



▶ Lance Armstrong

Armstrong era nears end

Close the book on the Lance Armstrong era at the Tour de France. He has.

The record seven-time champion wrote off his chances of victory in his 13th and last Tour, signalling the beginning of the end of one of the most celebrated and controversial careers in cycling history.

The 38-year-old Texan's hopes for yet another title

were dashed yesterday after he got caught in three crashes — one of which brought him down — and struggled to keep up during two tough climbs in Stage 8, the race's first foray into the Alps. He and his team said his hip got banged up, keeping him from pedalling hard.

The stage was won by 25-year-old Andy Schleck of Luxembourg, and Arm-

strong finished nearly 12 minutes back, in 61st place.

World champion Cadel Evans of Australia took the yellow jersey by finishing 10 seconds behind Schleck, but well ahead of overnight leader Sylvain Chavanel of France.

"My Tour is finished," said Armstrong, who fell to 39th overall.

THE ASSOCIATED PRESS

ADVERTORIAL

NATUR-A: A BEVERAGE MADE FOR CHAMPIONS

When playing a sport we all focus on the importance of our training. But have you also considered how to feed and replenish your body's strength?

Follow the example of the champion Clara Hughes, who has been drinking soymilk for several years and still, at the age of 37, competes with athletes in their twenties! To be well prepared or to recover after a workout, what could be better than Natur-a, one of the most popular soy beverages in Canada? Soymilk is in fact a great source of energy for the body, containing protein, essential vitamins, minerals and calcium in every glass. Free from cholesterol and preservatives, the Natur-a's soymilk recipe has been proving it's worth since 1993!

Produced locally in Sainte-Hyacinthe and certified organic, Natur-a soymilk has no artificial ingredients and is also dairy-free. Being the only vegetable that is a complete protein, the soy bean is a great source of nutrition for athletes and a perfect one for vegetarians, vegans, and lactose-intolerant folks who still want to exercise and be athletic!

Available in a variety of flavors including unsweetened, original, vanilla, chocolate, and strawberry, Natur-a soymilk products all contain less sugar than milk, and that even includes the chocolate! So those with a sweet tooth can take pleasure in their glass of soy milk all the while staying healthy!

Low in fat, Natur-a is a perfect drink for world class athletes, many of whom, like Clara Hughes, drink it regularly. Every glass of Natur-a soymilk contains 45% of the recommended daily portion of vitamin D as well as 30% of your recommended daily calcium intake.

Since 2007, Health Canada has also recognized the benefits of soymilk, recommending that Canadians drink 2 to 4 glasses of soymilk per day. As rich as milk



in essential nutrients this recommendation satisfies our daily calcium needs and helps maintain a balanced diet.

Nutrisoya's healthy focus meets its community commitment by yearly providing thousands of free portions of Natur-a soymilk to youth athletes playing soccer, hockey, ringette and cycling.

How can you use soymilk?

Everywhere you would use milk! Simply use the same proportions and replace with soymilk; it works great in cakes, soups, crepes, sauces, puddings, muffins, and anywhere else you can think of! And of course you can always have a tall glass of soymilk every morning or after every workout!

Follow the advice and recipes of champion Clara Hughes on Nutrisoya's website at www.nutrisoy.com or www.naturaplus.ca.

One serving of Natur-a chocolate soymilk contains only 15 grams of sugar compared to 29 grams in a glass of regular chocolate milk, in other words that is 14 fewer grams of sugar in every glass!

Scoreboard

WORLD CUP

Saturday's results

Germany 3 Uruguay 2

Yesterday's results

Spain 1 Netherlands 0

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	56	32	.636	-
TAMPA BAY	54	34	.614	2
BOSTON	51	37	.580	5
TORONTO	44	45	.494	12.5
BALTIMORE	29	59	.330	27

AL CENTRAL

	W	L	Pct	GB
CHICAGO	49	38	.563	-
DETROIT	48	38	.558	.5
MINNESOTA	46	42	.523	3.5
KANSAS CITY	39	49	.443	10.5
CLEVELAND	34	54	.386	15.5

AL WEST

	W	L	Pct	GB
TEXAS	50	38	.568	-
LOS ANGELES	47	44	.516	4.5
OAKLAND	43	46	.483	7.5
SEATTLE	35	53	.398	15

Yesterday's results

Boston 3 Toronto 2
Baltimore 6 Texas 1
Chicago White Sox 15 Kansas City 5
Minnesota 6 Detroit 3
Oakland 15 L.A. Angels 1
Seattle 4 N.Y. Yankees 1
Tampa Bay 2 Cleveland 5 (10 ins)

Tuesday game

All-Star Game (at Anaheim, Calif.), 8:05 p.m.

