soared and she sailed across the finishing line. As she stepped across the line with arms in the air she felt like Wonder Woman and decided she was never going to quit.

Dianne moved to Stouffville in 2003 and it was running that helped her connect in our community. Once settled in, she headed to the Lebovic centre where she met a group of



ladies and encouraged them to start running. Now they are her closest friends and the social support that is a powerful stress buster for her as she faces life's challenges.

Running also provides Dianne with time to sort through problems, relax and take time for herself. In fact Dianne finds her favourite distance to run is 20 kilometers or about two hours. It is the perfect length for her to mull over issues, relax and come home refreshed.

When I asked her what her biggest goal was for her running it was not to accomplish a race, go faster or win a prize, although she has done three marathons and numerous half marathons. It was to be like the women she has met who are still running well into their seventies. She said, "I see older women running and I want to be like them... no way do they look their age!"

The payoff of managing stress is peace of mind and perhaps a longer healthier life... the looking younger part is just an added bonus.

See you on the roads.

## Team 3 Red/EHR and Hathaway complete successful season

By Jamie Hakonson

Riding on its success at Riverside International Speedway Sept. 17, Stouffville's Team 3 Red/EHR and driver Jason Hathaway in his #3 Snap on Tools Dodge were focused on finishing the season on a high note at the Dodge Charger 250 at Kawartha Downs Speedway Sept. 23.

Practice got underway at 11 a.m. and in the early going of the session Hathaway was 10th on the board in a field of 25 cars. During the last half of the session, crew chief Giulio Montanari and spotter Ray Doucette noticed an abnormal sound coming from under the hood of Hathaway's race car as it passed them on the track. The team pulled the Dodge into the pits for inspection and moved into action, making adjustments on the car while also checking the motor over. They found a problem with their power plant and replaced the motor with a backup.

Not missing a beat, the crew had the motor changed, and the car fuelled and buttoned up in time to go through the pre-time trial inspection. Hathaway qualified in the 17th spot. As with previous events in the 2007 season, the field was incredibly tight, with 1/100ths of a second separating positions.

"The car handled pretty good in practice, but the guys could hear something not quite right with the motor. The entire team pulled together, switched motors and made the necessary chassis and gear adjustments for the race in time to get us through tech inspection before qualifying. They really did an awesome job and it is a great example of the type of teamwork that we have on our team," said Hathaway.

