

# HENDERSON, ANDISON TO BE HONOURED BY HOMETOWN

## OLYMPIC-SIZED PARTY ON TAP FOR SMITHS FALLS ATHLETES

LAURIE WEIR  
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Brooke Henderson and Bailey Andison will compete for Olympic gold starting next week at the Summer Games in Tokyo — Henderson on the links and Andison in the pool — and there will be a lot of cheering heard all the way from Smiths Falls.

Andison, 23, is competing in her first Olympics. At the 2019 Pan Am Games in Lima, she earned a bronze medal in the 200 IM. She will be swimming for Team Canada in the women's 200 IM, which takes place July 26 and 27.

For Henderson, 23, the Tokyo games will be her second time representing Canada on the golf team. In Rio de Janeiro in 2016, she finished T-7, the top score for a Canadian. Earlier this year, she won her 10th career LPGA Tour

title at the Hugel-Air Premia LA Open. The women's golf event will take place Aug. 3 to 6.

"This is really an incredible accomplishment for both these young women," said Art Manhire, the director of community services for the Town of Smiths Falls.

"We've been working with the mayor on an event, and we're trying to coordinate with families and their handlers to see, when the Games are over, that we can do an event for them," Manhire said. "We're trying to set that up. We've ordered some banners and other recognition pieces — at this point, whether we get it out before competition or at the same time, we want to recognize their accomplishments of getting to that stage and that level."

Manhire said, "We expect a lot from our athletes, and we have lots of trust and respect for them. We do anticipate that they'll do well, and they'll be happy with their performances."

The overall strategy is to see if they can coordinate the athletes'



schedules for a similar party in Victoria Park.

"We're looking at the LPGA Tour schedule to see what happens after the Olympics and what Brooke's requirements are going to be," he said. "Shawn (Pankow) has been in touch with her people to see what we can do in terms of timing. The other issue is going to be coordinating both of them in town at some time to have that kind of event."

Manhire said they're "trying to find a sweet spot right now, and we're working with both camps to see if we can find that point."

Staff will hang Olympic banners at the six entrances to the town and in front of town hall by



Metroland file photos

Brooke Henderson, left photo, and Bailey Andison, right photo. Brooke Henderson and Andison are Smiths Falls Olympians who will be honoured by their hometown, Smiths Falls, in the coming weeks. Banners will be hung this week at all the entrances to town, and flags and posters are on order.

the end of this week. Manhire said they purchased the rights to use the Olympic logo for such a purpose as celebratory banners.

"We are hoping we can take some pictures locally and post them on social media, so they can see the hometown support."

Manhire said for the effort it takes to qualify for the Olympics, "that accomplishment itself of being selected, especially in Canada where we're very restrictive of who we send, and the numbers, it's quite an honour and they

need to be recognized for that accomplishment."

Like in 2016, after Brooke and Brittany Henderson returned from the Games, a party was held at Victoria Park.

Ideally, he said, they'd like to have a town celebration at the end of August or early September.

In the meantime, banners, posters and flags are on order for the Olympic celebration.

More to come on this story as it develops.

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# OLYMPIC SIGNS POPPING UP ACROSS TOWN

## WELL WISHES GALORE FOR BROOKE HENDERSON, BAILEY ANDISON

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Olympic lawn signs of support for our local athletes are popping up over Smiths Falls with the faces of Brooke Henderson and Bailey Andison, as they are heading this week to the Tokyo Summer Games.

The signs have been created by a crafty trio of friends — who are also friends of the Andison and Henderson families — who felt it was a good way to support two of their favourite elite athletes. Henderson, is attending her second Summer Games after a T7 finish with the women's golf team at Rio 2016; and

Andison is competing in the Games for the first time in the pool, as she will take part in the 200-metre individual medley.

Candy Hall-MacGregor said this sign project has taken on a life of its own since it started almost two weeks ago. She didn't see much support in town for the longtime friends, both of whom are 23 years old.

