



IN THE LOOP

The Official Newsletter of the
Steveston Athletic Association

www.thesaa.ca

June 2008

Volume 4

We are full on in racing season!
If you have any items for
publication, please email me and
I will do my best to fit it in. In
the Loop is published quarterly,
written and edited by Amanda
Hill unless otherwise noted. All
mistakes are my own, unless
otherwise noted! Email me your
races at ahillbc@yahoo.ca
Thanks, Amanda

*Want to share some recipes?
Check the website for Amanda's
homemade Power Bar Recipe!
Email yours to Marinus to be added
to the website.*

JJ's Coaches
Corner

E-Venti News:

www.e-venti.ca

Next year's race date:
Sunday, March 1, 2009

**Total participants for
2009:** 156= 3 decks

**Total donations in race
history (2006-2008):**
\$17,500 to the Richmond
Public Library!!!!

New for 2009:
Possible on-line
registration!

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

A few months ago we set out to acquire sponsors for the SAA. We laid out a sponsorship proposal that had three levels of sponsorship and a limited number of sponsors at each level. We aimed to have 1 Gold sponsor, 2 Silver and 6 Bronze. We are happy to announce that we have filled eight with one to be confirmed SAA club sponsor spots. Here are our Steveston Athletic Association sponsors:

Gold Level~ Dave's Fish and Chips

Silver Level~ Precision Health and Popeye's Supplements Richmond

**Bronze Level~ Back In Motion, Niemi Laporte & Dowle Appraisals Ltd,
Speed Theory, Discrete Renovations, Track and Trail (one more TBA)**

While we have only signed sponsorship agreements for the current Club year, we have expressed our desire to build a longer term relationship with each of these sponsors. There is more to tell about each sponsor and our commitments to each other so stayed tuned.

Now that our sponsorship campaign is essentially complete, we are preparing updated uniforms. To begin with we are the "SRC cycling uniforms" with the new club name "Steveston Athletic Association" and sponsor logos. The design and color scheme will be the same as last year, the blue/orange that are easy to identify as SAA members. But wait there is more, for the females in the club, there is talk of a second color scheme with the blue/orange colors changed to a Purple/pink scheme. Again stay tuned for more in an upcoming email.

Congratulations to all SAA members who raced in:

Eugene Marathon, May 4, 2008: JJ, Michelle and Mike

Wildflower Triathlon, May 4, 2008: Susan, Stephen, Linda and Joel

Vancouver Marathon, May 4, 2008: Benji, Fay, Dave, Charles, Brian
and Larry

Delta Triathlon, April 26, 2008: Fay, Marinus, Joanne, Barton, and Erin

Boston Marathon, April 21, 2008: Linda Hilts

Vancouver Sun Run, April 21, 2008: Pat, Jason, Rob, Michelle, Mike,
Larry, Dan and Amanda and maybe others!

Paris Marathon, April 5, 2008: John Kibblewhite

Chuckanut Mt. 50 km Race, March 15, 2008; Pat M.....

In a recent survey of 8 cyclists, both experienced and novice, 8 out of 8 riders report that commando' is the preferred approach to apparel. Of course, bike shorts are not optional!



The E-Venti Compared to the Paris Marathon by John Kibblewhite

The other night at Starbuck's, JJ asked me how my recently completed Paris Marathon experience compared to the E-Venti. Sounds like an easy comparison to make, but like many comparisons in life, it's not as easy as you might think. How, for example, do you rate the relative merits of a Starbucks non-fat latte and an oat fudge bar versus a Parisian café crème and a croissant? But, as a philosopher once said, "thinking without comparison is unthinkable," and we all know that JJ loves philosophy.

Both races were extremely well organized but on very different scales. The Paris marathon had over 35 000 registrants this year while the E-Venti was restricted to 104. The E-Venti garnered a lot of interest this year and sold out by January. Runners came from as far away as Kamloops. In contrast, Paris had 29,706 competitors representing 95 countries. Registrations opened in mid-September and sold out by October. *Advantage Paris.*

The expo in Paris was incredible; a runner's dream of shopping and information. Not to be undone, JJ says he is working on one in his basement for next year. Steve will have a TRI BC booth, and Amanda and JJ's kids will be selling lemonade. *Advantage Paris.*

With Starbuck's as a major sponsor and aid station locale, all of the E-Venti stops had fresh coffee, sports drinks, and some samplings of their well known fare. Their impeccably clean and warm washrooms were accessible for runners as well. In Paris, the only aid stations were at the start and the finish and were anything but clean and warm. Some were of the traditional porta-potty style we have come to expect at local races here. Others, at the start, were typically French: modular, partitioned, open air, no privacy, stand and deliver. During the race, many runners succumbed to the urge on the side of the road as Parisian dogs do. I felt pity for the women as some dashed off into the relative seclusion of the woods as we ambled through the Bois de Vincennes. The only nourishment on course was bananas, oranges, sugar cubes and dates. At the 35km mark, red wine, cheese and bread, typically French. This created a new running hazard as runners threw their banana peels on the cobblestones. I kept thinking, "How embarrassing and ignominious would it be not to finish because I slipped on one of those damn peels."

Advantage E-Venti.

While running through Richmond has its moments (the glass pastiche of Aberdeen Centre, the dyke and farms off River Road, the Buddhist Temple on No. 5 Road) running through Paris is something I'll never forget. You begin at the Arc de Triomphe on the Champs Elysee; pass the Louvre, the Bastille, and the Opera, run through two parks, along the Seine, through the tunnel where Princess Di was killed, all the major landmarks of the city. There is a reason Paris is considered one of the top 5 international marathons in the world. Sorry Richmond, but *advantage Paris.*

In Paris, I received a medal and a tortuously long agonizing walk looking for a clean and well-stocked loo at the finish. And more sugar cubes, dates and bananas. I passed on those and made my way to the metro station to limp down stairs, hop on two trains and get back to my hotel. The E-Venti finish at the Steveston Starbuck's was full of prizes for all the runners. Every runner and volunteer received a bag of food, hot coffee and assorted memorabilia. *Advantage E-Venti.*

Well, it was close, but Paris wins out by a tally of 3-2. So, head to Paris for a truly remarkable marathon experience. For a cheap, easy run with friends, head to the E-Venti in Richmond.

Benji Chu has a new goal, to run 600km and raise money for SOS Children's Village. Check out the new link for his race schedule and to donate.

www.journeyforthekids.com

Aerobics: a series of strenuous exercises which help convert fats, sugars, and starches into aches, pains, and cramps.



Congratulations to all the friends and families that completed the Sun Run!

(Nelson Hill finish time 1:24 min Age 9)

**B
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G**

Dr. Debbie has a new mission.

It can be yours too, if you choose to accept it. She will be leading a troupe of **4 hour** marathon hopefuls to the **Royal Victoria Marathon on Oct. 12, 2008**. She is planning to set up a training plan, including lots of hills, Amanda and JJ will be there too. Cross training, 20 and 1's and all sorts of unconventional methods will be used to get her minions in at the 4 hour mark. She has even promised to wear special pink bunny ears in her role as pace bunny. You too can follow the pied piper, just show up for running club and register at www.royalvictoriamarathon.com