



IN THE LOOP

The Official Newsletter of the
Steveston Athletic Association
December 2007
Volume 2

Welcome back to *In the Loop*! Lots of exciting things are happening in our running world. If you have contributions for this newsletter, please email Amanda at ahillbc@yahoo.ca. Thanks for reading!
Happy holidays!

Benji's 315 Mile Marathon
www.315milemarathonforkids.com
Benji has almost finished his 12 in 12! His last 3 races are: Sacramento in December, Rock n' Roll Arizona in January and Pacific Shoreline (Huntington Beach, Calif.) in February. He has raised \$8000 of his \$10,000 goal. See next page for more...



JJ's Coaches Corner

E-Venti News:

Register now!
www.e-venti.ca
Click on the coffee cup!

Training plans for the 2008 E-Venti are well underway. Charles Davis has devised a new formula. I will be distributing them after December 2nd. Training starts on December the 9th.

As of the end of November, the registration for the E-Venti is 75% full.

JJ

From the desk of the President.....Stephen Ptucha

Many of you may know that I am busy working hard in Australia. Well, don't tell my boss but I went on a field trip.....it's very tough out there!



Dr. Debbie says having a mantra can help you get through the tough times in a race. Here are some of her favorites:

"It's a 20 mile warm up and a 6 mile race"

"Pain is temporary, Pride is Permanent"

"Latte, Latte, Latte"

This is a link from Colin McKay about using foam rollers. Contact him if you have purchased a foam roller and need to pick it up.

drmckay@precisionhealth.ca

www.performbetter.com/catalog/assets/Exercisesheets/PDF/FoamRoller.pdf

Club Info:

Running Club: Tues @ 6:30pm, Thurs @ 6:30pm and Sunday at 8:30am: JJ Hill jj.hill@kwantlen.ca

Spinning/Cycling: Ben Hsu ben.hsu@fountaintire.com

Swimming: Tracey Shelley tracevsh@telus.net

"Tattoos are like marriage: it's a lifelong commitment, it hurts like hell, and the color fades over time." ~The Quote Garden

SAA and Tri BC

Please fill in your Registration Form, available from Linda Hilts, lhilts@oldadm.ubc.ca (registrar), make a cheque payable to Colin McKay (treasurer) and have 2 passport sized photos. Return all of the above to Linda and then all forms and money collected will be sent to Tri BC. If you have any questions about how or why the Steveston Athletic Association is participating in Tri BC's insurance, please email Stephen Ptucha at sptucha@westport.com

Thank you to everyone who attended the SAA meeting. Please feel free to visit the Tri BC website at www.tribc.org

Sacramento Runners' Results: (Dec 2/07)

Jason: 2:59:35

Pat: 3:08

Allan: 3:16

JJ: 3:24

Rob: 3:46

Dave: 3:45

Debbie: 3:53

Benji: 4:00

Dan: 4:13

Linda: 4:48

Great job everyone!

Congrats to those who had a personal best or Boston qualifying time!



Congratulations to Dan McLaren and Tracy Marshall for completing the Portland Marathon; to Tanya Bezzasso-Major for running the Marine Corps Marathon; Michelle Laporte, Linda Hilts, Barb Hinds, Helen Yuen, Brian Bury and Amanda Hill for racing in the Nike Women's Marathon in San Fran. Way to Go Runners! Susan Gelinas and Jim Fox also had a great race in the Seattle Half Marathon.

Benji's 315 Mile Marathon for Kids Update:

Will Benji ever run out of gas? Will his legs eventually give in and quiver like Jell-O? Or does he have unequivocal, boundless energy that is surely enough to outlast even that pesky Energizer rabbit? You decide.

In Philadelphia on November 16th Benji gave a stellar performance clocking in at a personal best of 3 hours 36 seconds (just six minutes from a Boston qualifying time). He credits his breakout race to going solo bringing no fans in tow. In fact, his second best time of 3:47 was run at Toronto's Scotiabank Marathon back in September to which he also traveled alone.

Just two weeks later, Benji was off to the California International Marathon with a whole motley crew of SRC members and his luck changed---not for the better. While many ran the relatively flat course garnering PB's, Benji happily crossed the finish line in 4:00 hours with a big smile, clutching his stomach and running for the nearest honey bucket. Even Benji's # 1 biggest supporter, Dave Burrows, beat him after running side by side together through so many marathons this year...finally...GO DAVE!

Stay tuned folks to see what happens next in this unfolding marathon saga? Will Benji finish with a bang or a bust? Will he go to Boston or the nearest hospital?

And perhaps the biggest question remains, will he even have any legs left to stand on in order to actually compete in the E-venti in March 2008 after running a staggering 12 consecutive marathons. Place your bets people because he only has two more races left with ten under his fuel belt thus far.

Submitted by Tess

Benji is crazy! Here they come to take him away!



When Tess heard that they were taking her crazy husband away, she faints!

**B
L
O
G**

Congratulations Darryl and Seta, on the birth of their new baby girl! Baby was 8lbs 5oz and apparently Darryl can add baby delivery to his resume!

Congratulations to George Lau and his wife on the birth of their son, Marcus!

Have you noticed that JJ and Amanda are zipping around in a new car? It's our new Subaru Impreza. If you are looking for a new vehicle, we recommend Richmond Subaru. www.richmondsubaru.com.

Welcome many new faces from MDA. Keep bringing your friends!