



IN THE LOOP

The Newsletter of the
Steveston Athletic Association
Volume 7
March 2009



This newsletter is a piece of work, by Amanda Hill. If you have comments or submissions or you just want to buy me coffee, email me at secretary@thesaa.ca

Tri BC memberships are now due! If you have not done so already, please give Linda Hilts your form and payment. The cost for SAA membership renewal, which includes Tri BC membership, is \$50.

From the desk of the President

..... *Stephen Ptucha*

At the recently held Annual General Meeting, the members in attendance elected the slate of Directors for the coming year. JJ Hill declined his nomination and Erin Lee has taken the role of Director at Large. I would like to thank JJ for his dedication and hard work over the past year as Director at Large and for all of his effort in getting this club formed over the past few years. Here are the **SAA Directors for the 2009/10 year:**

- President: Stephen Ptucha**
- Vice President: Dr. Colin McKay**
- Treasurer: Linda Hilts**
- Secretary: Amanda Hill**
- Directory at Large: Erin Lee**

In an effort to showcase our club, its members and in general to have a little fun with our friends while giving back to the community, we've selected official club races for the 2009 season. SAA will promote member participation in these races as race entrants and/or volunteers. These types of community events can not happen with out volunteers and racers so I encourage our members to sign up for these events, wear your club colors and have a great time. There will be more information provided as each of these races draw closer. Volunteering could include our club hosting a water station, individuals helping with the course setup, directing traffic or a number of other great positions. Some of these races also have relay options which allow for groups of SAA members to work as a team to finish the race.

The official club races are as follows:

**Richmond Subaru E-Venti Marathon –
March 1, 2009**

**Delta Kids of Steel Triathlon –
April 25, 2009**

(Volunteers needed for this event. If you are entering the Delta Tri yourself, this is a perfect opportunity for you to volunteer for an hour or so before the adult event starts.)

**Subaru Vancouver International Triathlon –
July 12, 2009**

(SAA club members receive a discount on the entry fee; contact Stephen at president@thesaa.ca for details)

**Haney to Harrison 100km Relay –
November 7, 2009**

Look for more info on the website and in emails on how and what you can sign up for.

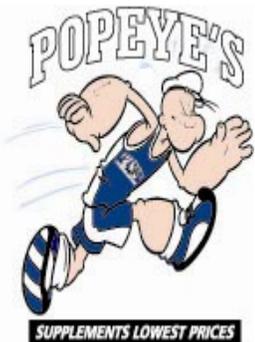
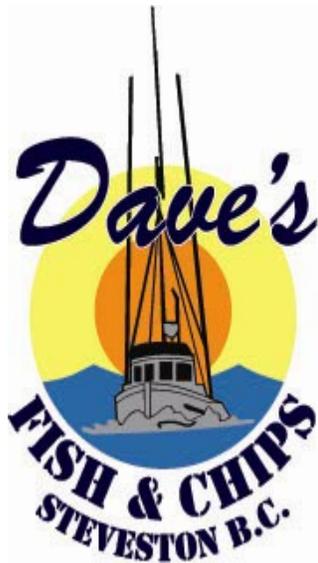
The 4th Richmond Subaru E-Venti was a great success! Thanks to the many volunteers and runners who came out to enjoy the day. This year's winner was

Judia Pelech with a hand full of aces.

Congratulations, Judia! Mark your calendar for next year's race, **February 28th, 2010.**



Check the website, www.e-venti.ca for updates and news about the E-Venti.



