

Local Sports

Everyone needs to recharge their batteries once in awhile – even taking a short break from the daily grind can help you.

Harrison Hot Springs Resort and Spa is a perfect runner's getaway

By Christine Blanchette and John Moe

While many hotels and resorts across Canada beckon tourists with a variety of activities, only one offers mineral hot springs in as exotic a setting as you're likely to find. Drinking water from the hot springs is considered to be the best drinking water found anywhere, and when combined with gorgeous vistas of snowcapped mountains, miles of inviting trails, a lake for swimming, boating and even skating on occasion, you get the Harrison Hot Springs Resort and Spa – a perfect runners' getaway nestled in the picturesque village of Harrison Hot Springs, located in Fraser Valley, B.C. Indeed, once you have stepped into the hot springs, which is exclusive to the HHR&S, you will know you have entered perhaps the largest and best "hot tub" in the country.

During our brief getaway, which is about 90 minutes east of Vancouver, my partner John and I enjoyed running a perfectly groomed lakeshore path under

blue skies and minus-6 temperatures. We enjoyed the hot springs soon after the run. It is a perfect place for active people to unwind or explore for a stay, which included a 180 degree view of the mountains and lake from our room. As mentioned, Harrison Hot Springs offers pure drinking water. It is in fact two springs that have some of the highest levels of minerals of any hot spring in North America. "Our lake is Glacier fed and provides the water you drink when you visit our Village," according to information taken from the website.

Everyone needs to recharge their batteries once in awhile – even taking a short break from the daily grind can help you. This includes runners that need a break from training all year on the same routes. Runners will travel thousands of miles to participate in a destination marathon, so a good time can be had to not only visit a new place but to relax and try new cross training activities.

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JOHN MOE

Canada's Raonic tops Muller to advance to third round at Australian Open

The Canadian Press

Third-seeded Milos Raonic of Canada maintained his record of reaching the third round all seven years he has contested the Australian Open.

The Thornhill, Ont., product saved a set point in the third before beating Gilles Muller 6-3, 6-4, 7-6 (4) on Thursday.

Raonic clinched the win on his second match point when Muller returned a shot wide.

Muller, who won last week's Sydney International for his first career tournament victory, officially had a 2-0 record against the Canadian. But Raonic retired from a match against him at Wimbledon in 2011 due to a hip injury, and Muller beat him at Valencia, Spain in 2012 in two close sets.

The win advanced Raonic to a third-round match against No. 25 Gilles Simon, who beat Rogerio Dutra Silva in straight sets.

Raonic is 3-1 in four career matches against Simon, but the Frenchman won the last encounter at London's Queen's Club in 2015.

"I know a lot about his game," Raonic

said of Simon. "He's going to be trying to get me to play at his speed and his rhythm. Obviously he tried to slow things down and play low so I won't have the opportunity to get too many shots.

"I've got to serve well, I've got to be aggressive and take it to him, because the last thing I want to do is get into a game of playing long rallies with him."

Raonic was unable to defend his Brisbane title in the first week of the season, but is finding rhythm quickly in Melbourne – he fired 21 aces, hit 56 winners and only had 15 unforced errors against Muller.

He left the court complaining of a sore throat, and will get a day off before his next match against Simon.

"I'm going to have to get my voice back, and my breath," Raonic said with a smile in his on-court interview immediately after the match. "So I'll take the time to do that."

In men's doubles, Toronto's Daniel Nestor and his partner Edouard Roger-Vasselin of France downed Andres Molteni and Diego Schwartzman 6-0, 6-4 to advance to the second round.

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