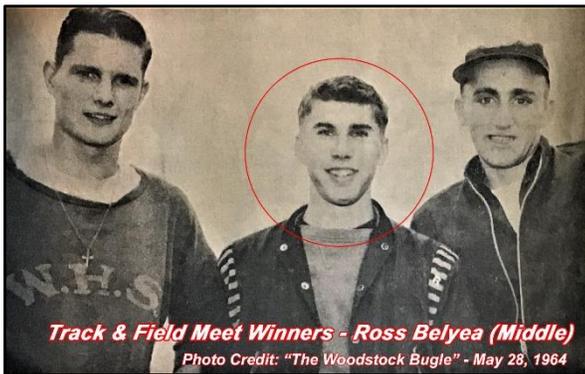


## ROSS BELYEA – STILL BREAKING RECORDS

Maintaining a healthy and active lifestyle is the commitment of Carleton County native, Ross Belyea. Ross was one of four children born to a Hartland, New Brunswick couple, Peggy and Bud Belyea. He and his wife, Vivian (nee Thomas), also a retired Carleton-North York teacher, have two children and four grandchildren.

From the time that Ross was in junior and senior high school at Hartland High, he was involved with track and field competitions. This involvement with track and field has continued well into his adult years. From this active involvement, he has continued to enjoy track and field as it keeps him fit both physically and mentally.



Ross says, “I grew up in Hartland and graduated from Hartland High School in 1965. I attended Teachers’ College in Fredericton and continued to pursue courses from UNB to earn a Bachelor of Teaching degree. I started my teaching career in 1968 at Centennial School in Woodstock, NB, then moved to Southern Carleton School from where I retired in 2000.”

Ross’s career in teaching covered a span of over three decades. Most of his career found him at the grade six level. He says that he taught all subjects except French and Music.

Beyond his active involvement in track and field while in school, he played softball and hockey when he began teaching. His interest in track and field resurfaced after retiring, in 2013 actually.

To prepare for track and field events, Ross developed his own exercise program with guidance from coaches and other athletes whom he met when competing in the Masters Program at the provincial and national levels. Since he started to compete in 2013, he has broken 22 provincial records and he currently owns 16 provincial records and two at the Canadian Masters level.

He says, “The most rewarding experience for me was winning three gold medals when I competed in the Canadian Masters in Toronto in 2017 and I broke two provincial records (50 metre dash and long jump) and two meet records (long jump and triple jump).”

Ross has met athletes from across the county, both young and old, who have given him support and encouragement to continue with his physical program. He sets a positive example for both young and old, whether training or competing. His commitment to stay fit physically and mentally does not go unnoticed among those with whom he interacts.

One is never too old to resume what gave enjoyment in earlier years. Ross is living proof of this!

Ross concludes, “I have truly enjoyed my experience in track and field once again”.

