



News Sports

Thursday, July 9, 2009 The Sunbury News 9

BW Education Foundation golf outing August 3

The Big Walnut Education Foundation (BWEF) 2009 Golf Outing will be played Monday, August 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 Eyma 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 10-under, 12-under and 14-under. Age groups in softball are 8-under, 10-under, 12-under, 14-under 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 will 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 level.

"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 run.

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



News Photos Lenny C. Lepola

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.

complete. 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

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 fortunately it's something we both

Please see TRENTON TOWNSHIP, Page 10

10TH MEMORIAL VOLLEYBALL TOURNAMENT

MORE PICTURES, PAGE 10



Submitted

POWER DIVISION CHAMPIONS — Kristen Shockley, Roy Weisenstein, Matt Albert, Todd Hill, Mark Lehman, Summer Hale, Ron Lehman and Greg Lehman, from left, claimed the Power Division championship at the 10th Annual Memorial Volleyball Tournament.



Submitted

RECREATIONAL DIVISION CHAMPIONS — Greg Davis, Matt McConnell, Josh Lehman, Dave Rigo, Leigh Lehman, Jill Davis and Kori Rigo, from left, captured 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 with 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 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

Chiropractic Center (bottled water), 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 87.

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 Grove.

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

<p>Good Fella's Pizzeria "Where Good Food and Good People Come Together!"</p>	<p>Carry Out & Delivery! 245B N. Columbus St. (at the Hub) Corner of St. Rt. 61 & St. Rt. 3 www.goodfellozpizza.com 965-6000</p>	<p>COUPON Save • Save • Save</p> <p>\$1.00 OFF Any Large Pizza</p> <p>Good Fella's Pizzeria expires 08/5/09 Not valid on any other coupon.</p>	<p>COUPON Save • Save • Save</p> <p>FAMILY MEAL DEAL 14" 1-item Pizza, 2 Italian Subs, 2 Liter Pop \$22.50</p> <p>Good Fella's Pizzeria expires 08/5/09 Not valid on any other coupon.</p>	<p>COUPON Save • Save • Save</p> <p>50¢ OFF Any Sub</p> <p>Good Fella's Pizzeria expires 08/5/09 Not valid on any other coupon.</p>
	<p>Hours: Mon.-Thurs.: 11:00a.m. - 10:00p.m. Fri. & Sat.: 11:00a.m. - 11:00p.m. Sunday: 2:00p.m. - 9:00p.m.</p> <p>Try Our Sicilian Style Pizza!</p>			