"We were a little shocked that we hadn't heard about the town doing anything," she told the Record News on July 20. "We came up with that idea to show our support for Brooke and Bailey."

She and her colleague, Jamie Axford, and Jamie's



wife, Sherrie Axford, created a plan, and reached out to Impression Printing in Smiths Falls. So far, they have made about 300 lawn signs, (the first 100 were out the door within minutes).

On July 20, in an interview with the director of community services in Smiths Falls, Art Manhire said the town is working on the logistics of a celebratory party for Henderson and Andison in August or September, when they can line up the athletes' schedules.

"It's taken off more than we thought," Hall-MacGregor said about the signs. "It was really just for friends and family, but it's really blown up."

The trio is also donating a portion of the sales to the Smiths Falls Breakfast Club. The signs cost \$15 each, with a \$1 donation going to this program.

"Sherrie is really the gold star in all of this," Hall-MacGregor said. "This really wouldn't have happened without her. She's co-ordinating everything."

This endeavour is all about supporting two talented young people from Smiths Falls, she said.

"These are young girls and they're huge influences on our younger generation," she said.

To have two athletes attending the Games at the same time is a rare occurrence.



Candy Hall-MacGregor photo

Lawn signs like these are popping up over Smiths Falls as we gear up for the 2020 Tokyo Olympics where longtime friends, Brooke Henderson and Bailey Andison will be competing for Team Canada on the golf course and in the swimming pool.

rence.

"The chances of this happening in a small town like ours ... it's an opportunity to show we're not just Tweed, we're not just a Hershey town, and we're not

just a hockey town. We're so much more and this will bring people to the town."

If you're looking for a lawn sign, reach out to Hall-MacGregor on Facebook.

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# OTTAWA VALLEY ATHLETES TO WATCH IN TOKYO

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There is no shortage of local talent to cheer on at this year's Summer Olympic Games in Tokyo. Here's a rundown of Ottawa Valley and surrounding area locals who are competing and when they play.

## BROOKE HENDERSON — GOLF

At 23 years old, the Tokyo games will be Henderson's second time representing Canada — and Smiths Falls — at the Olympic level. In Rio 2016, she finished T-7 in the women's golf event, the top score for a Canadian. Earlier this year, she won her 10th career LPGA Tour title at the Hugel-Air Premia LA Open. Henderson started playing

golf at age three because she wanted to join her father and sister on the course. She always dreamed of playing professionally, a goal that was cemented at age 14 when she won her first pro event.

Women's golf takes place Aug. 3 — 6

## BAILEY ANDISON — SWIMMING

Bailey Andison took part in her swim event on Monday morning, July 26. She was competing in the 200-metre individual medley. She was close to making the semifinals, swimming the race with a time of 2:12:52 — the 18th best out of all who swam in the four heats on Monday. She was sixth in her heat, which was the second of the morning. Just two swimmers stood between her and advancement. Only the top 16 swimmers qualified for semifinals.

## AMY MILLAR — EQUESTRIAN JUMPING

Riding is in the blood for the daughter of legendary equestrian athlete Ian Millar. Amy, 44, grew up riding horses from a young age on the family farm near Perth.

Millar and her horse, Heros, made their Olympic debut at Rio 2016 where they were part of Canada's fourth place finish in the team event, losing a jump-off for bronze to Germany.

Equestrian jumping events take place Aug. 3 — 7.

## MELISSA BISHOP-NRIAGU — RUNNING

Bishop-Nriagu grew up in Eganville where she started running at age 10, then training and competing more seriously at age 13. At the 2016 Rio Olympic Games, she finished fourth in the women's 800-metre event, and 30th in the same event in the London 2012 games. At the 2015 Pan American Games, she brought home a gold medal in the 800m. Her favourite motto is "Respect all, fear none," which her coach, the late Dennis "Big Dawg" Fairall, used to tell her before races.

The women's 800-metre event takes place July 29 — Aug. 3.

