



February 2005 Club Fat Ass Newsletter

In this issue

News

[North Shore Enduro in ACU Ultra Series](#)

[2005 Club Colours](#)

Contests

[2005 CFA Series](#)

[2004 Traveling Colours Contest](#)

Causes we support

[Mary Leliveld Tri BC Fund](#)

Event Reports/Results

[12th Annual Vancouver New Year's Day FA 50 Run and Freeze Your FA Swim](#)

[Waterloo New Year's FA Run](#)

Coming Events

Mardi Gras Night

Run: Saturday 19 February 05 at 18:30h - group and competitive categories.
[Details here](#)

Spring Mountain Highway

Madness: Sunday 20 March 05 at 7:30 - a hill workout ;-)
[Sign-up](#)

Mary Leliveld's Happy Trails

Run - Saturday 26 March 05 at 10:00h - 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](#)

Dear friends and members of Club Fat Ass,

Despite the cooler temperatures it is definitely feeling like spring on the wet coast of Canada. The crocuses are out and I've been told the cherry trees are blooming in West Vancouver. Perfect weather for running and everyone seems to be motivated by it. I've seen increased numbers of runners and walkers during my morning jaunts through Capilano Canyon... and we have record numbers already registered for the Night Run on Saturday, 19 February. Hope to see you all there.

Happy Trails,

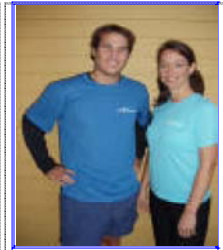
Sibylle Tinsel
Chief Executive Fat Ass

"It does not matter how slowly you go so long as you do not stop" - Confucius

News

2005 Club Colours

Whoo-hoo...the 2005 Club [t-shirts](#) are in and they look awesome! If you opted for pick-up in North Vancouver and haven't already done so, please arrange a pick-up time with me. If you paid to have your shirt mailed, you should have it in your hands by now. Annual membership in CFA will be worth it for the t-shirt alone. If you haven't ordered your shirt yet, now is [your chance](#). I do have selected sizes available for the procrastinators among you.



Dom Repta & Cheryl Picot modelling the 2005 Club Colours

New Events

We are always looking to add new, fun 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](#).

Event News

Andy Nichol, event host of the North Shore Enduro 6h Run and Relay just got word that his event got accepted into the 2005 ACU Ultra Series. We should see some good competition at Camp Brick this May. However, this event is not only for ultra runners. You can participate as a relay team or just run part of the 6h. The course follows a 3.5km rolling trail in the Lower Seymour Conservation Reserve. It's the perfect setting for spectators and families, who can cheer their runners on every time they pass through the picnic area at Camp Brick.

Contests

2004 Traveling Shirt Contest

The contest is now closed and the polling station is open. Please go to the [picture gallery](#) and follow the instructions there to vote for your favorite photo. If your photo receives the most votes you will get a refund of your 2005 membership dues. 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!

Mist on Seymour Mountain during the Go Deep or Go Home event late November



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Peter Collins at Glacier Point, Yosemite Park, CA, USA - proof that a CFA shirt is all you need for your workout

2005 Point Series

Please check in after the Capilano Night Run on 19 February for updated [standings](#).

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.

Training Tips/Recipes

Tired of the old power bar? Guilty of diving into the cookie box one to many times? Here's a treat that serves the need of endurance athletes, yet is chockfull of good stuff. Hey, it even passes Dom's vegan taste test...

Hutzelbrot

Best to bake this fruit bread on a slow day with not to many other commitments. The process takes a while and you will end up with dough up your elbows. If the quantities scare you, I recommend you'll half the amounts. You can also use different nuts and fruits depending on your taste.

Ingredients:

500g dried prunes
500g dried pears
500g dried figs
250g filberts
250g almonds
250g sultanas
250g raisins
250g mixed peels
30g ground cinnamon
1 tblsp ground anis
250g sugar
40g dry yeast
pinch salt
1kg whole wheat flour



Overnight, soak the dried fruit in water. The next morning, prepare a yeast dough with the fruit water, flour, yeast and sugar. Let rise for 1 h. Add the dried fruit, salt and spices and mix well. Let rise again. