

A healthy challenge

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At the age of 73, Ruth Scoullar is the first person to walk and bike across Canada. Now she wants others to follow her lead.

Scoullar didn't even have to leave Quesnel. She took part in the Canadian Cross Country Fitness Challenge and in one year travelled 10,529 km from St. John's, Newfoundland to Victoria, British Columbia.

The internet-based program was launched in December of 2000 and provides participants with a virtual journey across Canada. Scoullar is the first to complete the challenge.

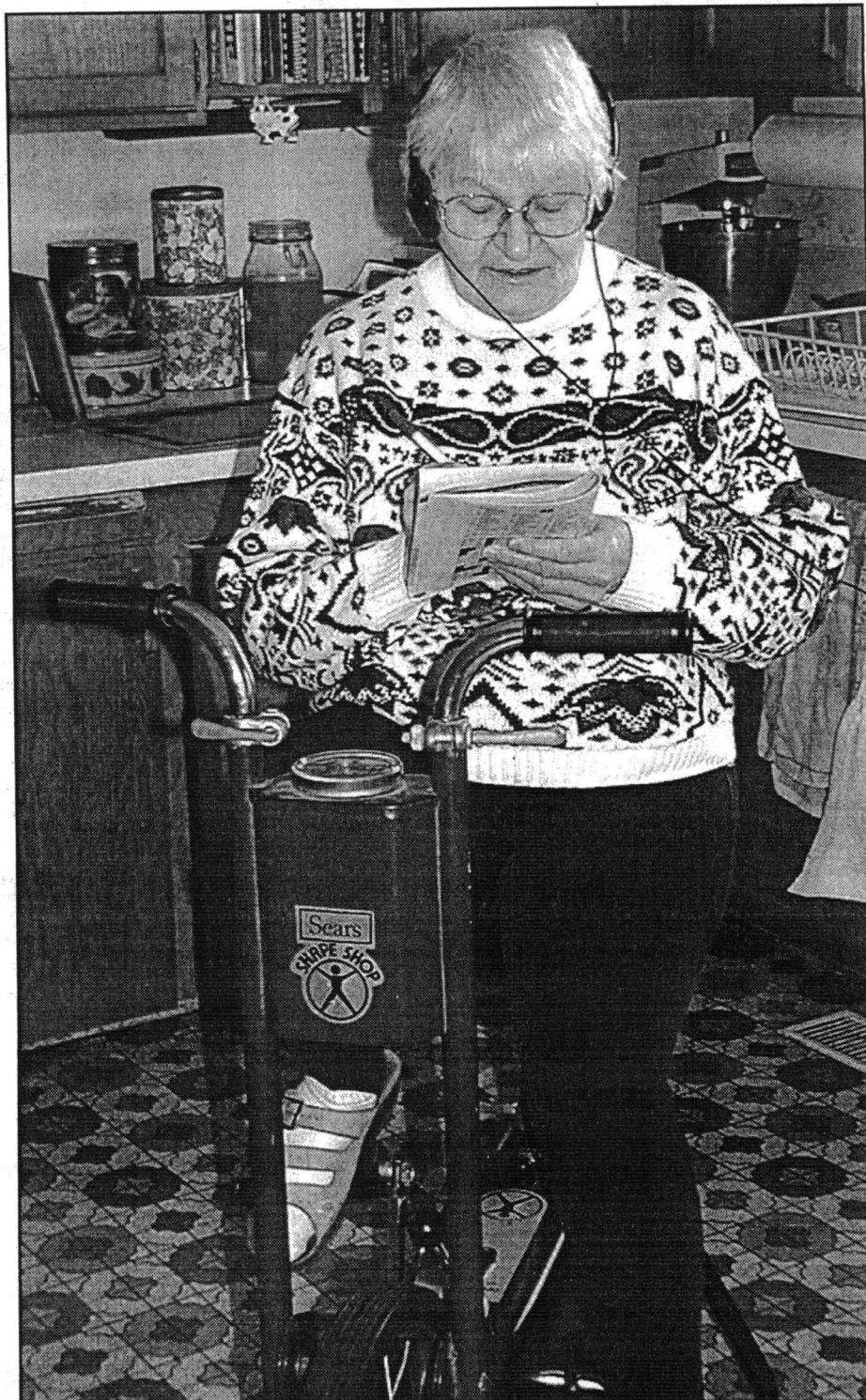
"The program was fairly new when I started," said Scoullar. "I didn't realize that I was the first to complete the challenge, but I had an idea I was near the top. It is really quite an honour."

Scoullar was introduced to the challenge by her friend, Pam Crocker-Teed. At the time, they were already quite active with the Heart and Stroke Foundation's Hearts in Motion program.

"We were already doing lots of walking," said Scoullar. "That's what got us going with the challenge."

Scoullar started her cross country journey on February 12, 2002 and set a goal to be finished in one year. She accomplished her goal when she exercise biked her way into Victoria on February 8, 2003.

Scoullar credits her old exercise bike with her success. When she began the challenge she was walking, but she started to have trouble with her knees and arches and had to stay off her feet.



Ruth Scoullar is the first to complete the Canadian Cross Country Fitness Challenge. She travelled 10,529 km across Canada, from St. John's to Victoria, on her exercise bike in one year. Now she wants to challenge others to do the same.

Courtney Gillies photo

healthier now that I've finished," said Scoullar. "I am going to continue to be active, but not to

tificates are awarded upon the completion of each province and there are activities to do corre-

can do it, why not Quesnel?"

Scoullar also wants to encourage more seniors to