



Photograph: Don McCormick

Rich Trenholm, Lowell Greib and Rob Horton, founding members of the new Huntsville Endurance Athletes Team, want to connect Muskoka's athletes.

Online endurance club links athletes

By Don McCormick

What happens when two endurance racers from Huntsville feel the need to connect with other endurance athletes in Muskoka? They team up and form a club to bring these athletes together to train, share knowledge and socialize.

Triathlete Rich Trenholm and adventure racer Lowell Greib have formed Huntsville Endurance Athletes Team, or HEAT for short. "Our hope is to create a team of endurance athletes of all levels that will provide a support network for training, learning, social interaction and for improving community services for endurance athletes," says Trenholm.

Trenholm and Greib hope to attract all forms of endurance athletes from runners to swimmers, cyclists, triathletes, walkers, cross-country skiers, snowshoers and the like. They also want athletes from the elites to those people who take part in recreational endurance activities. "If you move forward you're an athlete," says Trenholm.

According to Greib, there are small groups getting together throughout Muskoka to train, but they are not connected to each other in any way. Trenholm and Greib hope to use the internet to connect these groups into a larger network.

"Modern technology makes it a lot easier to do things like this," says Rob Horton, web programmer and founding member of HEAT. "A lot of the sports people in Huntsville are really savvy with the Internet so we can use it to connect them." In this way they could share their knowledge, get encouragement and motivation from each other, find training partners and form social relationships with other people of common interests.

They've started to assemble an e-mail list of all those people who have expressed an interest. There are already about 30 people on the list and about another 70 who have indicated their interest but have not yet added their names to the list.

Their website (www.heatitup.ca) is up and running. According to Greib, some potential sponsors have already indicated

an interest. Frontier Adventure Challenge, a group that will host an adventure race at Deerhurst in May 2010, sees the potential for more adventure racers for its race from among the HEAT members.

The many small groups that have already been doing an activity such as a Sunday morning running group or a Thursday night cycling group are encouraged to use the HEAT network to inform other team members of their event and to encourage people to join them.

Trenholm, Greib and Horton see the team as an informal organization that will be responsive to members' needs. They hope the club will take an active part in improving the facilities and services in the community.

"Our hope is to create a team of endurance athletes of all levels that will provide a support network for training, learning, social interaction and for improving community services for endurance athletes," says Trenholm.

Fast finish for runner

By Melissa Kosowan

Muskoka runners made the region proud at the recent Goodlife Fitness Toronto Marathon and Half-Marathon on Oct. 18, taking several spots in the top one hundred placings.

At the front of the pack in the half-marathon was Huntsville's Troy Cox. He placed sixth out of 4,930 runners in a time of 1:12:42, securing him a first place in his age category. Running at a pace of 3:27 per kilometre, Cox was even faster than his target race pace.

"I had sort of been keying on running something sub-1:13, was the target I had in place. I hit it almost perfectly," says Cox, who logs between 100 and 130 kilometres per week in training. "I was pretty much on pace the whole race. It was great."

Cox is no stranger to pushing himself to the limits. He has run 23 marathons in the past, including Boston, which he has tackled seven times with a best time of 2:38. He has his sights set on the prestigious 42.2-kilometre race again next year.

"I go every two or three years to Boston. It's sort of the biggie," Cox says.

Each year he focuses on a couple of key races in the spring and fall. With his half-marathon out of the way, he's now training for the Ontario and Canadian Cross Country Championships taking place in November. Cox, who is turning 42 this month, hopes to finish in the top three. He is currently one of the top ranked runners in the country in the masters division.

"I'm always training," he says. "The game now for me is to maintain or squeak out a few seconds here and there. It's inevitable that at some point I won't be able to get any faster, but what I want to do is stay as fast as I can for as long as I can. That's sort of what motivates me at times."

Other Muskoka runners who placed high in the ranks at the Goodlife Fitness



Photograph: Laura MacLean

Troy Cox of Huntsville placed sixth in the Goodlife Fitness Toronto Half-Marathon with a time of 1:12.

Toronto Half-Marathon race include Ken Hawthorn of Bracebridge, who finished 18th in a time of 1:20:42; Pierre Mikhail of Huntsville, who finished 31st in a time of 1:22:21; Stephen Johnson of Bracebridge, who finished 61st in a time of 1:25:10 and Michael Duncan of Huntsville who placed 63rd in 1:25:30.

According to the race results, Barbi Brochu of Gravenhurst was the top placing Muskoka women in the race, placing 112th in a time of 1:28:22. She was the 11th woman to cross the finish line.

Rounding out the top Muskoka placings was Steve Vandermolten of Gravenhurst, who placed 117th in a time of 1:28:34.

Doug Neudorf of Huntsville represented Muskoka well in the marathon distance, finishing in a time of 3:07:48. He placed 64th overall out of 1,930 participants and eighth in the 45-49 age category.

NHL Alumni vs. The Law



Photograph: Jason Slater

Players from the NHL Alumni and the Law Enforcement All Stars gather for a photo at the charity hockey game on Oct. 30 at the Bracebridge Memorial Arena. The event raised about \$5,000 for the Law Enforcement Torch Run for Special Olympics. The NHL Alumni put their skills to use, defeating the Law Enforcement All Stars.