



## Ontario Espoirs Defeat Quebec

The one-day Ontario vs. Quebec Espoir match, held in Toronto July 23, ended in a 131 to 115 point advantage for Ontario.

Ontario took the top two spots (where 2 scorers per province allowed per event) in the women's 1500m, 400m Hurdles, Triple Jump, Shot Put and Discus. Our men swept the 100m, 110m Hurdles, 4x200m relay, Shot Put and Discus. The full team results are attached in this newsletter.

The most outstanding performance of the meet may have been Timothy Hendry's 18.61 in the Shot Put.

## Ontario Wins Walks match

Strong performances from Jianping (J.P.) Xu and Linda Wilson helped Ontario retain the Weinacker Cup, awarded annually to the winning team of the racewalk dual match between Ontario and Michigan.

This year's competition was held on the track in Port Huron, Michigan in very hot and humid conditions. The difficult weather conditions slowed the times down in the 10,000m distance but didn't dampen the spirit of Team Ontario, which won the match 24 to 14 points. Jianping Xu was the top male finisher in a time of 52:54.3. Linda Wilson won the women's side in a time of 62:08.5.

Congratulations also go to the other team members Lawrence Malek, John Kittredge, Ken Aitkins, Sarah Raetsen, Sharon O'Leary and Team Leader/Manager Nancy Leo for a job well done.

## 2012 AO Championship Bid Packages

It was hoped to have bid kits out earlier this year but due to some uncertainty in next years fixtures the release of these will have to be delayed. When next year's dates are finalized bid kits will be sent out to the usual groups and also made available on our website.

## Proposal for Canadian Indoor Championships

As mentioned during the AGM, Athletics Canada is investigating adding the Canadian Indoor Open Championships to the yearly national calendar. The attached document is a general outline for the proposed event.

The event would impact many areas of Athletics Canada's business including having a presence during the indoor season, raising awareness of the organization, membership and marketing/ sponsorship.

Athletics Canada is looking for feedback from the membership before drafting the event requirements and call for applications. The proposed inaugural edition of this championship is March 2013 (the bid process starting in fall 2011).

Please share this information with your club. Feedback on the proposal is requested to be sent to Nicole Clarke at the address below along with any suggestions or questions you may have.

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## Club Coach Course (Distance)

Planning is underway for an NCCP Club Coach course (Distance) being offered in Hamilton this fall (September/October). As soon as the details are confirmed, they will be released on the AO website.

Please contact Michelle Baptie at 905-510-4563 for more information.



## Run Jump Throw Course

An NCCP Run Jump Throw Instructor course is tentatively scheduled for October 29-30 in Hamilton this fall. Registration details will be available shortly on the AO website.

Please contact Athletics Ontario at 416-426-7215 for more information.

## Reminder: Sport Coach Course - Unionville, September 16-18

A Sport Coach Course will be held at the Bill Crothers Secondary School in Markham on September 16-18. For coaches who are looking for Competition Development Multi Sport modules the full range will also be offered. For further information, please go to the AO website and under "Coaches and Officials" click "NCCP Coaching Program". On the left, click "NCCP Courses". Under "Courses" click "September 16-18 - NCCP Super Clinic, Unionville".

(Athletics Coaches should not sign up for the following modules as they are included in the Athletics Competition Development course: Developing Athletics Abilities; Recovery.

Please see page 3 of the NCCP Synopsis on the AO website).

## Nominations for Athletic Awards Due September 4

Athletics Ontario is pleased to announce that the electronic nomination form for the 2011 Athletics Ontario Awards and a downloadable nomination form for the Hall of Fame are now available on the Athletics Ontario web site. Click on the links below to find more information. Please take a few minutes to help us recognize the best in our sport as the

deadline for nominations for Athletic Awards is September 4.

Do not miss out on this wonderful evening of "Celebrating Excellence in Athletics". This year, the 4th Annual Awards Gala is being held on Saturday, September 24th, in conjunction with the 3rd Annual Athletics Ontario Hall of Fame Induction Ceremony at the Toronto Don Valley Hotel & Suites in Toronto. It will, no doubt, be a very special evening and we encourage you to get your tickets early. This event was sold out last year, with approximately 200 attendees, and will likely sell out again this year. Ontario Masters Athletics will be recognizing the best of their athletes along with us.

## Road Warrior Running Program

Members of the Road Warrior Running Program win prizes for improving their fitness, not for placing high in races. If you're building your fitness and running a few races, might as well get in on the Road Warrior prizes (and big end-of-year prize packs). Improving your running will improve your chances of placing high at Road Warrior races. Get more details at [RoadWarriorRunning.com](http://RoadWarriorRunning.com)

## Highlights from the July Digital edition of Athletics Magazine

Athletics Magazine is available for free at [www.athleticsontario.ca](http://www.athleticsontario.ca)

This edition features a profile on Megan Wright. Also, news on Dylan Armstrong, Danny Kassap, Olympic marathon champion Samuel Wanjiru and Canadian Outdoor Rankings and more.

Here is an excerpt from this edition:

**"Dylan Armstrong's Excellent Weekend"**

- by Jon Hendershott

“The 30-year old British Columbian first heaved a near-PR 21.52 in the unlikely setting of downtown Lawrence as a kickoff to the Kansas Relays. Three days after that he got the throw of his life in at the Triton Invitational in San Diego when he whirled the ball out to a Canadian Record 21.72.”



