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# Stride for Life Run/Walk slated for Island Lake May 30

Island Lake Conservation Area will be the scene May 30 of the second annual Stride for Life Run/Walk, aimed at inspiring adults and youth to increase their daily activity for lifelong health.

The steady increase in children and adolescents living at an unhealthy weight has led some experts to call the issue an epidemic. Backed by strengthening support from its community, Island Lake Public School has been finding success with Stride for Life, a fitness and fundraising event designed to promote active, healthy living among area residents.

The second annual Stride for Life 1K Fun Run/Walk and 5K Trail Run will kick off on Saturday, May 30, at Island Lake Conservation Area.

Statistics on the health of this country's youth are alarming. Over half of Canadians aged five to 17 are not active enough for optimal growth and development, according to the Heart and Stroke Foundation of Canada (2007). In 2004, Ontario's Ministry of Health Promotion reported that more than 1 in 4 of Ontario's chil-

dren aged 2 to 17 were overweight.

In the fall of 2007, the Parent Council of Island Lake Public School created the idea of a fun run/walk and trail run to encourage regular physical activity in the lives of their school's students, families and the community at large. As Stride for Life 2009 approaches, community support continues to strengthen for the initiative following the success of last year's event.

"Last year, Stride for Life drew 188 participants and raised \$9,000 toward educational enrichment for our school children," said Jim Bonter, Principal, Island Lake Public School.

"We're seeing some positive changes already. This year, we've had tremendous interest from our student body to join our school's new running team—now 40 strong and training for this event. On another level, it's been great to show our students what we can achieve together with our teachers, our Parent Council and our community."

Stride for Life 2009 has received an increasing amount

of support from local area businesses and fitness experts - donating their time and financial resources toward the cause. While the event's core focus is the 1K run/walk and 5K trail run, the addition of a new fitness area, during Stride for Life 2009 at Island Lake Conservation Area, will enable participants to experience different ways to get "in motion" with demos and free mini-classes of activities such as dance, karate, and kick-boxing.

"Regular physical activity at a young age helps our children to be more attentive, stay on task better in the classroom and reach higher individual achievement and that's just the beginning," said Bob Borden, Upper Grand District School Board chair, who added, "We should applaud the efforts behind Stride for Life as a way to effect change so we can begin to turn these statistics around."

Running, jogging and walking are among the most accessible, affordable and effective forms of weight-bearing physical fitness. The benefits of this kind of activity extend

well beyond the classroom years. A recent study in the British Journal of Sports Medicine suggests that starting weight-bearing exercises and sports in teenage years increases the likelihood of stronger bones later in life. Another study from the Journal of Pediatrics (Jan 2009) suggests that the more fit participants were at age 13, the less likely they were to be obese or have elevated blood pressure in their 20s or 30s.

Island Lake Public School's new "Spring into Spring" school running team will hit the trails with other youth, adults and seniors of all stages of fitness on May 30.

The 1K Fun Run/Walk will begin at 10 a.m. preceded by a warm-up led by a representative from ACTS Family Fitness & Athletics. The 5K Trail Run will start at 10:30, preceded by a warm-up led by a representative from ACCESS Fitness. All runners will cross the MacMaster Pontiac Buick GMC Finish Line with an official time. Prizes will be awarded for a number of age divisions.

Participants of all ages are

invited to check out the on site fitness area from 9 a.m. to 12 noon, and sign up for free activities, weather permitting. Space is limited. Included in the ticket price is a 6-inch basic sub, courtesy of Orangeville's Subway

Sandwiches and Salads Restaurants.

Stride for Life 2009 is supported by the following: Gold sponsors - MacMaster Pontiac Buick GMC, and Subway Sandwiches and Salads Restaurants; Silver sponsors -

Maccam and the Running Room; Bronze sponsors - Orangeville Home Hardware, Royal Bank of Canada (RBC), Music for Young Children; Sponsors-in-kind - Watermaker, Z Arts Studio of

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NATASHA BOLDIREFF leads students from Island Lake Public School through exercises in the schools gymnasium earlier this week. CONTRIBUTED PHOTO

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MACMASTER PONTIAC BUICK GMC Junior B Northmen seem to have gotten their game on track. After playing .500 ball through the first four games of the season, the team improved their record to 4-2-1 this past weekend. In Owen Sound last Thursday, they posted a 6-4 victory into the win column followed up with a 5-5 tie in Welland on Saturday. Playing back home Monday night, Duncan Shaw (pictured) chipped in with an assist as the Northmen silenced the Niagara Thunderhawks 12-0.

