BW Education Foundation golf outing August 3

The Big Walnut Education Foundation (BWEF) 2009 Golf Outing will be played Monday, Åugust 3, with a 1 p.m. Shotgun Start at the Rattlesnake Ridge Golf Club.

The outing is the major fund raising event to help worthy Big Walnut High School seniors defray the cost of a college education. The foundation awarded \$75,000 in scholarships this past spring.

A box lunch will be provided on arrival. Dinner follows golf at approximately 5:30 p.m.

Entry fee for the four-person scramble is \$500 per foursome. The first 30 teams will be guaranteed a spot in this year's tournament.

Entries and fees, which must be received by July 13, should be sent to Ben Kerns, 1001 Eastwind Drive No. 108, Westerville 43081, phone 614-890-0383 (work) or 614-890-4809 (fax)

Sunbury Lions Scramble July 12 at Rattlesnake

The Sunbury Lions Club will hold a Golf Scramble to help support the Ohio State School for the Blind Marching Band's trip to Pasadena, California, to participate in the 2010 Rose Bowl Parade.

The scramble will be played Sunday July 12, 2009, with a 2 p.m. shotgun start at the Rattlesnake Ridge Golf Club, Sunbury. The fee is \$80 per person which covers proximity prizes and a meal.

Registration and donations can be sent to the Sunbury Lions Club P.O. Box 672. Sunbury 43074.

Contact Rick Eyman at < cre0881@aol.com >; 740-965-4334; fax 740-397-4301; or at < www.SunburyLionsClub.org > for information.

Sunbury Urgent Care to offer sports physicals

Need a sports physical? Sunbury Urgent Care, 101 West Cherry Street, Suite D, Sunbury, will offer sports physicals for student athletes in the Big Walnut Local School District from 9 a.m. to 9 p.m. weekdays and 9 a.m. to 6 p.m. on weekends. The fee is \$10. For information, phone 740-965-7305.

Grand Slam's USA fall league registration

Grand Slam USA's annual Fall Baseball and Softball league will begin Sunday, August 23. Age groups for league play in baseball are 10under, 12-under and 14-under. Age groups in softball are 8under, 10-under, 12-under, 14under and high school. Both travel and recreation level competition are available.

League fees include all clinics, practice sessions at Grand Slam USA, instruction, umpires, field fees, a 10-game schedule and shirt. The cost is \$150 per player, The registration deadline is August 10. Team rosters with 10 to 12 players will receive a discount.

The Opening Day Clinic, scheduled for Highlands Park in Westerville. A mandatory meeting for all coaches and players will be held prior to the clinic. All games and clinics wil be held at various parks in Powell, Dublin and Westerville

For more information, please call Kathy or Carla at 614-890-7526.

WORLD CLASS

Trenton Township couple compete with Team USA

Multi-sport athletes race worldwide in both triathlon, duathlon events

By LENNY C. LEPOLA **News Asst. Managing Editor**

Condit area residents James Aust and Tracy DiSabato-Aust have been together for 25 years. James is a dentist who did his undergraduate work at Bowling Green State University and dentistry at The Ohio State University; Tracy is a horticulturalist who earned a Bachelor of Science and a Master of Science in Horticulture, both degrees at OSU.

James and Tracey also have a 20-year-old son Zach who graduated from DeSales.

So far, that's pretty typical of a couple who completes college, start careers and raises a child.

What's unusual about James and Tracy is what they've done for the past five years. They've been racing in multi-sport events - triathlons and duathlons - and they're good enough at what they do that they've been racing at the national and international

"Both of us have always done something athletically," James said during a brief

interview at the couples' home last week. "But we picked racing up again when our son Zach was running cross country at DeSales."

Asked what their early athletic history was, James said he did a little bit of everything in high school, but was basically a racket-sports guy; Tracy ran competitively for Walnut Ridge.