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**Swimming
Against the C**
This swim-a-thon
event will be held on
**Friday April 17th at
6:00AM at
Watermania Pool.**
You can get pledges
and swim or help
out by counting.
Contact Tracey
Shelley at
coachtracey@comcast.net



Benji Chu continues his campaign to raise money for **SOS Children's Village**. He is in the last race of his journey, in Morocco, running the **Marathon de Sables, March 29, 2009**. He has not yet reached his fundraising goal. To support him and his efforts, check the link, [http://www.soschildrensvillages.ca/child-
charity/Volunteer-your-
time/Volunteers-in-
Action/Pages/Benji-Chu-600K-
for-kids.aspx](http://www.soschildrensvillages.ca/child-charity/Volunteer-your-time/Volunteers-in-Action/Pages/Benji-Chu-600K-for-kids.aspx)
www.darbaroud.com

Ben's Commitment to the Ride to Conquer Cancer

Check out Ben Hsu's blog on the website. Fundraising is underway and Ben needs all of the support we can offer.

http://va09.conquercancer.ca/site/PageServer?pagename=va09_homepage

**The Ride takes place June 20-21, 2009
from Vancouver to Seattle.**

Sponsor Profile: Popeye's

Popeye's Richmond has been operating for 3 years, with Carl Greening running the show. He offers great products for triathletes and is happy to give you honest, friendly and knowledgeable service. You can find supplements such as GU, Gu20, Hammer Products, Cytomax, Accelerade, Endurox R4, Amino Vital, Carbo Pro Products and S- Caps. Carl strives to give the best prices in Richmond. He is proud to be working with local Olympic athletes, providing their supplement needs for the 2010 Olympics.

(See <http://popeyes.shawbiz.ca/>)

Carl has a passion for fitness, education in supplementation and he is happy to answer your questions. **Popeye's Richmond** is a Silver Sponsor for the SAA and a sponsor of the E-Venti. Stop by **6590 No.3 Road** or call Carl at **604.247.2299**

Saturday Latte Rides are starting **April 4th**! We will meet at **Steveston Starbucks at 8:30AM for a 45 min to 1 hour ride in Richmond**. Please make sure your bike is in good working order and helmets are mandatory. The focus of these rides is social and fun while getting out on your bike. Rides are cancelled if raining. Check the Google calendar link on the SAA website.

There will not be a ride on Saturday, April 25th due to the Delta Tri Race.



BACK in MOTION



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The Steveston Athletic Association is very pleased to announce the appointment of **Calvin Gehlen to Head Running Coach** for the club. Calvin will be coordinating the running training sessions and the overall training plan as we build towards the various races during the year starting in April 2009.

I would like to thank those that have helped out with the running to date; JJ Hill, Dan McLaren, Debbie Samsom and Colin McKay. Recently we have been sharing these duties between a few people. I expect to see many benefits with one person coordinating the entire running discipline and I look forward to seeing the added technical expertise that Calvin brings to the table. For those that have attended the Spin Classes taught by Calvin, you'll find the same enthusiasm, knowledge and fun brought to the running sessions.

Calvin Gehlen is owner and certified coach at Finish Line Coaching, Ltd. He designs personal running, cycling and triathlon programs for individuals as well as programs for local clubs. His fitness education has been through Douglas College where he studied CFES Fitness Knowledge and NCCP Level One Cycling Theory. He has also added Human Kinetics Exercise Nutrition education to his repertoire. Calvin has completed the new NCCP Community Coach course for triathlon and is in the process of completing the NCCP Competition courses for both triathlon and cycling as well as Human Kinetics Advanced Exercise Nutrition.

Calvin has had the pleasure of being a cycling coach with Steveston Athletic Association for two years. He was the Run Director for a large triathlon club, designing and implementing their entire run program. He has also recently organized and led a running skills clinic, leading some of the top runners in the city. Running has been a passion since elementary school for Calvin, when he had his first chance to be on the track team. For you speedsters out there, Calvin has qualified for the Boston Marathon and has run several sub-40 10Ks, so he has the personal experience with getting quicker to help you reach your goals. Most of all, Calvin believes running and fitness should be fun. If you aren't having fun, you won't stick with a training program in the long run.

Bruce Fordyce's 10 Laws of Running, *Marathon Runner's Handbook*

Law #1

"Use the 10 minute test for every run: no matter how sluggish or tired you may feel, give yourself 10 minutes into the run; if things haven't improved by then, turn around and go home."

Law #2

"Train to run first for distance; only then train for speed. Once you have achieved your fitness for distance, do specific quality training for speed- for a faster pace in a long distance race- you need to train to run faster."

Calvin Gehlen