## MADELEINE KELLY — RUNNING

The 25-year-old grew up in Pembroke, and dreamed of re-

presenting Canada in the Olympics ever since watching her then-idol, now-teammate, Melissa Bishop-Nriagu, compete in the London 2012 games. On June 25, Kelly placed third in the Canadian Track and Field Olympic trials in Montreal in the women's 800m, posting a time of 2:00:30. The first-time Olympian is multi-talented, and also works as a writer at Canadian Running Magazine.

The women's 800-metre event takes place July 29 — Aug. 3.

## CONLIN MCCABE — ROWING

The Brockville native will compete in his fourth Olympics later this month. McCabe, 30, started rowing at age nine, and began taking it seriously in 2004, at age 14. At the London 2012, he earned a silver medal in the coxed-eight event. At Rio 2016, McCabe and his teammates advanced to the A final in the coxless-four event, finishing sixth overall.

The men's eight rowing event takes place July 24 — 29.

## TIM NEDOW — SHOT PUT

The 30-year-old Brockville native started in track and field at age 13, and discovered a natural talent for shot put. He placed 16th in the



Laurie Weir/Metroland

Brooke wraps herself in the Canada flag presented to her by Mayor Shawn Pankow during the Team Henderson celebration in Centennial Park on Sept. 9, as the town celebrated the sisters' trip to the Summer Games in Rio de Janeiro in 2016.

event at the 2016 Games, and fourth at the 2019 Pan Am Games. Nedow is known for rubbing the inside of his knees and pulling his left ear before competing because he was told it sparks the nervous system; whether not this is true or not, he believes it works so he does it for every throw.

The men's shot put competition takes place Aug. 3 — 4.

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QUADRUS

## NEWS

Time capsule  
Memories of  
the Week  
Aug. 6th 2020



Laurie Weir/Metroland

Town staff Dave Mains, Greg Sonnenburg, and Matt Summers hang a cheer banner at town hall in Smiths Falls on July 21 in honour of hometown athletes, Bailey Andison and Brooke Henderson, who are competing at the Olympics in Tokyo. There are also six banners at the entrances to town.

# SMITHS FALLS GEARS UP FOR OLYMPICS

Continued from page 1

needed through the International Olympic Committee. These logos are exclusive property of the IOC and it's a mark which is protected around the world and cannot be used without the ICO's written consent, their website states. That means, to use any-

thing Olympic related — like the rings, flag, motto, anthem, designations, emblems, the flame, and torches, needs prior approval.

"We're really restricted as to what we can even say on the banners," Pilon said.

Using Smiths Falls printing companies such as CGS Signs and Stripes,

and Impression Printing, the town created its own unique graphics for the banners, which were hung around town Thursday morning.



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# 7 SPORTS, EVENTS THAT USED TO BE PART OF SUMMER OLYMPICS

OVER THE YEARS, A NUMBER OF PECULIAR COMPETITIONS HAVE BEEN DROPPED

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The list of Summer Olympic sports and events is constantly evolving, with dozens of changes made since the first international Olympic Games in 1896.

Over the years, the list of cancelled games has come to include a number of well-known sports such as croquet, cricket, polo and lacrosse, as well as baseball and softball, which are making a comeback this year.

However, there were also numerous sports and events that are no longer part of the games that were peculiar, to say the least.

Here are seven strange sporting events you may not have known were once

part of the Olympics.

## TUG OF WAR

Tug of war was once an Olympic event that appeared at five games from 1900 until 1920 — just like you may have played in elementary school.

The teams each consisted of eight athletes that had to pull the other over a line with six feet of distance on either side.

This was a timed event of five minutes, and if no team succeeded to pull the other over the line, a winning team was declared based on who performed the best.

## CLUB SWINGING

Club swinging took place twice during the Olympic Games, in 1904 and 1932. In this competi-



A tug of war competition at the 1900 Olympic Games.

tion, each contestant would perform a routine by swinging clubs that looked like bowling pins for five minutes.

