

SPORTS



John Butler joined hands with his daughters, Ellena and Lexi, in running the last hundred feet to the finish line upon his completion of the 40th annual Iron Warrior competition at Garrison Petawawa on Saturday. Iron Warrior 2023 took place over two days, Friday and Saturday, offering two different routes for 2 Canadian Mechanized Brigade Group's tradition of pushing their physical and mental limits by completing a forced march with a weighted rucksack, followed by a canoe portage, paddle and then a final march to the finish line. It should be noted that Butler's son, John Wyatt, dressed as Spiderman, also accompanied his dad to the finish line, but was so fast the camera couldn't keep up with him.

Photo: Vance Gutzman

SIGN UP

"Fencing: Like chess with puncture wounds."

Not really! The points have rubber ends.

However, if you are looking for a sport that requires a range of physical skills - balance, co-ordination, quick reflexes - with less emphasis on sheer strength and stamina, give fencing a try!

**Deep River
Fencing
Club**



Fencing is an interesting and unusual sport that tends to appeal to the individualist rather than team players.

Beginner's classes will be offered Monday nights, 7-8:30 pm at the Mackenzie Community School cafeteria. We hope to welcome back fencers from previous years as well as newcomers to the sport.

Some of our members relish the competitive aspect of the sport and have done well at local tournaments. Others are looking for an enjoyable, low-impact

workout. All abilities are welcome.

Equipment is provided by the club. Gym clothing such as long training pants (not shorts), T-shirts and running shoes are recommended.

We suggest a minimum age of 10 to start. Parents of younger students who are keen to try should contact John Wills to discuss.

To register, or find out more, contact John Wills at 613-584-2879 or jscwills@sympatico.ca.

Look for us at the community sign-up at Mackenzie Community School, September 6, 6:30-8 pm.