



IN THE LOOP

*The Official Newsletter of the
Steveston Athletic Association
October 2007
Volume 1*

Welcome to the first edition of *In the Loop*. This is a newsletter for runners and others associated with the Steveston Athletic Association, formerly known as the Steveston Running Club. These are primarily the opinions of Amanda Hill. Any mistakes are exactly that and entirely my own. Please email Amanda at ahillbc@yahoo.ca to contribute. Ideas and comments welcome.

Benji's 315 Mile Marathon
Benji completed the Skagit Valley Marathon in his very consistent time of 3:53. His next races are the Scotiabank Toronto Waterfront Marathon, September 30th and then on to the Royal Victoria Marathon on October 7th. Benji has pledged to raise \$10,000 for a new medical centre for SOS Children's Village in Cambodia. So far, he has fundraised over \$5,000. Check out his website for more details and to donate.

www.315milemarathonforkids.com



JJ's Coaches Corner

I am looking forward to racing in Sacramento in December, as long as my wife lets me go. For those of you trying to qualify for the Boston Marathon, come and join Big John McKay, Rob Sutcliffe, Benji Chu, Pat M., Stephen Ptucha, Susan Gelinas, myself and many more special guests.

Mark your calendar for May 2008. Big John is hosting a pre race meal and sleepover marathon weekend for the Eugene Marathon in Oregon.

E-Venti News:

Register now!

www.e-venti.ca

Click on the coffee cup!

Congratulations to all the Subaru Ironman Canada finishers! Here are some of the results:

14:43:56 BILLINGS, LARRY
14:15:30 GELINAS, SUSAN
13:17:43 HSU, BEN
13:48:23 MCKAY, COLIN
11:52:58 PTUCHA, STEPHEN
15:38:35 PURBA, NATASHA
12:02:57 SUTCLIFFE, ROBERT
10:52:03 WAITHMAN, JOEL
12:41:20 WAITHMAN, LINDA
12:58:03 WATERBERG, MARINUS



STEPHEN'S NOTES FROM DOWN UNDER:

Always take your expensive tri bike off the roof rack **before** driving into the garage.....



Upcoming Races:

Running

- Royal Victoria Marathon**, Oct 7, Victoria
- Okanagan Marathon**, Oct 7, Kelowna
- Portland Marathon**, Oct 7, Portland OR
- Bellingham Bay Marathon**, Oct 7, Bellingham, WA
- North Shore Half Marathon**, Oct 8, North Vancouver
- Turkey Trot**, Oct 8, Vancouver
- Richmond Flatlands**, Oct 14, Richmond
- Nike Women's Marathon**, Oct 21, San Fransico, CA
- Marine Corps Marathon**, Oct 28, Washington DC
- Fall Classic Half Marathon**, Nov 18, Vancouver
- Seattle Marathon**, Nov 25, Seattle WA
- California International Marathon**, Dec 2, Sacramento CA
- Disneyworld Marathon, Half Marathon and Goofy's Challenge**, Jan 12-13
2008 Disneyworld, Florida

Triathlons/ Ironman

- Ford Ironman World Championship**, Oct 13, Hawai
- Ford Ironman Florida**, Nov 3

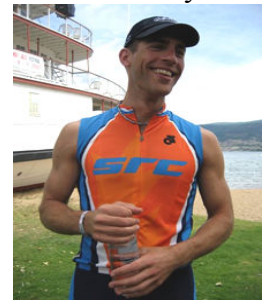
S.A.A Classifieds

Wanted: honeybucket tester. Bring your own T.P.

Wanted: model needed to help develop the 'triatha~thong'. Apply in person to JJ.

For Sale: 1987 gently used Toyota Corolla. Only 320,000ish kms. Needs some TLC. Email Amanda.

Missing: last seen in Penticton sporting orange and blue spandex. If found, please send back to Surrey.



New shipment of honey buckets due to arrive soon. Need tester back on the job ASAP!

Congratulations to Bev Kong, Nicole Scott, Brian Flett, Michelle Fox and Andrew who competed in the Subaru Vancouver International Half Iron and Sprint Triathlon on Sept 16th. It was a rainy and cold day, but you guys did it!

JJ's Dictionary

Fru Fru drink ~ Grande extra hot double shot half sweet soy milk pumpkin spice latte

ish ~ JJ's approximate form of measurement ie: "We are running 32ish km today" which really means anywhere from 30 to 36 km .

**B
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G**

Nice to meet you Richard and Carey. They are new runners with the group.
 Nice knowing you Darrel who won't be out to run very much. His wife is expecting their second baby in October.
 Way to go Eznie Shum for selling her first three houses!
 Samckdown for Phil Webb. He came all the way from Sweden just to run with us.
 Kudos to Mark Bostwick, he will be running his first half marathon in Victoria.
 Props to Bob Naylor with help from Linda Hilts for hosting a spectacular BBQ. Hope this will be an annual do.
 Look for an upcoming article in *Impact Magazine* by Mark Bostwick about the creation of the E-Venti.
 Way to go Karen and Dave! They completed a series of Butt Burners called the 5 Peaks.