They would each receive a score out of 15.

## RUNNING DEER

Running Deer was a former shooting event at the Olympics that saw competitors shoot at a deer-shaped target which would move, or "run," a distance of 75

feet. There were two types of running deer events: single shot and double shot.

Each competitor was given a score out of 80 points.

## DUELING PISTOLS

The Intercalated Olympic Games, which is not currently viewed as official Olympic Games by the International Olympic Committee, held a pistol dueling competition in 1906.

This bizarre event saw competitors shoot wax bullets at human-shaped targets dressed in long coats from a 20- or 30-metre distance.

## FENCING WITH STICKS

Singlestick was an Olympic event that took place in 1904 and was a one-time event, with only three competitors participating.

The typical fencing wooden stick of approximately 34 inches in length. The singlestick was initially a practice sword in the 16th century before becoming known as a weapon on its own.

## PLUNGE FOR DISTANCE

Plunge for Distance was an Olympic event that took place in 1904.

It required competitors

to dive into a pool, then proceed to stay still in the water, not moving their bodies at all, until one minute was up or until they naturally floated to the surface.

## SOLO SYNCHRONIZED SWIMMING

Solo Synchronized Swimming was an Olympic sport that existed between 1984 and 1992, and while the name seems humorous based on the version of synchronized swimming we have come to know, the intent was for the swimmer to synchronize their movements to the music that was part of the routine.

The solo Olympic sport has since turned into a team effort, now referred to as Artistic Swimming.

*This article was informed by Olympedia, Topend Sports, Olympic.ca and Encyclopedia Britannica.*

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NEWS

**BAILEY ANDISON:  
FROM SMITHS  
FALLS TO TOKYO**

EVELYN HARFORD  
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**ATHLETE  
SPOTLIGHT**



• 2011

At 13, Andison was ranked No. 1 breastroker in Canada as a member of the Perth Stingrays Aquatic Club.

• 2012

At 14, Andison competed at the Olympic Trials in Montreal. That same year, she brought home six medals from the 2012 Ontario Summer Games.

• 2014

Andison won two gold medals for the Smiths Falls District Collegiate Institute in the 200 IM and the 100-metre breaststroke. She also swam to a gold medal at the Canadian Age Group Championships in Winnipeg.

• 2015

Andison earned two silver medals in her first Open Age competition in the Speedo Eastern Canadian Open, and four gold medals in the 2015 Short Course Championships.

Later that year, she headed south to Denver on a swimming scholarship and announced her arrival in

Colorado by breaking the University of Denver's 200-yard IM record in her first year. Andison's three years at Denver produced some amazing results with three consecutive years in the NCAA finals: six gold medals at the Summit League Championships, all-American honours for three straight years — the first woman swimmer to do so; Sports Woman of the Year, in her first year, and Female Swimmer of the Year in back-to-back years (2016-2017).

• 2016

Andison took part in the British Nationals in Sheffield, England, swimming to a gold medal in the 400 IM and a silver in the 200 IM.

• 2017

Andison travelled to the University World Games in Taipei, Taiwan where she finished in the top 10.

• 2018

Two former Perth Stingrays swimmers, Olivia Ellard and Andison met up in the water again in Vancouver in the Mel Zaharia JR International meet. That same year, Andison transferred from Denver to Indiana University and anchored the U.I. team to a Big 10 Championship for the first time in eight years and was named All American for the fourth consecutive season.

• 2019

Andison participated in the Pan Am Games in Lima, Peru coming home with a bronze medal. She was inducted to the Smiths Falls Recreation Wall of Fame. Andison signed with the



Metroland file photo

Bailey Andison

L.A. Current in the newly-formed International Swimming League and participated in the finals at the Mandalay Bay Hotel in Las Vegas.

• March 2020

Andison was emotional in the wake of Canada pulling out of the 2020 Olympic Games in Tokyo due to the pandemic. The Olympics were postponed all together.

