



IN THE LOOP

The Newsletter of the
Steveston Athletic Association
December 2008
Volume 6

It has been a year already! Wow things have changed. Have a happy holidays and safe New Year. If you have anything you would like to see in the newsletter, please let me know, thanks, Amanda Hill
secretary@thesaa.ca

Please send your emergency contact info to Linda Hilts. Thank you if you have already sent it!
Email her at membership@thesaa.ca

From the desk of the President

..... *Stephen Ptucha*

We're coming up to end of the first official year of the Steveston Athletic Association as a formal society. This means that we'll be holding our first Annual General Meeting which includes an election for the executive positions. We are still deciding on the exact date but are aiming to hold this event at the end of January. If you are interested in nominating someone to run for one of the Executive positions or you are interested in running yourself, send me a note and start preparing. Stayed tuned to our website for more information.

www.thesaa.ca

My final note for the newsletter, in an effort to reduce the amount of club emails we have started using a Google calendar to communicate training session information to our members and to potential new members. You'll find the Google calendar on the SAA homepage. Just a quick click on the link and the Google calendar will pop up. On the calendar you'll find all of the important training session information including training session type, time and location. Since our locations for the long run and bikes can change, our coaches will keep the location information updated at least a few days before the training session day.

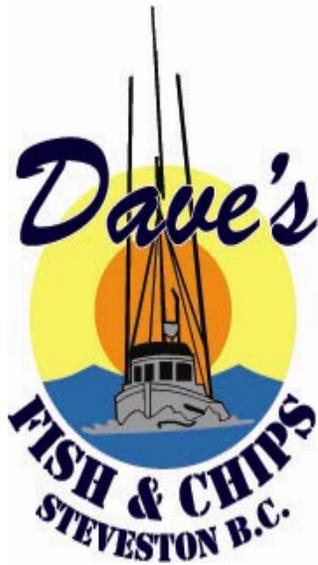
**precision
health.ca**



Sponsor Profile: Meet Dr. Colin McKay

Colin McKay is a Chiropractor and member of the SAA. His company, **Precision Health**, is a club sponsor. Colin studied in Oregon before setting up his practice here in Richmond, BC. He also has an office in White Rock and sees clients on the Queen Charlotte Islands. He has always been a runner and went the marathon distance in the Vancouver Marathon in 1996. From there, he moved in triathlon and competed in the Osoyoos Half Iron in 2006 before participating in Ironman Canada later that same year. He was inspired to enter Ironman after volunteering in the ART tent for 3 years. He watched a lot of people that didn't fit the traditional mold of an athlete finishing in one of the toughest physical challenges around. He thought that if they could do it, so could he. Since then, he has finished numerous races, including another Ironman. Colin plans to compete in Ironman Canada again in 2009 raising money for the **Joints in Motion** fundraising campaign. His company website is

www.precisionhealth.ca and is full of great information about his practice and living a healthy lifestyle. Colin works hard and trains hard but always strives to maintain a balance in his life, sharing it with his wife, Claudia and son Kieran.

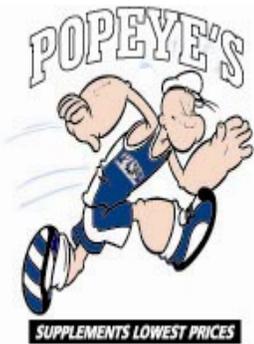


**Coaches Corner:
Do you know who the coaches are?**

- Cycling:**
 Stephen Ptucha
 Susan Gelinas
 Joel Waithman
 Linda Waithman
 Amanda Hill
- Running:**
 Dan McLaren
- Swimming:**
 Laurel Richardson
- Spinning:**
 Calvin Gehlen

E-Venti News

The race is sold out and now the details start to fall into place. We are in need of a **Volunteer Coordinator** for the upcoming 2009 race. This person needs to be organized, have some running and race experience and love coffee. You will receive lots of help and encouragement and may get to drive the Subaru during the race. If you are interested, talk to JJ Hill, Race Director soon. Race Date is March 1, 2009.



We swim because we are too sexy for a sport that requires clothes.

"Cycling is like a church — many attend, but few understand." — Jim Burlant

"Running may not add years to your life but it will definitely add life to your years."- Jim Fixx



Most of you have seen the new SAA / Speed Theory water bottles. If you haven't, they are available in either the pink/purple or the blue/orange SAA color scheme and available in two sizes with the SAA logo on one side and the Speed Theory logo on the opposite side. Thanks to Jeremy at Speed Theory for making the arrangements to get these great Specialized water bottles. We still have bottles left, but they are going fast so if you would like one or two, then let Stephen know - they are \$5 per bottle.



The last of our fall **Spin Class** sessions was on December 10 but don't worry we'll be starting up again for our winter **Spin Class sessions on January 14th**. Once again we are fortunate to have the talented and entertaining coaching services of **Calvin Gehlen** (finishlinecoaching.com) with maybe a couple guest coaching appearances. More information will be posted on the SAA club website.

Our H2H Ultra Marathoners!





BACK in MOTION



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APPRAISALS LTD.



SPEED THEORY



track & trail
runners

Recently, along with our South Delta Triathlon Club friends, we wished Tracey Shelley good luck and shared in a bit of Christmas cheer at Forbes' house. We are all sad to see Tracey leave us as she heads to Colorado to pursue her education and her heart. On behalf of all of those who have been coached by Tracey and more importantly touched by her caring personality, we all wish her all the best. Thanks Tracey! Also thanks to Rob & Heather Forbes for hosting the party and to Rob and Neil Corbett of the South Delta Tri Club for arranging Tracey's farewell gift.

Swimming Update

Don't worry; Tracey is not leaving us alone in the pool as she has arranged for Laurel Richardson to take on the role of expert swim coach for the combined SAA & SDTC Wednesday & Friday morning swim sessions. We concluded the fall swim session on December 12th and the winter session will be starting on Wednesday, January 7th. **Swim payments for the winter session should now be made to Steveston Athletic Association.** More swim information will be posted on the SAA website soon. If you have any questions about swimming or are looking to add swimming to your training then please feel free to send those inquiries to Stephen at president@thesaa.ca.

12 Days of Christmas for the SAA

Go ahead and sing, you know you want to!

On the first day of Christmas, my true love gave to me **a pair of compression socks.**

On the second day of Christmas, my true love gave to me **2 pairs of gloves.....**

On the third day of Christmas, my true love gave to me **3 zip wheels.....**

On the fourth day of Christmas, my true love gave to me **4 lip balms.....**

On the fifth day of Christmas, my true love gave to me **5 body glide.....**

On the sixth day of Christmas, my true love gave to me **6 lights a flashing...**

On the seventh day of Christmas, my true love gave to me **7 swimming goggles.....**

On the eighth day of Christmas, my true love gave to me **8 brand new running shoes.....**

On the ninth day of Christmas, my true love gave to me **9 chocolate mint gels.....**

On the tenth day of Christmas, my true love gave to me **10 pasta dinners....**

On the eleventh day of Christmas, my true love gave to me **11 bottles of Advil.....**

On the twelfth day of Christmas, my true love gave to me **12 non-fat lattes, 11 bottles of Advil, 10 pasta dinners, 9 chocolate mint gels, 8 brand new running shoes, 7 swimming goggles, 6 lights a flashing, 5 body glide, 4 lip balms, 3 zip wheels, 2 pair of gloves and a pair of compression socks!**



*Happy Holidays from the
SAA Executive!*