Without stating their ages, we can safely say that James and Tracy race in the 50-to-54 age group. To put that in perspective, that's an age group where many runners are dragging aging bodies through 5K races, remembering what it was like to have knees that still worked.

James said he and Tracy use 5K and 10K races as training runs. In serious competition they run International Olympic Distance Triathlon's 1,500 meter swim, followed by a 45K bike ride, and a 10K

While times vary depending on terrain, weather conditions and water conditions, James said an Olympic distance contest takes between two hours and 15 minutes to two hours and 30 minutes to



World class triathletes Tracy DiSabato-Aust and James Aust train and compete together from their Trenton Township home. James and Tracy will compete in two national events this year as part of Team USA, including the Sprint Nationals in Newport Beach, California, and the Age Group Nationals in Alabama.

A triathlon is not an Iron Man Contest, James added. Athletes who run in marathons and Iron Man contests are, for the most part, engaged in endurance contests.

"In Olympic distance triathlon's we're actually racing," James said. "In a triathlon we turn the suffer meter up a little bit, but for a bit shorter period of time."

"That's the balance you get from multi-sport," Tracy added. "Swimming and cycling gives the body of nice break from doing just an impact sport like running. You have the variety of physical racing combined with the

mental aspect of endurance, and that's a great combination for older athletes. The challenge is getting off a bike and having to run.

So how good are they in their age group and as individual, stand-alone athletes? James and Tracey are both in the top 5 percent in their sport in the country, making them All-Americans; and they race nationally and internationally under the Team USA banner.

"Attaining that designation gives you purpose when you're training," Tracy said. "We're at an age level where we like to be competitive, so being near the top of our sport nately it's something we both

helps keep us focused. And it's fun, it's so rewarding at our age.'

James said training as a couple also helps keep them focused, especially with a 12 to 17-hour a week regimen that includes two to three hours each day, six days a week of swimming, cycling, running and some weight training during winter months.

"It helps when we train together because we each have careers, so we've got stuff we have to do every day," James explained. "For me, some days are harder to train than others, but fortu-

Please see TRENTON TOWNSHIP, Page 10

10th Memorial Volleyball Tournament

More Pictures, Page 10



POWER DIVISION CHAMPIONS — Kristen Shockley, RECREATIONAL DIVISION CHAMPIONS — Greg Davis, Roy Weisenstein, Matt Albert, Todd Hill, Mark Lehman, Summer Hale, Ron Lehman and Greg Lehman, from 10th Annual Memorial Volleyball Tournament.



Matt McConnell, Josh Lehman, Dave Rigo, Leigh Lehman, Jill Davis and Kori Rigo, from left, captured left, claimed the Power Division championship at the Recreational Division championship at the 10th **Annual Memorial Volleyball Tournament.**

Betrone-Harpst, Heiden recipients of 2009 Corey Lehman Scholarships

The 10th Annual Memorial Volleyball Tournament, held Saturday, July 4, at Big Walnut High School, was a great success. Erin Smith started the tournament by serving 10 volleyballs over the net. Also, six of the 10 Corey Lehman Scholarship recipients were present, including Tini Bauder (2006), Summer Hale (2007), Corinne Windle (2008) and Cory Wolfe (2008) along this year's 2009 recipients Ali Betrone-Harpst and Nick Heiden, the recipients of \$1,000 scholarships.

A total of 20 teams and 122 players participated in the tournament. In the Recreational Division, there were 14 teams and in the Power Division, there were six teams.

First Place in the Power Division was

"Team Lehman". Members on the team Chiropractic Center (bottled water), were Mark Lehman, Ron Lehman, Greg Lehman, Matt Albert, Summer Hale, Kristen Shockley, Roy Weisenstein and Todd Hill.

First Place in the Recreational Division was "Mental Block". Members were Leigh Lehman, Jill Davis, Kori Rigo, Dave Rigo, Matt McConnell, Josh Lehman and Greg Davis.