Photo/MIKE MALONEY

## Northmen A opener

Junior A lacrosse fans won't have to wait much longer to see their favorites in action.

On Friday night, the defending Minto Cup Canadian champion Rayburn Construction Northmen kick off their 2009 season at home against Toronto Beaches.

Starting at 8 p.m., the team will be piped onto

the floor of the Tony Rose Memorial Arena and will raise the Minto Championship banner before their home town supporters.

During the game, fans will also be able to see the Minto Cup itself which will be displayed in the front lobby as well as the booster club upstairs.

Fans are encouraged

to come out and support their local team and are guaranteed to see some great junior lacrosse action. Being defending champions, every team in the league will be gunning for the Northmen throughout the season but you can count on the Men in Black to be more than prepared and ready to take on all challengers.

## Vet's rebound after loss to beat Innisfil

By MIKE MALONEY  
Sports Editor

Shelburne Vets 2009 season got off to a less than auspicious beginning this past weekend, dropping their home opener by a score of 15-9 to the Caledon Bandits at the CDRC on Saturday night.

They bounced back on Tuesday, however, with a 7-4 win over the Innisfil Wolfpack.

Playing even with the 2008 Junior C league champions through most of the opening stanza, the Vets were actually leading 2-1 at the midway point of the

first on the strength of singles from Wade MacKey and Travis Galbraith.

Caledon took full advantage of Shelburne penalties by scoring a pair of powerplay markers and an unassisted single from Michael Brillantes to head into the second up 4-2.

They never looked back from there, adding seven more through the second and three in the third while the Vets could only tag a total of seven over the next forty minutes. Cory Sinclair netted the hat trick with Cameron

Grasman notching two and Curtis Pike and Miles Montgomery each accounting for one.

Speaking after the game, Vet's coach Paul Falkiner was not overly happy with the result. "It's a tough way to start. We knew we had our hands full coming into this game, they are the defending champs, but we really thought we were better than this."

Falkiner acknowledged his team had "flashes of brilliance" out there on the floor but a lack of consistency was one of their

biggest problems. Noting there are a large number of new players joining this year, he conceded they still need to work with the players and help get the new guys to play their system.

On the bright side, he was encouraged by the play of back up goaltender Kevin Gate, a Midget call up who took over for starter Scott Rooney in the third, and the team as a whole for not giving up and playing the game right through until the final buzzer.

That faith in Gate was rewarded on Tuesday night when the team travelled to Innisfil for their second game of the season.

He got the nod to start against the Wolfpack and he stepped up to the challenge, turning away 41 of 45 shots directed his way to lead Shelburne to a 7-4 win.

First period action

saw the teams play scoreless for over 16 minutes until Pyke opened the scoring for Shelburne only to have Innisfil answer back less than two minutes later to send the teams tied at 1-1 heading into the second.

It was there, however, that the Vets found their stride.

Leading off the mid-frame, Matt Volpe teamed up first with Galbraith and Sinclair to break the deadlock then joined once again with Sinclair four minutes later to make it 3-1.

Galbraith followed with his second of the season and Sinclair wrapped up the second period scoring with 1:32 left on the clock making it 6-1.

Innisfil kept Shelburne on their toes through the third, chipping away at the Vets' lead with three more of their own. But Volpe's third of the night was

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## Athletics indoor title

The Orangeville Athletics indoor team, sponsored by Allto Construction, capped off the winter indoor session with a dramatic 4-2 championship victory over the Brampton Tiger-Uppercuts.

The Athletics continued their success from the fall session posting a league leading 10 wins and 2 losses (30 pts) in the winter indoor session crowning them league winners.

The ultimate goal however was to complete the league double and win the playoff championship as well.

The Athletics knew it would be difficult with the leagues top 4 teams all very closely matched up.

The semi-final match would be played against the Heart Lake Azzuri.

It was the Azzuri who came out flying and notched an early goal to take the lead into the half 1-0.

The Athletics did not panic and stuck to the game plan.

The Athletics had found success this year from using their full bench to achieve a high tempo pressure attack. That being comple-

mented by the leagues best defense quarterbacked by goalkeeper Peter Simms, who allowed only 20 goals in 14 games to lead the league in that department.

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CDDHS ROYALS Girls Rugby squad had their season come to an end in heartbreak, dropping a defensive squeaker to EDHS in District 4 rugby playoffs in Erin on Monday. Tuesday afternoon however the Royals boys team avenged the loss by dumping Erin 29-14 to advance to the Senior Boys semi-final against JF Ross in Guelph on Thursday. Photo/MIKE MALONEY

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