

Robin Asbury Achieves All-American Ironman Ranking

By Scott Allenby
Proctor Athletic Department

One component of the Proctor community that helps inspire the individual accountability necessary to sustain athletic excellence lies in the adults within the



community who have chosen to pursue athletic endeavors. Fine arts teacher and cycling coach Robin Asbury of Andover is one such faculty member who has found a passion in endurance training.

A veteran of half Ironman triathlons over the past few years, Robin trained tirelessly this year for her first full Ironman triathlon. Completed the last weekend in July at Lake Placid, Robin finished the 2.4 mile swim, 112-mile bike ride, and 26.2 mile run in 11 hours 19 minutes, good for 10th in her age group. This performance is astounding in and of itself, but given the fact that Asbury had sliced her foot badly just days prior to the event made this feat even more impressive. Robin has now qualified for the Half Ironman World Championships in Clearwater, Florida in November and for Nationals in Alabama later this year, while also achieving All-American ranking.

Robin commented on her recent performance, "I'm so grateful for the sacrifices and support of my family and for the support of my sponsors Drummonds Cycles of Enfield, Vermont Peanut Butter, and SoTru (an organization supporting natural living started by Proctor alum Rich Symington)." Robin's considerable dedication to training and notable accomplishments at a national level sets a tremendous example for Proctor's athletes to follow.

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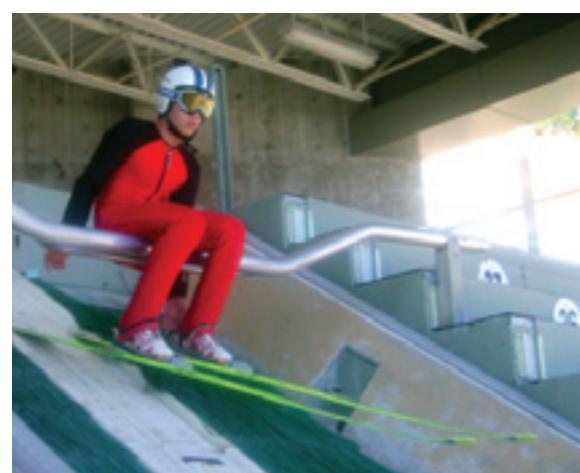


Andover Outing Club athletes pause to relish the experience of being at the Park City, Utah, Olympic ski jumps. (L-r) Luke Daniels, Zach Daniels, Nick Fairall, and Matt Doyle.

Andover Outing Club Athletes Train On Olympic Jumps

By Zach Daniels
Andover Outing Club

When many of the winter skiers and other winter enthusiasts put their equipment away in the spring, mem-



Luke Daniels on the Olympic-sized jump, his first jump on a hill that big.

bers of the Andover Outing Club are gearing up for the summer ski jumping and Nordic combined season.

Recently, Matt Doyle, Luke Daniels, Nick Fairall, and I all ventured out to the Rocky Mountains for two weeks of training at top-of-the-line facilities such as Steamboat, Colorado and Park City, Utah, home of the 2002 Winter Olympic Games. Not only are these facilities good for ski jumping, but they are pristine for high altitude cross country training and home to the US Nordic combined team. Both Park City and Steamboat lie at about 7,000 feet above sea level and definitely make it harder to breath, which in turn builds stamina.

Upon arriving in Steamboat for the first week of training, we realized that it was a much different place in the summer. We were in the driest mountain range in the country! Little vegetation was growing, and we even saw animals

that you would not normally see.

After getting past the fact that we would all be very thirsty this trip, it was time to train. Steamboat has multiple ski jumps at their facility, but the K70 (70 meter) ski jump was the only hill with plastic for summer jumping. After five hard days of jumping and roller skiing in the blazing heat, we were ready to head to Park City, Utah, for further training.

Both Nick and I were gearing up for the US National Championships, which were held July 28 to August 1. Upon arriving in Utah, Matt got to see the most advanced ski jumps in the country for the first time. It is quite a different

sight than the ski jumps in the East!

Both Luke and Matt, along with other young Eastern jumpers, trained on the K65 ski jump for the week in preparation for competition. While Matt and Luke were flying off the K65 and learning new techniques from Lake Placid coach, Evan Bliss, Nick and I were training on the K90 and K120, both of the jumps used in the 2002 Olympic Winter Games.

As other teams from around the country and Canada arrived to train and compete in Park City, we were able to reunite with athletes we'd met through previous travels, while Luke and Matt met new friends that will stay with them throughout their Nordic combined careers.

With National Championships approaching fast, I jumped and roller skied daily, but I wouldn't leave without bringing Matt and Luke along to See AOC on page 47