

STRIDE AHEAD TOUGH TRACK

Executive: President: Cheryl Gaudet
Treasurer: Kathy Kirkpatrick
Membership: Joanne Simes
Volunteers: Joe Woitas
Athletics Mb.board: Rob Guy

Coaches: Head Coach: Andy Tough
Middle Distance: Sheldon Reynolds
Throws: MingPu-Wu
Jumps: Frank McLean
Sprints: Ainsley Tucker

Contact: Andy Tough at track11@mts.net or
Sheldon Reynolds at sreynolds@pembinatrails.ca phone 488-4245

We have currently 120 members of our multi-events club ranging from the age of 9 – 16. We train a maximum of 4 days per week. 2 days at Whyte Ridge School 400 Scurfield and 2 days at Max Bell U. of Mb.

We believe young athletes should train multi-sport and welcome athletes from all sports. The majority of our young athletes train from September to June 30 and participate in x-country, indoor and outdoor track. In 2006 we had 6 members who qualified for Hershey International (August, Hershey Pennsylvania) and another 5 members who qualified for National Legion Camp in Burnaby B.C. in August.

Our athletes competed successfully at Manitoba Provincial X-Country Championships winning several Age Class titles.

Four of our athletes were honored by Athletics Manitoba as Age-Class Champions for 2006.

2007 Outdoor Season

In 2007 we had 8 members of the provincial Hershey contingent and another 7 athletes qualified for National Legions in Ormocto New Brunswick. Cayla Mooney tied 1 and broke another Provincial Midget Record while winning a bronze medal. Danielle O'donnell established herself as the top heptathlete in Manitoba with a silver medal at Legions.

2007 Indoor Season

In 2007 at the Provincial Indoor Championships March 1/2/3 at the Max Bell Center, University of Manitoba SATT athletes in the Pee Wee category won 23 of the possible 30 medals with 5 Provincial Individual Champions.

2007 Indoor Season cont.

In the Bantam category 7 SATT athletes were individual champions as well as 4 relay victories. The events were long jump, sprints and middle distance. SATT athletes broke 4 meet records and had an athlete named “Female Record Breaker of the meet”

In the Midget category 6 SATT athletes were individual champions as well 1 relay victory. The events were sprints, middle distance, distance and shot put.

In the Juvenile category 2 SATT athletes were individual champions and 1 relay victory. The events were middle distance and triple jump.

Fundraising

We host the highly successful Run at the Ridge, the first Saturday in May in the Whyte Ridge community.