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► GTA EDITION

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ANNUAL multisport season preview

Fall Marathon Guide

Dufflet
Rosenberg

Toronto, ON

Age: 51 (that's the truth)

Occupation: Owner, Dufflet Pastries

How do you stay fit? I keep up a regular exercise program and try to stick to a regular routine. And I try to eat our desserts in moderation!

What is your favourite sport and why?
Cycling and skiing (seasonal choices).

What is your least favourite sport and why?
No ball sports (hockey, tennis, golf, etc.). Anything that requires height (i.e. basketball), being selected for a team or getting up early in the morning.

What is your favourite active thing to do in the GTA?
Cycling.

What would be the perfect active getaway for you?
Ski holidays in real mountain areas where there are interesting restaurants. Cycling in Europe where there is great coffee and pastries along the way.

What is your most significant athletic accomplishment? Being asked to be in this magazine.
Cycling up Mont Ventoux with my partner on our tandem bicycle (23K up)!

In the last year, what (if any) competitive athletic events have you participated in? None. I don't like competing - I get enough of that in my work life.

What fitness or athletic goals have you set for yourself in the next year? To be consistent with my current programs - indoor rock climbing, cycling, spinning classes, working out with my personal trainer from Athletic Fusion, skiing (both downhill and cross country). Try skate skiing on the weekends and stay healthy and injury free so I can do all of the above.