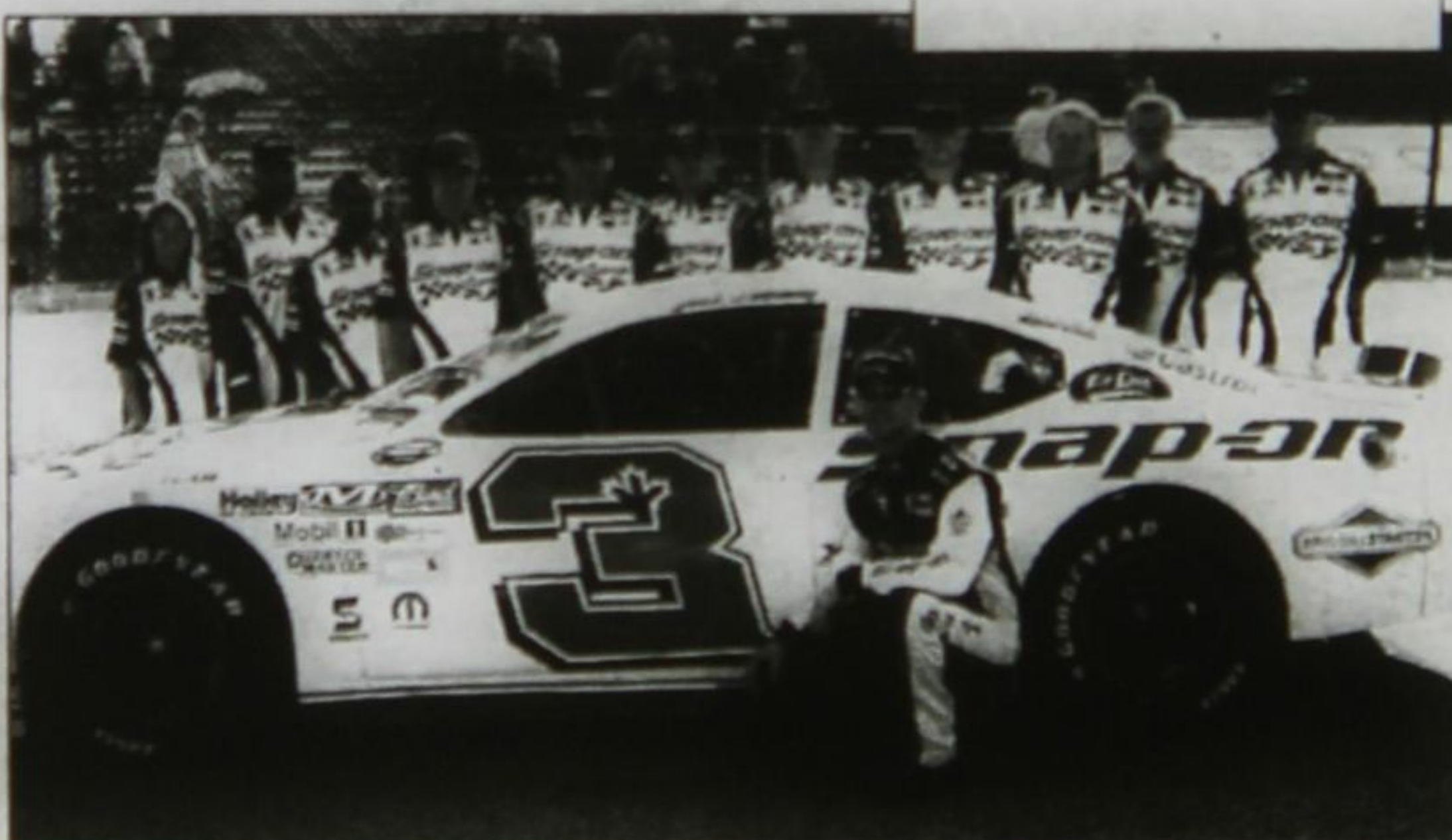
The green flag flew on the Dodge Charger 250 at 6:05 p.m. and Hathaway wasted no time making his way to the front. With the first 10 laps under his belt, he settled into the 12th spot and worked on getting into a rhythm. The first 100 laps ran quickly and ended with a caution flag. The team brought Hathaway in for service, putting on right side tires and filling the car on lap 102.

Another round of pit stops took place on lap 157 and Hathaway moved his Dodge up to the second spot in the running order. A restart after the mid-point of the race pushed him to the outside lane of the racetrack where he was freight-trained, falling back to 10th. He did not give up on his race and kept pushing forward.

A great on-track battle with the 10 car for sixth place launched him into the air and

over top of his competitor. The car landed on all four tires and Hathaway put it in gear and amazingly stayed on the lead lap. The race came down to a 15-lap shoot-out and he worked his way back up through the field to finish 11th.

"The guys did an awesome job changing



Team 3 Red/EHR driver Jason Hathaway (front) and his Stouffville-based crew take a break from racing at Mosport Speedway in Bowmanville.

the motor and getting the car ready to go. The guys were phenomenal in the pits as well. Giulio gave me a great car to drive. It handled well but that incident at the end hurt our finish. We were a better car than 11th but we weren't able to get there in time. We have had a pretty successful season this year. We concentrated on completing every lap and finishing in the top 10 in points. I am proud to be a part of this team," said Hathaway after climbing out of his race machine.

A very pleased crew chief Giulio Montanari summed up their season. "This has been a great season for Team 3 Red/EHR and all of our sponsors. Without the support of each of our sponsors this would be impossible. Our team is one of the best in the business and we have seen that all season long. Jason is a great driver with awesome talent and I enjoyed working with him and all of our guys this year. I just can't say enough about our team."

The 11th place finish solidified Hathaway's claim to the ninth place in the driver points standings in the NASCAR Canadian Tire Series. The team will celebrate their achievements at the Champions' Party and banquet in mid-October.

For more information on Team 3/HER's 2007 season, visit [www.team3red.com](http://www.team3red.com).

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