



Photo by CHARELLE EVELYN

Keeping the pace

Last weekend, the Ottawa Pacers hosted a mini-meet at their outdoor oval in Brewer Park. Orléans own Kevin Frost, a blind-deaf speedskater, used the event as a practice run for his upcoming trip to Calgary to compete in the World Masters. In his last race of the day, a 1,500-metre skate, Frost set two personal best times, despite a technical glitch that had the skaters doing an extra lap.