NL EAST

	W	L	Pct	GB
ATLANTA	52	36	.591	-
NEW YORK	48	40	.545	4
PHILADELPHIA	47	40	.540	4.5
FLORIDA	42	46	.477	10
WASHINGTON	39	50	.438	13.5

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	49	41	.544	-
ST. LOUIS	47	41	.534	1
MILWAUKEE	40	49	.449	8.5
CHICAGO	39	49	.443	9
HOUSTON	36	53	.404	12.5
PITTSBURGH	30	58	.341	18

NL WEST

	W	L	Pct	GB
SAN DIEGO	51	37	.580	-
COLORADO	49	39	.557	2
LOS ANGELES	48	39	.552	2.5
SAN FRANCISCO	47	41	.534	4
ARIZONA	34	55	.382	17.5

Yesterday's results

Florida 2 Arizona 0
Milwaukee 6 Pittsburgh 5
N.Y. Mets 3 Atlanta 0
Philadelphia 1 Cincinnati 0
San Diego 9 Colorado 7
San Francisco 6 Washington 2
St. Louis 4 Houston 2
Chicago Cubs at L.A. Dodgers N

Tuesday's game

All-Star Game (at Anaheim, Calif.), 8:05 p.m.

JAYS SUNDAY BOX SCORE

BOSTON	AB	R	H	BI	BB	SO	AVG.
SCUTARO SS	4	1	1	0	0	1	.283
D.MCDONALD CF	4	1	1	2	0	0	.271
D.ORTIZ DH	3	1	1	1	1	1	.263
YOUKILIS 1B	4	0	1	0	0	0	.293
A.BELTRE 3B	2	0	0	0	0	0	.330
E.PATTERSON 2B	1	0	0	1	0	0	.217
J.DREW RF	4	0	0	0	0	0	.275
HALL 2B-3B	4	0	1	0	0	2	.239
NAVA LF	3	0	0	0	0	2	.300
CASH C	3	0	1	0	0	1	.136
TOTALS	32	3	6	3	2	7	

TORONTO	AB	R	H	BI	BB	SO	AVG.
F.LEWIS LF	4	0	0	0	0	1	.276
ALE.GONZALEZ SS	4	0	2	0	0	0	.259
J.BAUTISTA RF	4	0	0	0	0	1	.237
V.WELLS CF	4	0	0	0	0	1	.265
LIND DH	4	1	1	0	0	1	.214
A.HILL 2B	4	1	1	2	0	0	.189
OVERBAY 1B	4	0	1	0	0	0	.250
1-WISE PR	0	0	0	0	0	0	.233
J.BUCK C	4	0	1	0	0	1	.272
ENCARNACION 3B	3	0	2	0	0	1	.221
TOTALS	35	2	8	2	0	6	

BOSTON	IP	H	R	ER	BB	SO
MATSUZAKA W, 6-3	6	6	2	2	0	5
D.BARD H, 19	2	1	0	0	0	1
PAPELBON 5,20-23	1	1	0	0	0	0
TORONTO	IP	H	R	ER	BB	SO
LTSCHL, 0-4	7	4	3	1	5	
JANSEN	1	1	0	0	0	0
PURCEY	1	1	0	0	1	2

MLS

Saturday's results

Toronto FC 1 Colorado 0
Chivas USA 2 Kansas City 0
Houston 0 Columbus 0
New England 2 Los Angeles 0
New York 0 D.C. United 0
San Jose 2 Philadelphia 1

Yesterday's results

FC Dallas at Seattle

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
WINNIPEG	2	1	1	0	83	65	2
TORONTO	2	1	1	0	52	64	2
MONTREAL	1	0	1	0	51	54	0
HAMILTON	2	0	2	0	51	72	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
SASK.	2	2	0	0	91	69	4
CALGARY	2	2	0	0	53	38	4
B.C.	2	1	1	0	43	47	2
EDMONTON	1	0	1	0	10	25	0

Friday's results

Toronto 36 Winnipeg 34

Saturday's results

Calgary 23 Hamilton 22
Saskatchewan 37 B.C. 18

Sunday's results

Montreal at Edmonton, 7 p.m.

SPORTLIGHT

July 11

1998 - France wins soccer's World Cup, beating heavily favoured Brazil 3-0 in the championship match.
2005 - Miguel Tejada and Mark Teixeira lead the American League to a 7-5 win over the National League in Detroit for its eighth straight win.
Tejada, the game's MVP, homers off John Smoltz to start the scoring and Teixeira adds a two-run drive off Dontrelle Willis.

On Welfare? Foot Pain?

You need shoes and orthotics. Covered by MCSS. You pay nothing. 30 Clinics across Ontario www.unionergonomics.com

416-638-8294



My take on life