A "Silent Auction" added to the excitement of this year's tournament.

Lunch was donated by the following Greg and Leigh Lehman and Jack (smoked pork loin), Bill and Beth Bussa (chips), Ron and Sally Lehman (cookies), David and Linda Buckle (watermelon) and Kroger for sandwich buns. Others who donated included Sunbury

Jason and Jessica Timmons, Tom and Marlene Heston, Rondi Heston, Steve and Judy Toeniskoetter, Don and Linda Blackburn, the Sandy Largent Memorial Trust, Frances Lehman, Bob and Jeri Price, John and Sheri Robey and Mark and Gloria Stelzer.

This year's event netted almost \$2,000 assuring the continuation of the Corey Lehman Scholarship fund.

Thanks to everyone who volunteered to help in the 10th Annual Memorial Volleyball Tournament.

Also a special "Thank You" to Big Walnut Athletic Director Steve Glesenkamp, Odis Horsley and Gene Simpkins for the use of the Big Walnut school grounds.

Hale joins Young with HOJGA title

By GARY HENERY **News Managing Editor**

Big Walnut's Aaron Hale won his first Heart of Ohio Junior Golf Association (HOJGA) title at the Heart of Ohio Junior Golf Association's fourth tournament of the season last Thursday, July 9, at Memorial Park in Kenton.

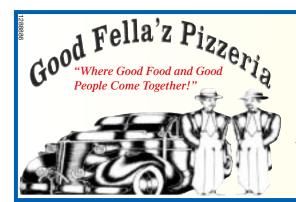
Hale topped the 16-18 Age Division with a 2-over par 74, firing three birdies and 10 pars. Jared Robinson of Buckeye Valley was three strokes behind in second with a 77. Brody Cook of Colonel Crawford followed with an 80. Shooting 83's were Hale's Golden Eagle teammate Nate Young and Matt Powell of Galion. BW's Jake Mathews claimed the sixth spot with an With Hale's victory, Big

Walnut players have captured three of the first four events on the 2009 HOJGA summer tour. Young won the first two events played June 9 at Pine Lakes and June 16 at Hickory

Marysville's Chris Grady won the 13-15 Age Division crown with a 77. R. J. Oberle of Buckeye Valley came in second with an 85. He was followed by Jason Zeigler of Gilead Christian with an 86, Eric Powell of Galion with an 88 and Mt. Gilead's Joseph Whiston and Wynford's

Please see HALE, Page 10

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SPORTS

FOOTBALL & CHEER

News Photos Lenny C, Lepola

Above, members of the

Cheerleading Program, displayed their colors in

the annual Sunbury

Saturday.

Big Walnut Youth Athletic

Association Football and

Fourth of July Parade last

At left, Quintin Humphries

weighs in as he signs up

for 2009 Big Walnut Youth

table helping Quintin sign

in is Dolphins' coach Tony

Eisnnicher. Registrations

Saturday, July 11, and

Saturday, July 18 at JR

Athletic Association

continue through

Smith Park.

Football season. At the



News Photos Lenny C, Lepola

BWYAA signups continue Saturday

News Staff Reports

It's that time of year again, time for Big Walnut Youth Athletic Association Football and Cheerleading registration.

A typical Saturday during regular season play includes two Flag Football games for boy's ages five and six, Junior Division games for second grade through fourth grade participants, and Senior Division games for boys in the fifth and sixth grade.

Each team in each division has a complementary cheer-leading squad on the side-lines.

Flag Cadettes, girls age four and five, train to perform a dance routine before flag football games. High Steppers, girls age five and six, perform dance routines before flag football games and cheer during flag football games.

BWYAA registration is open to boys entering kindergarten through sixth grade and girls age four years through sixth grade.

BWYAA 2009 season football and cheer registration began at the Lion's Club Building on July 4.

Registration will continue on Saturday, July 11, from 10 a.m. until 1 p.m., and Saturday, July 18, from 10 a.m. until 1 p.m. Both dates at JR Smith Park in Sunbury.

