

Runner hopes to set new course records

From page 13

moved to Whistler, with the sole purpose and goal of pursuing long distance running and adventure-style events.

He ran his first ever expedition race, an approximate 700-kilometre trek, in Utah in 2006 called Primal Quest.

"I did that with a couple of other people locally and we were the youngest and most inexperienced team in the entire event and the race . . . took us over a week to finish," he says. "That was definitely one of the crowning achievements early on."

Ever since, Robbins has continued to compete in events, locally, nationally and internationally.

The first race he ever won as an individual was the North Shore's Dirty Duo 50 K in 2007 and the first big American race he won was in January, the HURT (Hawaiian Ultra Running Team), a 100-mile trail run. He finished the course in 20 hours and 12 minutes, beating the previous course record of 20 hours and 28 minutes set last year. He finished more than two hours ahead of the second-place runner.

Conquer the Coasts is Robbins' first foray into charity running.

"It hasn't been lost on me over the years that any kind of athletic pursuit is very selfish at its core so there's a part of me I guess that's trying to compensate for that feeling of selfishness a little bit by trying to give something back and through that I wanted to raise some money for a worthy charity like Right To Play," he says.

The initiative will see him run a trail in the east and the west, a means of paying tribute to his two homes, where he was raised in the east and the west, where he's currently living.

"I feel a definite affiliation with both coasts and I'm always looking for a good excuse to go home and visit my family," he says.

Robbins is fairly familiar with the West Coast Trail as he's hiked it previously in a three-day span and ran it before as part of a larger journey.



photo Danny Singer

An artfelt approach

NORTH Vancouver photographer Danny Singer's work *Bassano Summer Sky* is among the works up for auction at UNITE with Art, a contemporary art auction and gala, being held Thursday, June 3 at 6 p.m. at Vancouver's Maynards Auction House. Proceeds from the event will benefit Unicef's Unite for Children, Unite Against Aids campaign, which to date has raised more than \$330,000 for the cause. Info: www.unitewithart.com.

While he's run a few sections in the past, the East Coast Trail will be a relatively new experience for him.

The West Coast Trail record, 10 hours and 13 minutes, is currently held by North Shore News columnist Kevin Valley and Frank Wolfe. The East Coast Trail record, 48 hours, is coincidentally held by Valley's running mate and partner in Impossible2Possible, a non-profit organization that uses adventures to inspire youth to make positive change in the world.

To prepare, Robbins logs around 100 miles of running a week. As the West Coast Trail involves a lot of ladder and cable

car work, he's been doing a lot of upper body conditioning.

He's excited to finally be embarking on the first run this week.

"The West Coast Trail has come up a lot quicker than I anticipated," he says. "I knew when it was going to happen but the time really evaporated on me in the last month or so."

Despite his nerves, the determination to break the record as well as do his part to support a worthy charity, will no doubt prove to be the motivation needed for yet another success.

To make a donation to Robbins' efforts, visit his personal fundraising page at www.righttoplay.ca.

For more information on Conquer the Coasts 2010, visit www.garyrobbins.blogspot.com.

Children's Health

Homeopathy

The gentler medicine for:

- concentration • anger • anxiety
- eczema • asthma • sleep



Christopher Gehry, DCH
 Capilano Homeopathy Clinic
 604.986.4878 3260 Edgemont Blvd,
 North Vancouver

Aiming for cure, not suppression

www.homeopathic.org



Bikram's

yoga college of India
North Vancouver

The Hottest Yoga

One week unlimited yoga for \$25

Includes tax, one free mat and towel rental. All Beginners Welcome!
Offer valid for first visit only.

856 W 15th Street, North Vancouver • 604 904-YOGA

www.bikramyoganorthvan.com

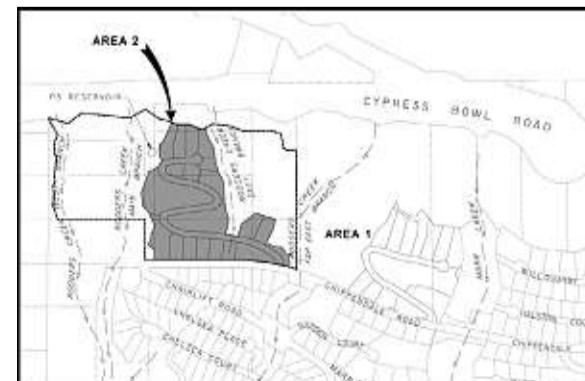
OPEN HOUSE - Rodgers Creek Area 2 Development Permit

British Pacific Properties Limited has applied to develop 16 single family lots and 24 ground-oriented townhomes for a total of 40 dwelling units in the area bounded by Rodgers Creek Far East Branch to the east, the 2600 block Chippendale Road to the south, Rodgers Creek West Branch to the west and the 1200 foot contour to the north as designated below. This development comprises Area 2 of the Rodgers Creek Area Development Plan which was approved by Council in 2008.

You are invited to view and comment on the plans. The development team welcomes your input.

**The Open House will be held on:
 Wednesday June 2nd, 2010
 Time: 6:30pm - 8:30pm**

**Place: Collingwood Junior School, Library
 Address: 2605 Wentworth Avenue, West Vancouver**



**For more information:
 Virginia Bird, Community Relations
vbird@pottingerandassociates.com or 604.801.5008**





It's time to feel better.

If waiting for surgery is keeping you from the hobbies that you love Delbrook Surgical Centre can help you get back to the life you love.

delbrooksurgical.com 604.985.7488

WOMEN'S CLINIC

Pap Smears
 IUD Placement/Removal
 Contraception Advice
 STI Testing
 Endometrial Biopsy
 and more



604 628 6162

1777 Lonsdale Ave, North Vancouver