

Hitting the mat with

VANESSA LENGIES AND MISSY PEREGRYM

PHOTOGRAPH BY ALEX HOERNER

INTRODUCTIONS: Montreal-bred Lengies (left), 20, had roles in the '60s-era NBC drama *American Dreams* and the big-screen Ryan Reynolds comedy *Waiting...and Waiting*. . . . Peregrym, 23, was raised in Vancouver, and has appeared on *The Chris Isaak Show* and *Smallville*. This month, they collide in the sports comedy *Stick It* as rival gymnasts who are both coached by Jeff Bridges.

ON TRICKY TERMINOLOGY: "Sticking it," Lengies explains, "means landing with two feet planted on the ground after a routine." Turns out gymnastics has its share of double entendres. "Eating mat," Peregrym tells me, "is when you fall after not sticking your landing."

LOOKING THE PART: To prepare for *Stick It*, Lengies and Peregrym trained for four months. "It was hardcore, non-stop tumbling and working out," says Lengies. "I was ripped," Peregrym adds. "If I was taking protein shakes, I would've become a man." Who was a better gymnast? "Missy was better at the stunts," Lengies admits, "but I was better at looking like I knew what I was doing."

BEING NATURAL: "Shooting *Stick It* was so fun," says Lengies. "It was girls joking, farting. It was a total female world." Peregrym agrees: "When you're running around and doing gymnastics," she explains, "you're going to fart - period." Both say they loved hanging with co-star Bridges. "I actually found a *Big Lebowski* shirt that said 'Dude' with his picture on it," says Peregrym. "I wore it on set and he said, 'Wow, you know you made it when you've got a T-shirt.'"

ROAD FOOD: After completing *Stick It*, Lengies and Peregrym relaxed with a cross-Canada trip. Back in Montreal, Lengies obsessed over the perfect poutine: "It has to be curd cheese," she insists, "a really salty, squeaky cheese." Peregrym was not a fan at all: "Poutine is so gross. I'm more of a crepe person."

— Kevin Chong



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