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## Weather



TODAY:  
MAINLY  
CLOUDY

HIGH OF 26  
LOW OF 16



TUESDAY:  
60 PER CENT  
CHANCE OF  
SHOWERS

HIGH OF 23  
LOW OF 13



WEDNESDAY:  
SUNNY

HIGH OF 24  
LOW OF 11



THURSDAY:  
SUNNY

HIGH OF 25  
LOW OF 13



FRIDAY:  
60 PER CENT  
CHANCE OF  
SHOWERS  
HIGH OF 22  
LOW OF 10

# “Pottonman” triathlon

CONT'D FROM PAGE 1

known, but there are many others including “Challenge Family” and “Revolution 3 Triathlon”. More likely known competitions in our area include the TriMemphre (Magog) and the S:TriMan (Sherbrooke) which are two competitions held in the region. The most common distances in triathlon are: Sprint (750m, 20km, 5km), Olympic or standard (1500m, 40km, 10km), half long distance (1900m, 90km, 21.1km) and long distance (3800m, 180km and 42.2km).

Van Oordt has been doing triathlons for over 15 years, including several at distances described above as well as the World Championships in 2012. The only thing missing from his list of achievements is the long-distance which has been his long-time dream. The pandemic put a kibosh, as stated earlier, to Van Oordt’s plans of participating in the World Championships but his training has progressed very well.

“Taking on a goal like this requires a big commitment not only for me but also for my family who have been extremely supportive,” shares Van Oordt. “With this fundraiser I will realize my dream of finally completing my first long distance race and I will do it in Potton; a community and area I have grown to love,” he said.

Van Oordt bought a cottage in Potton in 2009 and has since sold it to build a new home now underway. He and his wife who is also an avid sportswoman have been enjoying Potton with their three children for over ten years now.

“We are looking forward to spending more time in the beautiful Potton area,” stated Van Oordt. “I cannot imagine a better place to swim along the shores of the majestic Lake Memphremagog or to pedal the hills of Knowlton Landing,” he added.

Van Oordt chose to do this fundraiser to benefit the Missisquoi North Volunteer Centre (CABMN) since it is a non-profit charitable organization providing services for a wide and



COURTESY

Marc Van Oordt is training for his “Pottonman” triathlon (September 2021) to raise funds for the CABMN Volunteer Centre.

diverse clientele base: seniors, youth, the intellectually and physically challenged... for close to 40 years now. The CABMN will celebrate its 40th Anniversary in 2022 and as Van Oordt embraces his 50th year on the planet, he will be giving to an organization celebrating its own longevity and community betterment.

Van Oordt has decided to call his event “Pottonman” and it will take place on September 12, 2021. He will depart at 6 a.m. and plans to finish the event by 8 or 9 p.m. that evening. His exact route is being planned and will be confirmed prior. All donations will benefit the CABMN and contributions will be eligible for income tax receipts issued by the organization.

“With my beautiful wife and our three sons supporting me, I will continue to train and activate my fundraising campaign,” said Van Oordt. “I proudly take this opportunity to invite you all

to support my “Pottonman” event and I thank those who choose to show their encouragement in contributing to the CABMN.

To donate to this event, you can simply visit the cabmn website at: [www.cabmn.org](http://www.cabmn.org) and click on the Canadahelps link. By writing “Pottonman fundraiser” on the note line, your donation will be registered as supporting this initiative. You can also stop by the CABMN main office with a donation or send one by mail made out to: the Missisquoi North Volunteer Centre (CABMN) and writing “Pottonman fundraiser” on the note line on your cheque; the CABMN mailing address is 314B Principale, Mansonville, Quebec J0E 1X0. Income tax receipts will be issued for all donations made through Canadahelps or directly to the CABMN. Marc and the CABMN thank you for your support. The Facebook page can be found at: <https://www.facebook.com/pottonman2021>

Fig.16

NEXT TRAIN

18:34

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## Ben by Daniel Shelton