

SPORTS

SEA CAV MILE

O'Meara continues running quest

IAN JACQUES
EDITOR

Last Saturday's Sea Cavalcade Mile in Gibsons was extra special for Florida's David O'Meara.

O'Meara completed race number 13 in his quest to finish 20 one-mile races in 20 weeks in 20 different North American cities — all in less than five minutes each.

He began his unusual feat, what he calls his 20/20/20<5@45, May 10 in Tarpon Spring, Fla. and will wrap his journey on Aug. 20 with the Fifth Avenue Mile in New York City. At age 45, the adventure has been a daunting one for O'Meara, but it's a journey he said he will never forget.

"I asked myself how I could celebrate being over 40 and in good health, and this idea started to materialize," said O'Meara after completing the Sea Cavalcade Mile in a time of 4:49, a second place finish behind Neil Holm of Courtenay. "The journey has been amazing. We have seven more races to go."

Along the way, O'Meara said he's been well-received by every community he has

stopped in. He was fortunate that timing allowed him to come to the Sunshine Coast last weekend with Gibsons being the only Canadian stop on his tour.

"We're having a blast," said O'Meara, referring to his wife who is accompanying him on his journey. "Competing in the races is one thing, but meeting all the different people and seeing so many wonderful places has really made this a true adventure. Next year, we're taking this tour to Greece, so that will be even more exciting."

O'Meara's added mission is one of inspiration and showing older athletes that you don't have to stop running even if the years suggest you should.

"Hopefully others will see me and see what I've accomplished and it might push them to continue running. If they aren't running now, maybe it will push them to start," he said.

O'Meara is using Web 2.0 technology while he travels to journal, blog and podcast about his experiences, insights and new-found friends.

He welcomes visitors to pose questions to him or his personal team of



IAN JACQUES PHOTO

Florida's David O'Meara finished second at last Saturday's Sea Cav Mile.

experts. Addressing the topics that affect every aspiring athlete over 30, this team of experts will help older runners understand the importance of proper

biomechanics, training, nutrition and recovery.

To follow his journey the rest of the way, check out www.onemilerunner.com.

ALL-STAR BASEBALL

GMBA sending four to provincials

The Gibsons midget AA all-stars went 2-2 last weekend, securing a spot in the provincial championships this weekend in Victoria.

In what has become somewhat of an annual curse, Gibsons had back-to-back double headers on Sea Cavalcade weekend to finish their divisional schedule. Gibsons started in Ladner on Saturday for two games and came out on the wrong end of the score in both contests.

Cam Graham started for Gibsons in game one, and was replaced by Andrew Baron in the second inning after Ladner scored six unan-

swered runs. Andrew held on for a while, but ran into trouble with walks in the fifth which led to another five runs. Gibsons couldn't find a way to mount any pressure on offence and Ladner's pitching shut them down behind a solid defensive field in the 11-0 win.

Game two was different and Gibsons had a much better outing by everyone. Russell Thorsteinsson got the start and kept Ladner's big hitters down for four innings to allow Gibsons a chance to get a 7-4 lead. Ladner answered in the sixth and took a one-run lead going into the

bottom of the seventh. With last bats and one out, Gibsons loaded the bases but couldn't score and Ladner took game two 8-7. Nick Biden went three for four with three singles and Mike Bracket had a great performance defensively and offensively.

On Sunday, Vancouver brought its 4-4 record to Ryan Dempster field for another double header. Andrew started game one nursing a sore arm from the previous day and managed to buy some time as the team built up a good lead early. But with Gibsons up 6-0 in the bottom of the

third, Vancouver stormed back with five runs of their own before Gibsons could get off the field. Trevor Nicholson entered the game in relief and pitched three solid innings, allowing only one run. Gibsons added one more run and Cam came in to close for Trevor to help Gibsons win a close contest 7-6.

Trevor started the second game and shut down Vancouver in the first inning.

Continued page C8

CAPTAIN'S DECK and GINGER'S LOUNGE NOW OPEN

Thursday, Aug 7 **CHEF'S SPECIAL** after 5pm
VEAL PARMESAN

LIVE ENTERTAINMENT

Altered
NEW McBRIDE
RICK GOOD
CHARLIE MITCHELL
DAVE CHRISTENSEN
**ALTERED
AUGUST 1**

FRI. AUGUST 8
**LARRIE
COOK**



MONDAY
FREE POOL!
DELUXE BURGER PLATTERS \$5

TUESDAY
The prawn boat has arrived!
Prawns 30¢ after 2pm

WEDNESDAY
Steak &
Alaskan King Crab

THURSDAY
Wings 25¢ after 5pm
Chef's Special

FRIDAY
Lunch: Halibut & Chips
Dinner: Baby Back Ribs
(1/2 or full rack)

SATURDAY
Lunch: BBQ Steak \$6.75
Dinner: Pasta Night

SUNDAY
Lunch: Steak & Eggs \$6.75
Dinner: 3-pc Chicken Dinner

LIONS MEAT DRAW • SATURDAY 1 - 4PM

GILLIGAN'S PUB
WE NOW SELL SPIRITS
COLD BEER & WINE STORE
OFF-TRACK WAGERING

Pub: 604-885-4148 for events
Beer & Wine Store:
604-885-9240 for prices & selection

A PRIVATE
LIQUOR STORE
IN DOWNTOWN
SECHLT



100% LOCALLY OWNED & OPERATED

Over 55 years of service on the Sunshine Coast

See this week's specials starting on page A5

located at Trail Bay Mall, Sechelt • www.claytons.ca

33rd Annual Gibsons Open Tennis Tournament

August 21-24, 2008 • Dougall Park, Gibsons

Men's and Women's Singles, Doubles and Mixed Doubles

Register by emailing Gibsonsoopen@hotmail.com

Tournament Info 604-885-7626

Entry Fee: \$20 per event • Entry Deadline: August 16, 2008

Entry Fee Includes: Souvenir T-shirt, barbeque and prizes galore!

GENEROUSLY SPONSORED BY:

Jason Carter Prudential Sussex Realty
INSTA GLASS
BMO Bank of Montreal
Fleming, Sombrowski & Lawrence Barristers & Solicitors
RENT-IT! CANADA
SP Electrical Contracting Ltd.
Lighthouse Pub
BLACKFISH PUB GIBSONS
MARK'S WORK WEARHOUSE
SPORTS TRADERS
A&W
Clothes That Work

Welcome all participants to the
36TH ANNUAL BC DAY TOURNAMENT
(formerly known as the Sea Cavalcade Tournament)

Sunshine Coast Golf & Country Club
AT ROBERTS CREEK

ADULT & JUNIOR MEMBERSHIPS AVAILABLE
Call Julie for more information!
604 885 9217 or e-mail scgolf@dccnet.com

Happy BC Day Long Weekend!
TEE TIMES 604 885 9212
www.sunshinecoastgolf.com

PROUD HOSTS OF THE BC MID-AMATEUR CHAMPIONSHIP ON JUNE 9-11, 2008