• March 2021

After the Speedo Championships in March, Andison reached her highest World Ranking at No. 4. Other nations had since had their Olympic trials and Andison's world ranking dropped to No. 8.

• June 2021

Andison competed in the Canadian Olympic swimming trials held in Toronto. Her showing at the trials earned her a spot on the Olympic Swim Team. On June 24, it was announced she would be heading to Tokyo to represent Canada in the 200 IM.

• July 26, 2021

Andison competed in the second heat of the 200IM where she placed sixth with a time of 2:12.52, missing a top 4 finish and a trip to the semifinals by 1.11 seconds.

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BROOKE  
& BAILEY!**



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# 10 THINGS YOU PROBABLY DON'T KNOW ABOUT THE OLYMPIC GAMES

## THESE MODERN AND ANCIENT OLYMPIC FACTS MAY SURPRISE YOU

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The Olympic Games have a long and fascinating history, stemming back to ancient Greek times.

Whether you are a fan of the modern games, a history buff, or just love a good fun fact, here are 10 lesser known Olympic tidbits to get you excited about this year's Tokyo Games.

**The very first Olympic Games took place in Olympia, Greece in 776 B.C.**

The ancient games were held every four years un-

til 393 A.D. After that, there was a 1,503-year pause.

The games returned to Athens, Greece in 1896, as the modern version we know today. French historian Baron Pierre de Coubertin is credited with introducing the modern games to the world.

**Athletes used to perform naked in ancient times.**

By the end of the eighth century, it was common practice for Olympic athletes to perform naked at the games as a tribute to the Greek God Zeus, with the intent to show off their strength and physique.

**The act of biting gold medals is a tradition stemming back to the 1800s.**

Biting gold to test its legitimacy is a practice that

began in the 1800s, when merchants would bite into their gold coins to see if any tooth marks were left behind, to ensure the coins were not mixed with any other metals.

While Olympic gold medals are primarily made of silver today, Olympians still pose biting their medals for photos in honour of tradition.

The last Olympic medals made purely of gold were seen at the 1908 London Games.

**Figure skating used to be part of the Summer Olympics.**

Figure skating made its debut at the Summer Olympics in 1908, and appeared in the Summer Games once more in 1920, before permanently shifting over to the Winter

Olympics in 1924.

**Artists used to partake in the Olympic Games.**

Art competitions were a component of the Olympic Games from 1912 to 1952, when competitors created Olympic-themed fine art pieces to be judged. During that period, 151 medals were awarded to Olympic artists.

**The first Olympic athlete to fail a drug test drank some beer before the games.**

Hans-Gunnar Liljenzwall, of Sweden, was the first Olympic athlete to get his medal revoked after he allegedly downed some beer before the pistol shooting competition during the Mexico City Games in 1968.

**The colours of the Olympic rings represent all national flags.**

The colours of the Olympic rings — blue, yellow, black, green and red on a white background — represent the colours of all national flags around the

world at the time the symbol was created in 1913.

**There is no universal age limit for Olympic athletes.**

According to the International Olympic Committee (IOC), age eligibility is determined by "each International Sports Federation and the rules it lays down for its sport." This year, the youngest competitor, Hend Zaza, a Syrian table tennis player, is only 11 years old.

**French and English are the official languages of the Olympic Games.**

French and English are the official languages of the games, with French being the language spoken first at events. This is a result of Frenchman Baron Pierre de Coubertin founding the modern Olympics.

**Last year was the first year the Olympics were put on hold due to a pandemic.**

In 2020, as a result of the COVID-19 pandemic, the Olympics were postponed for the fourth time in mod-



Wikimedia Commons photo  
Walton Glenn Eller III bites his gold medal after winning the double trap event in the 2008 Beijing Olympics.

ern history. The games were only cancelled three times prior, due to the two world wars: in 1916, 1940 and 1944.

