

Local Sports

"...Running is simple. There is no schedule, no partner and (I'm) free to (run) whenever I want to."

Run Joan Run

Joan Roch is an author who commutes 20 km a day to work by running



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Joan Roch is no ordinary runner. Why? The forty two-year-old athlete runs to work five days a week because that's what he loves to do. Roch is a Quebec native and veteran ultra marathon runner who finds running to work every day is also a great way to see the city. Despite the weather, Roch runs the 10km dis-

tance to work from his home in Longueuil to his office in Old Montreal where he works as a computer programmer.

The Record caught up to Roch recently, who shared over the phone how he caught the runner "commuter" bug and talked about the launch of his first book - 'Ultra-ordinary: a Runner's Diary,' which was released March 9th in Canada and will be available on April 21st in all other French speaking countries. Roch has been featured in three other books, including Grand Trail (mentions and pictures), Courir autour du monde (foreword) and Courir ensemble (portrait).

Roch says, "I started running in 2005 before I tried many sports like hockey and golf but I was bored with the training. Running is simple. There is no schedule, no partner and (I'm) free to (run) whenever I want to." Roche, who began

running to work in 2012, said, "I used to bike to work but my bike got stolen. Little did I know that my running would evolve into something bigger." This passion led to him inspiring others, to becoming an author, a 'TED Talks' speaker and to becoming an expert on running.

When he makes the run trek he carries no gels, no water and no food but he has learned to dress properly from -30 to -35 degrees through trial and error. Roch can get by without those items but says, "I find it hard to run without a watch and I need to log all miles.

When it comes to shoes, Roche was asked how many pairs he goes through and he says understandably, that he rotates between three to four pairs.

In the last 12 months alone, Roch says, "I have finished the TransMartinique (in 10th place), the Diagonale des Fous

(355th), Massanutton 100 (3rd), Vermont 100 (3rd in 2014) and Quebec-Montreal (250km)." Roch is popular on social networks, with an ever growing base of followers on Facebook (4,200 followers), Instagram, Twitter, Vimeo and Strava. Roch has completed "about 17 marathons." More torturously, he has completed eight 120-milers.

Roch has been on the cover of Esprit Trail (France), has been named Blog of the Month by Nature Trail (France), been featured many times in nation wide newspapers and magazines in both France and Canada. He is also closely involved in the trail running community, acting as a volunteer for several events in Quebec.

www.runwithit.ca
Twitter: @christineruns
YouTube - runwithitcb1

Stanstead honours winter athletes

By Mike Hickey
Special to the Record

The Dawes Trophy for varsity boy's hockey was shared by Major S winners Matt Chan and Antoine Belisle. Chan was recognized as an ultra-competitive goaltender, while team captain Belisle was recognized for his leadership in the dressing room and on the ice. Brad Brulé was also awarded a Major S award.

The Girls Hockey MVP Trophy went to Major S winner Michaela Pejzlova, the

team's top scorer.

"Every time she has the puck on her stick, I know I can rest behind the bench," said head coach Sarah Vaillancourt, who described Pejzlova as an Olympic-bound player who is "one of the best players I've seen in my life."

A second girls hockey Major S went to Jordyn Pimm.

In basketball Rina Takahashi won the Bess Fergusson Trophy and a Major S. Rina Takahashi stood out for her elite skills at point guard as well as her on-ball

defense and dribbling.

Jamal Mayali won the Amaron Trophy and Major S for varsity boy's basketball. Coach Mark Bembenek described Mayali as a relentless, consistent shooter with a humble and winning personality.

The last Major S of the evening and the Trustees Cup for swimming went to Bruno Galindo Zendejas who became a leader and role model in the pool and earned significant points for the team, all with great poise.

In bantam hockey, Hidenobou Kaga while the Sportsmanship award for the team went to Dixon Leung.

The Bantam S for boy's basketball, as well as the Sportsmanship award, went to Andrei Bucatel.

Coach Eryn Hessian presented a Bantam S for girls basketball to Louiza Dacosta Quintana while Sumomo Susuta received the Sportsmanship award.

In junior boys basketball, team captain and leader, Mike Zhang earned both a Junior S and the Sportsmanship award.

Rookie Alison Barlow earned a Sportsmanship award in junior girls basketball while a Junior S award went to Kareen Chen. A second Junior S went to Emily Willis.

PY Cheung and Connor Fletcher won Senior S awards for squash while the team's Sportsmanship prize went to Jef-

frey Liao.

In junior hockey, Will Huckins was honoured with a Sportsmanship award while five Junior S Awards were presented to captain Kyle Morin, Karen Davtyan, Christophe Tellier, Jacob Ducharme and Olivier Faucher.

In curling a Senior S was awarded to Robert He while skip Sophie Legler received a Junior Sand the Sportsmanship award was presented to Alice Liu.

In swimming Bantam S awards going to Samantha Smith and Jasmine Richter Junior S awards went to Amanda DeGrace and Samuel Tolentino Enriquez while Fernando Aramoni Boue was recognized as the most improved swimmer.

Basketball Senior S were awarded Tania Tesson, Chloe Van Dyke, and Mackenzy St-Pierre while Susannah Wolfe won the Sportsmanship award.

Senior hockey player was a two-time winners as he was awarded a Senior S and the Sportsmanship award.

Girls hockey saw Senior S awards go to Katerina Bukolska and Charlie Mailhot while the Sportsmanship award went to team veteran Alissa Bissonnette.

Chris Clegg received a Senior S in varsity boys basketball while Richard Legler earned a Sportsmanship award for his dependability, positive energy and support for his teammates.

LAST REGULAR SEASON GAME

SATURDAY MARCH 19TH AT 4 P.M.

Hockey Phoenix vs Stanstead College

- HOCKEYPHOENIX.CA -



COURTESY OF ROSS MURRAY

MVP trophy winners at Stanstead College's Winter Athletic Assembly were Jamal Mayali (basketball), Bruno Galindo (swimming), Rina Takahashi (basketball), Antoine Belisle & Matt Chan (hockey). Missing is Michaela Pejzlova (hockey), who is currently competing with the Czech U18 team.