All forms, information, registration and physical requirements are available at the BWYAA website at < www.bigwalnutfootball.com

Scenes From Memorial Volleyball





News Photos Lenny C, Lepola

The Annual Memorial Volleyball Tournament, played Saturday at Big Walnut High School, raised approximately \$2,000 for the Corey Lehman Scholarship Fund.

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TRENTON TOWNSHIP

■ CONTINUED FROM PAGE 9

look forward to."

James and Tracy will compete in two national races this year as part of Team USA: the Spirit Nationals in Newport Beach, California, at the end of July, and the Age Group Nationals in Alabama in August.

James said the Spirit Nationals will be a one-half Olympic distance triathlon - 750 meter swim, 12K to 16K cycling and a 5K run. The Age Group Nationals is a qualifier for the 2010 World competition in Budapest, Hungary.

James and Tracy competed at Duathlon World in Rimini, Italy, last year - run, bike, run. He was 17th overall, third American; she was 10th overall fifth American

was 10th overall, fifth American.
World competition will have athletes from 50 different countries; the United States will send 12 to 15 competitors per age group.
Tracy said it's as close as you can get to com-

peting in the Olympics.

"It's so cool," she said. "There's flags, athletes marching in a Parade of Nations, an award dinner, athletes trade pieces of clothing as mementos. It's just so neat, being with likeminded people from all over the world who have the same passion as you."

James said he and Tracy use local events as training races for national events. They recently completed the Wendy's Triathlon - Tracy won, James placed fourth.

Local races are still important, Tracy added. Athletes qualify for nationals by winning their age group at a local race. And at nationals, the top 12 to 16 in an age group go to world competition.

"Locally, we compete to win overall or get in the top three, to get on or near the top of the podium" Tracy said. "At nationals it's different. Everybody is fast there. Most of them are former college runners or former Olympians."

Tracy said the exciting aspect of national

races is the variety of competitors. They range from the elite, a.k.a. professionals, and then age groups from 19 to 24, going up in five-year increments to include athletes in the 80-plus age group.

Asked how long they think they could continue racing, James said the beauty triathlon is that it has a lot of longevity to it.

"Triathlon as a sport is growing, it's seen solid growth in the last several years," he said. "We'll compete at Caesar Creek this month and over 700 athletes in all age groups will be there. But competing as you grow older has to do with setting and achieving goals. We'll just have to see how far we're able to push things."

As members of Team USA, James and Tracy work online with trainer Troy Jacobson who lives in Tucson. Jacobson sends training plans and race strategies. And James said their training regimen includes a controlled diet.

"Diet is a critical piece of the pie," he explained. "You can have all your training right, but if your diet's not right, you're not going to be competitive; even more so than when we were just running."

James also said he and Tracy enjoy training on Trenton Township roads.

"We're on bikes 10 hours a week," he added. "This is a great area to ride and run out here. These are mostly country roads with very little traffic and 99 percent of the drivers are so courteous that it's noticeable. We really appreciate them."

As an added note, Tracy is low-key about being a world-famous horticulturalist and designer who has written three gardening books and lectures internationally. James said in the world of horticulture, Tracy is a rock star.

To find out more about the work of Tracy DiSabato-Aust, go to < www.tracylive.com >.

HALE

■ CONTINUED FROM PAGE 9

Michael Powers who both carded 89s. Big Walnut's Evan Cannell placed 20th with a round of 93.

Marion Elgin's Ronnie Rayburn claimed the 12-and-Under title with a 44 for nine holes. Dustin Sites and Ethan Blough, both of

Marion Pleasant, shared the second spot with 48s, while Colin Chapman of River Valley took fourth at 49 and Brock Faulkner of Cardington claimed the fifth spot with a 51.

HOJGA play continued Wednesday (July 8) at River Oaks Golf Club in Bucyrus.

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