*This article was informed by the Penn Museum, Sportskeeda, Olympic.com, Topend Sports, Smithsonian Magazine and Southern Utah University.*

*Best of Luck Brooke and Bailey  
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# GET TO KNOW TEAM CANADA WITH THESE FACTS AND STATS

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Knowing obscure sports trivia can be a quick way to score points with friends and acquaintances, and with 121 years of history, there's no shortage of obscure facts and statistics about Canada's Olympic team.

The Summer Games in Tokyo, Japan, are set to run from July 23 to Aug. 8, and whether you're hoping to win trivia night, impress people or just satisfy your own curiosity, this is a good time to learn about the history of Canada's presence at the Summer Olympics.

Here are some facts about Team Canada you might not know.

- Since it first participated in 1900, Canada has sent athletes to every Summer Olympics except for the 1980 Summer Olympics in Moscow, Russia, which it

boycotted.

- Team Canada earned its most medals in a year during the 1984 Summer Olympics in Los Angeles, bringing home 44 medals including 10 gold, 18 silver and 16 bronze. By comparison, Canada earned one silver medal during the 1960 Summer Olympics in Rome, Italy.

- Canada's best summer Olympic sport is athletics, which includes running, hurdles, long jump, high jump, decathlon and other track-and-field events. Canada has earned 60 medals in athletics since 1900, including 14 gold, 15 silver and 31 bronze.

- Canada's weakest summer Olympic sports are equestrian dressage, equestrian eventing, beach volleyball and rugby. Team Canada has earned one bronze medal in each of those events since 1900.

- Overall, Canada ranks



Steve Russell/Toronto Star

Canadian athletes take to the field during the closing ceremony at the 2000 Summer Olympic Games in Sydney, Australia, October 1, 2000.

20th for total medals won during the Summer Games, with 302 medals including 64 gold, 102 silver and 136 bronze.

- Lacrosse has been in the summer Olympic program only twice, in 1904 and 1908, and Canada won both times.

- Indigenous athletes have made significant con-

tributions to Canada's legacy at the Olympic Games over the years. In fact, a team made up entirely of Mohawk athletes from Ontario won the bronze medal in lacrosse during the 1904 Olympic Games in St. Louis, Mo., while another Canadian team from Winnipeg, Man. won gold. They were the first Indigenous Cana-

dian team to compete in the Olympics.

- The first individual Indigenous athlete to compete with Canada in the Olympics, Peter Deer, was also Mohawk. He finished sixth in the 1,500-metre race during the 1904 Summer Games.

- The first Black Olympian to compete on Team Canada was John Armstrong "Army" Howard. Howard competed in sprinting in the 1912 Summer Games in Stockholm, Sweden. Although his selection was a milestone for Black athletes in Canada, he faced discrimination during the Games. Howard was not allowed to eat or stay in the same hotels as his white teammates.

- The first Black Canadian athlete to win an Olympic medal was Raymond "Rapid Ray" Lewis. Along with his teammates Jimmy Ball, Phil Edwards and Al-

exander Wilson, Lewis won a bronze medal in the 4x400-metre relay race during the 1932 Olympic Games in Los Angeles, Calif.

- During the 2012 Summer Games in London, Canadian Ian Millar set a world record for the highest number of Olympic appearances when he competed for a 10th time. Millar competed in each Games from 1972 to 2012, except for the 1980 Moscow Games that Canada boycotted.

- Canada has only hosted the Summer Games once, in Montreal, Que., in 1976. The Montreal Games experienced a cost overrun of 720 per cent, compared to the average 176-per-cent overrun of the Summer Games. This makes it the most overbudget Summer Games ever.

*This article was informed by The Star, Olympianalyt.com, Statista, TopendSports, the University of Oxford, Olympics.com, Olympic.ca and Athletics.ca.*

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**Best Wishes**  
**Brooke and Bailey!**

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613-812-1215

**LINDSAY MAHON**  
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2 Wilson St. Perth

**Congratulations**  
**Bailey and Brooke**  
*We are so proud of both of you*  
*Best of Luck!*

**THE CONNECTIONS TEAM**

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