

# 100 Cyclists Conquer the Cobequid Pass



Bruce Roberts, owner of Hub Cycle and sponsor of the event, goes over the rules for Conquer the Pass mountain bike race with cyclists prior to the 9AM start on July 3rd. (Harrington Photo)

By Linda Harrington

Close to 100 cyclists road their mountain bikes throughout grueling rugged terrain of the Higgins Mountain area, bordering the Cobequid Pass region, on a very warm Sunday, July 3rd.

Participants opted for one of the 30, 70 or 100km courses beginning and ending in Wentworth at the Provincial picnic park. The fastest time for the 100km ride was just over 4 1/2 hours, quite an amazing accomplishment, considering the difficult course.

This was the third year for the Conquer the Pass mountain bike race, one of the biggest mountain bike events in the province, and sponsored by Hub Cycle of Truro. Cyclists came from throughout NS, NB, PEI and the United States and numerous volunteers helped out with the event.

Feed stations were manned by volunteers at strategic locations along the route to keep cyclists from suffering dehydration or to offer a quick energy snack. Motorized vehicles were available in case of emergency and many cyclists relied on the buddy system to ensure safety.

A Wentworth Fire Truck, driven by Connor Scallion, led racers through the park at 9:00AM signaling the start of the 70 and 100km race. Cyclists headed out of the park and up one of the steepest accents on the ride. A little over 4 and 1/2 hours later,



And they're off! A Wentworth fire truck, driven by Connor Scallion, leads a group of cyclists through Wentworth Provincial Park on July 3rd as they begin a 70 and 100km mountain bike race called Conquer the Pass. (Harrington Photo)

the first racers from the 100km course were crossing the finish line.

Top three finish times in each event were as follows:

**30Km Men Age 30 to 49:** 1st #382 Guy Pellerin in a time of 2:27:51; 2nd #7 Matt Allen, 2:28:35, 3rd #351 Shawn Patriquin, 2:23:24.

**30Km Men over 50:** 1st #204 Eric McGill, 2:15:33, 2nd #368 Darren Cotreau, 2:20:12 and 3rd #383 David Grant, 2:34:23.

**30Km Men under 30:** 1st #142 Chris Foster, 2:04:46; 2nd #401 Noah Patriquin, 2:05:51 and 3rd #408 Elijah Belliveau, 2:22:36.

**70Km Men Age 30 to 49:** 1st #135 Lawrence Plug, 3:32:06, 2nd #137 Charles Cormier, 3:37:50; 3rd #139 Andrew Myatt, 3:53:41.

**70Km Men under 30:** 1st #141 Tyler D'Arcy, 3:26:48, 2nd #126 Lucas McCulloch, 3:45:37, 3rd #221 Dennis Cotreau, 3:57:04.

**100Km Men Age 30-49:** 1st #378 Brian McKeown, 4:56:29, 2nd #2 Jeff Simms, 4:56:51, 3rd #1 Terry Tomlin, 4:57:57.

**100Km Men under 30:** 1st #3 Jamie Lamb, 4:32:39; 2nd #25 Martin Austin, 4:56:50, 3rd #8 Chris Price, 6:15:51.

**70Km Women under 30:** 1st Peggy English, 4:49:30

**70Km Women over 30:** 1st #178 Kaarin Tae, 3:39:27, 2nd #176 Enid Schaller, 4:03:10; 3rd #303 Kelly Murray, 4:21:21.

Congratulations to all who even attempted this ride.

## Great Village's New Rescue Chassis Arrives

By Kathy Simpson-Giles

The child in me crept out yesterday... The chassis is in for the new rescue truck. So, since I was going to town anyway, I stopped in to admire it. OK, I admit it. I got the key and sat in it too. (They even let me start it.)

My, but it's going to make a nice looking truck. We are expecting delivery around the end of August and it is replacing the old Truck #5. This truck responds to all calls and is also our "medical" unit.

I've thought a bit lately about what goes into the making of a firefighter today. From what I've heard, it's a little different than "back in the day".

Robert Layton has stories to tell and I am sure, after 65 years in the fire service, he could tell you about the changes far better than I.

Equipment is much more complex than the "bucket brigade" days. Modern fire fighting gear is mechanical and electronic today and takes a different type of training to operate and a different type of maintenance than shoeing the horses in earliest fire fighting times.

The job description of firefighter has changed as well. No longer do we just fight structure fires. At years end, the list compiled by the chief has included chimney fires, structure fires, grass fires, brush fires, forest fires, vehicle fires, mutual aid calls (to assist other fire departments), down power lines, snowmobile and ATV accidents, motor vehicle collisions, horse and dog rescues (and yes, the cat out of the tree rescues) and last, but not least, medicals. I even took a farm rescue workshop this past spring.

Over a decade ago, I took what is now a 40 hour course to become a Medical First Responder. I thought that it would teach me everything that I needed to know to respond to medical calls. Boy was I ever wrong! No amount of certification could give you all that you need to know.

A Level 1 Certification for firefighting takes 1-2 weeks per month for most of the year. After that, there is a trip to the Fire School to do your final certification. And then the education really begins.

The real learning comes after you have finished the formal part. The bi-weekly trainings are where we learn our department protocols and reinforce our skills. Those two Wednesdays a month are where the "team" is formed.

Being a part of the department is an on-going learning process in which certification is merely the foundation. In order to be of service on a call, we need to know how the department works, who will be in each job, what are the rules on this type of call, and where the tools are kept that we will need. These cannot be taught in a formal certification as each department is different. None of these lessons are learned unless you participate in your in-house trainings.

There is a considerable responsibility in being a part of this type of team as each one is a part of the whole. I have learned that heroes come in all shapes and sizes and will not necessarily be the one who runs into the fire and rescues a victim or extricates a patient from a car. Some of the heroes I know are the quiet ones, the members who show

up each week for training and then quietly do the background jobs on scene with a skill and knowledge that we sometimes take for granted.

I would be remiss if I did not mention the one Wednesday a month that we check our trucks, and work on maintaining the gear. The majority of maintenance on trucks and equipment is done in-house and by our own members. There is a job for everyone on worknight (sometimes two). This work has been great in reminding me where all the gear is kept. I leave the hall, each time I respond, in a truck that I know will not fail me and with gear in good working order, confident that I can find it.

I guess what I am telling you (in a very long-winded way) is that I'm proud of the work that I do with my department and the people that I work with each Wednesday. These are the people who make us such a great team when the call comes. So, to the dedicated members who are always there training and working... You too, are the stuff that heroes are made of.

# DAD

I remember so clearly  
the strength in his hands,  
I was sure they could  
move the whole world.

And, when he'd pick me up  
I seemed so small back then,  
I would scream with delight  
as we twirled.

Time marched right on  
as he showed me the way,  
there were moments  
I'd stray from the path.

But he'd set me straight  
on my road to mature,  
there were times  
it would take just his laugh.

Now his hand is at rest  
but his guidance lives on,  
all those moments  
I'm so grateful we had.

He's my pillar, my strength  
he still shoulders my world,  
and I'm proud just to say  
he was my Dad.

Brian Porter,  
formerly of Five Islands

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