## Ontario Masters News

It's always especially exciting for Ontario Masters athletes in a World Masters Athletics Championships year! The 2011 WMA meet, held every 2 years, was in Sacramento, California, giving Canadian athletes easier travel arrangements than Europe where recent meets were held. So attendance was high. From Ontario, 87 athletes entered, and won 14 gold, and set several Ontario, Canadian and World records! Ed Whitlock won 3 gold medals, and set 2 new World records. Double gold winners were Rita Quibell, Earl Fee, and Wendy Alexis. Read the details at [www.ontariomastersathletics.ca](http://www.ontariomastersathletics.ca) and [www.canadianmasters.ca](http://www.canadianmasters.ca)

These sites will also lead you to photos and videos, showing that not only did our athletes perform well, but they had an amazing travel and social experience. In 2013, this event will be held in Porto Alegre, Brazil! Let the training begin!

Numerous articles about Ed's phenomenal season, since turning 80 and lowering the world marathon record for Men 80 plus to 3:25:43 in April in Rotterdam, can be found on the internet. It has been proposed by some on [www.masterstrack.com](http://www.masterstrack.com) that he be honoured as the WMA Male Athlete of the Year. Setting records from 1500 to the Marathon in one year is certainly a

tremendous achievement! His cemetery training regimen is well known, and is serving him well this year. Go, Ed!

Some Ontario masters athletes competed at the US Masters Championships in Berea, Ohio during the first weekend in August. Road runners will have had (by the end of the season) races from 5K to the Oct.16 Toronto Waterfront Marathon. The CarrotFast Run in Bradford on Aug. 20, and the Ottawa Fall Colours Marathon on Oct. 9 will be interesting choices for Masters. Throwers have 2 more Throws Pentathlons in Stouffville on Aug. 20 and Sept. 10. So many choices of events! Again, see our sites for details on entering, and results.

So now training has begun for the Cross-country season! We'll begin Oct. 1 in Bayfield, and continue with events at Taylor Creek in Toronto, Sunnybrook Park, Rochester New York (the CAN/AM Challenge), the Ontario Championships in Guelph, and end with the Canadian Championships in Vancouver. Definitely a cross-country season! For many, this season is their focus, while for others, it's a chance to do some base training for later events. So there's something for everyone in this aspect of athletics, with Ontario Masters. Check out the website, perhaps looking for a club in your area to give you support and like-minded others for training.

It's always good to be aware of the research regarding our training as Masters. The American College of Sports Nutrition (ACSM) in its 2011 annual meeting, discussed the value of high intensity interval training, which would be of interest to Masters athletes. A summary is given at <http://www.women-running-together.com/highintensityintervaltraining.html> Perhaps this article might spur you to come join us, as part of your fitness plan as an older athlete. We welcome one and all!

**Gordon William Zubyck****1946-2011**

The Canadian track & field community was saddened to hear of the sudden passing away, following an ATV accident, of long time north Ontario coach and administrator Gord Zubyck.

Gord, who was born in Kingston, moved to Haileybury along with his wife, Colleen, in 1973. Soon after their arrival, he helped form the Temiskaming Track Club. He also coached at the local high schools where he taught Physical Education and Geography.

From then until 2005, when he and Colleen retired from coaching, the Temiskaming Track Club produced many provincial and national team athletes. Two of their sons, Todd and John, developed into excellent pole vaulters, both winning Canadian Championships.

Gord was not only a strong advocate of track & field in the Temiskaming Region but in the province as a whole, supporting most provincial championships by driving long distances with his athletes. Gord also contributed as an administrator, for years serving as not only the North Central Region President but as their representative on the OTFA Board of Directors.

Anyone who knew Gord knew him as an honest, patient, constructive, pleasant type of person they would like to have as a friend.

Athletics Ontario extends on behalf of its membership, sincere condolences to Colleen and the family and to Gord's many friends.

**James W. (Jim) Young****1914-2011**

On August 2, 2011, the St. Thomas & London region lost a legend in their community. Jim Young passed away peacefully in his 98th year after coaching track & field for 50 years.

Jim coached for many local high schools over the years, and helped to start the St. Thomas Legion Track & Field Club in 1976. He started as a distance athlete, successfully competing for U of T in his younger years, and continued competing into his 60's, winning the silver medal in 3000m steeplechase at age 63 in the 1977 World Masters Championships in Sweden. Jim retired from competing at age 64 but continued to actively coach until he was 96. He was a constant fixture at many local meets during the high school season and could be seen and heard by athletes on the track as he coached from the side lines.

In 1990, St. Thomas Legion TFC began presenting the "Jim Young Award" for dedication to the sport, to honour Jim's contribution to the club and community, a trophy that has been presented annually since that time.

Jim was an excellent role model and example for all the athletes he worked with. He always practiced what he preached and was respected, admired, and adored by all.

"Jim Young was an inspiration to all of us and his passing has left a void in our community. I hope I will be able to follow his example and continue to successfully coach and inspire athletes into my later years as he did. He will be greatly missed by many, including myself", stated Harry Stantsos, Head Coach of St. Thomas Legion TFC.