



March 2005

## Club Fat Ass Newsletter

### In this issue

#### News

[And the winner is...](#)

2005 Club Colors

Edgemont Scavenger Hunt looking for new Host

First CFA event in New Zealand: [Geyserland 100](#)

Canada East Coast Fat Ass 25 - just announced!

#### Contests

[2005 CFA Series](#) updated

[2005 Traveling Colors Contest](#)

#### Causes we support

[Mary Leliveld Tri BC Fund](#)

#### Event Reports/Results

[Mardi Gras Capilano Night Run](#)

### Coming Events

**Spring Mountain Highway Madness:** Sunday 20 March at 7:30 - a little hill workout. [Sign-up](#)

**Mary Leliveld's Happy Trails Run** - Saturday 26 March at 10:00 - Group Run in Mary's memory and fundraiser for the TriBC bursary fund. [Details](#)

**North Shore Enduro:** Saturday 21 May at 9:00 - run as a team or solo; run 1 lap or 20! [Check it out](#)

**The Double:** Saturday - Sunday 4-5 June at 6:00am - Come out and accompany Event Host Craig Moore on all or part of his [adventure](#).

Dear friends and members of Club Fat Ass,

Judging by the record numbers of runners participating in the Mardi Gras Night Run, I assume your spring training and ramping up for the running season is going well. If you have been injured and getting grumpy and impatient, hang in there, ice your sore joints and do your stretches, cross train, volunteer at races and come back with a vengeance ;-)

Happy Trails,

**Sibylle Tinsel**  
Chief Executive Fat Ass

*"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs." - Jesse Owens*

### News



*Congrats to Rick Arikado who wins the 2004 Traveling T-shirt Contest!*

#### And the winner is...

The 2004 Traveling T-shirt photo contest is all wrapped up. Thank you for your photos and adventures and to all who voted for their favorites.

And the winner is.... Rick Arikado of Vancouver, BC for his picture series documenting his hill workout on the pyramids in Chichen Itza, Mexico. Close runner up was Whistler Boy, Gary Robbins, attempting to pee on Mt. Garibaldi glacier. Third place goes to Ellie Greenwood braving the cold on Mt. Djebel Toubkal in Morocco. Honorary mention to Peter Collins of Montreal, Quebec, who sent in the most pictures. To recognize Peter's efforts we'd like to present him with a gift certificate for a 2005 Club

# CFA Newsletter

*A chain of lights along  
Capilano River during the  
Mardi Gras Night Run*



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Fat Ass membership for one of his Montreal running buddies. A big "thank you" to all members who participated by sharing their adventures and travels!

Please find complete results at: [http://www.clubfatass.com/contest1\\_2004photos.html](http://www.clubfatass.com/contest1_2004photos.html)

## 2005 Club Colors

This is old news, but on the topic of Club colors: If you have ordered a [t-shirt](#) for 2005 and have not received it, please email me to arrange a pick-up time. I need my basement space back.

If you haven't [paid your 2005 Club dues](#) yet, now would be a good time, as we do have selected sizes immediately available for procrastinators. Remember, you need to wear your blue 2005 Club colors to participate in the 2005 Traveling Shirt Contest!



## New Events

### Geyserland 100

I am very excited to announce the first CFA event in New Zealand. Kiwi, Graeme Best, took the plunge and became the newest Club Fat Ass event host. Welcome! His event sounds very neat. Called [Geyserland 100](#), the 100km road course will showcase the beauty of Rotorua's thermal areas and lakes. The run on 11 June 2005 will start up at Graeme's house in Mamaku and follow part of the Rotorua Marathon course around Lake Rotorua into Rotorua's thermal areas, through the beautiful Mt Ngongotaha Paradise valley, up Dansy Road back to Mamaku where there will be a hot BBQ and a few cold beers waiting. The Geyserland 100 website is currently under construction, but here is a [sneak preview](#).

### East Coast Fat Ass 25

And this just in: Fred MacKenzie, a CFA member from Nova Scotia and past winner of the Vancouver New Years Day FA50, confirmed that the High School Leadership Class he teaches will be hosting the East Coast Fat Ass 25 on 1 May 2005. The course will be a 10k or 25k out and back on a trail in a rural area of Pictou County, Nova Scotia.

## CFA Newsletter

This event is planned as a fundraiser for a student with cancer. I will publish more details as the group's planning progresses. A big welcome to Nova Scotia's young athletes and leaders.

### **Become a CFA event host**

We are always looking to add fun and funky events for our members. If you would like to become an event host, please see what's involved at our [Host an Event](#) page and get started by filling out the [form](#).

On a related note, because of family commitments, I will not be able to host the Edgemont Scavenger Run this year. I am looking for an energetic Club Fat Ass member to take over this fun event in North Vancouver, BC. Most of the groundwork and preparation is done. If this is something for you, please [contact me](#).

## Contests

### **2005 Traveling Shirt Contest**

Because this was so much fun, we'll do it again in 2005 with the blue shirts. So, keep running in neat places and don't forget the camera! Details at: <http://www.clubfatass.com/contest1.html>

### **2005 Point Series**

The [standings](#) have been updated after the Capilano Night Run on 19 February.

## Causes Your Club Supports

### **Mary Leliveld Triathlon BC Bursary Fund**

Mary's friends have set up the [Triathlon BC Mary Leliveld Bursary Fund](#). The objective of this fund will be to help athletes who cannot afford to travel to races get to the start line.

CFA is pleased to announce that all proceeds from your online or cash Day-Of-Event membership registration from [Mary Leliveld's Happy Trails Run](#) will benefit this fund.

## Past Event Reports and Results

[Mardi Gras Capilano Night Run](#)

*"Sweat cleanses from the inside. It comes from places a shower will never reach."* - George Sheehan