



STEVESTON ATHLETIC ASSOCIATION

Annual General Meeting – January 29

First of all, let's extend a HUGE thanks to the current board members. One of the great things about our club is the diversity of interests and goals we have through our 100+ members. Some of us are focused on performance in longer course triathlon, others are focused on just one sport, while other members are recreational and view this club as a way to connect with friends while staying in shape.

As a board it's tough to balance these interests and make this a successful a club for all members. As a first time board member, I can say with every confidence that we tried to consider all points of view and not focus on one type of athlete or another. I hope the past year has been an enjoyable and rewarding one for everyone. We've certainly tried to balance our diverse interests and goals. So thank you Robbie, Rob, Amanda, Elizabeth, Sarah and Dave! I won't thank myself as this would be wrong on so many levels.

So, if you think we fell flat on our faces as a board or if you think it's been a good year and want to continue the work we started, please consider being a board member. We will be electing a new board at our Annual General Meeting this coming Sunday. Even if this seems overwhelming or you don't know what's involved, please join us as it will be a great opportunity to learn more about the past year, our future direction and meet a few new people.

If this amazing event isn't reason enough to attend, well how about some snacks and door prizes? That's right, we'll have both. Where else will you find snacks and door prizes on a cold Sunday morning in January, not to mention Starbucks coffee?

Date/time: **Sunday Jan. 29 10:00am**

Location: **South Arm Community Centre. 8880 Williams Road Richmond**

We look forward to seeing you there!

Your Race Season

Sure, it's only January but it's already time to start thinking about the upcoming race season. Most of you have probably given it some thought and considered what you might want to shoot for this year. If you haven't or if your plans are somewhat flexible, here's a race schedule for the next 11 months that reflects the 'prime' races within our club – races where we know members will be participating or have historically participated. If you sign-up for any of these races, you won't be alone!

Swim	Sasamat Lake Canada Day Challenge (1.0, 2.0, 4.0 kms.)	July 1, 2017
	Interior Savings Swim Across the Lake (2.1 kms.)	July 15, 2017
	Skaha Lake Ultra Swim (11.8 kms)	August 13, 2017

Bike

Propospero Granfondo Axel Merckx	July 9, 2017
Prospera Valley Fondo	July 23, 2017
Tour De Whatcom	July 29, 2017
Whistler Granfondo	September 9, 2017
Linden SAA Bakery Ride (a ride of such intensity, we need a cupcake break midway)	Late September

Run

First Half Half Marathon 21.1km	February 5, 2017
BMO Vancouver Marathon 8km, 21.1km, 42.2km	May 7, 2017
Oliver/Osoyoos Half Corked	May 28, 2017
Scotia Bank Half 21.1km	June 25, 2017
Terry Fox Run 10km	September 17, 2017
Forever Young (55+) 8km	Sept. TBD
Tape Breaker (5, 10, 21.1, 42.2)	TBD
Turkey Trot 10km	October 9, 2017
Rock and Roll Half Marathon 21.1km, 10km	October 21, 2017

Triathlon

UBC Duathlon and Triathlon	March 11, 2017
Victoria IM 70.3	June 4, 2017
Peach Classic	July 16, 2017
Vancouver IM 5i50	TBD
Challenge Penticton 70.3 and Aqua-Bike	July 23, 2017
Challenge Iceland 70.3	July 23, 2017
Suburu IM 70.3 Whistler	July 30, 2017
Suburu IM Canada Whistler	July 30, 2017
Penticton 2017 ITU	Aug. 18 - 27, 2017
Ironman Cozumel	November 26, 2017

Swim Caps

You may want to sit down for this one. We now have swim caps! It's worth repeating – SWIM CAPS! But not just any swim caps - these are SAA branded swim caps that come in two colour options: yellow or green. We had a sneak preview at our board meeting last week when Robbie modeled it for us. We were in awe! It looked just like ... well ... an awesome bald guy modeling a pretty awesome swim cap. For those of you who have worn swim caps in the past, you will be thrilled to hear that these are silicone which is much more comfortable than the alternative. For those of you non-swimmers, when you see these caps, you will wonder why you aren't swimming but itching to learn how. And by total coincidence the next section of the newsletter speaks to that topic. Even if this still doesn't convince you to swim, this is a fashion statement that is certain to become all the rage, even outside the pool. Need a new look for your LinkedIn picture? Tired of attracting all the losers on PlentyofFish? We got your back.

Seriously, they are cool and **only \$10** which is a great price for a silicone swim cap. The grand unveiling will be at the AGM on Sunday.

Attention Non-swimmers

There's no doubt that swimming can be intimidating. Of the three sports our club supports (swim, bike, run), the swim tends to be the most difficult for people to be involved in unless they have decided to participate in a triathlon or already have a swimming background. And it doesn't help that there is a perception that everyone at our swim sessions is training for an Ironman and swimming 4km.

For those of you who have never been to one of our swim sessions, consider giving it a try. While some of our swimmers are training for longer races, our group is much more than that. Sure, some members are uber-fast and highly experienced and could easily be mistaken for dolphins wearing jammers. Over the years, we've also had a number of beginners, casual attendees and recreational swimmers who are just there to get in some exercise while socializing with their friends. It's all good. We currently have five lanes organized such that you will swim with people your own speed and ability.

Look at the pictures below. You can't fake that kind of bliss. These were taken at around 6:30 in the morning. If these people were having a miserable time, there's no way they could paint ear-to-ear smiles on their faces at this hour. They'd probably still be in bed dreaming about being amazing in the water.

We have plenty of room in the pool. The last picture gives you a sense of what it looks like from the deck. Right now, we have 20 – 25 people out per session. With 5 lanes, that's a lot of water per person. As you can see, there's plenty of room to stretch out and avoid an otherwise crowded public pool. You also have the benefit of wisdom from 2 awesome coaches who are there to help you achieve your goals or simply make your experience better. We meet at 6:00am on Wednesdays and Fridays (far more details on the SAA website) followed by coffee at the Ironwood Starbucks for those who have the time. The down side is that, yes, this means getting up before most of the city is awake and yes it means you'll get your hair wet if you're doing the swimming thing right.

And for those of you who haven't been with us for a while, we hope these photos bring back a sense of nostalgia. We miss you. We'd love to see you back with your snazzy – or phire for our younger members - new SAA swim cap!

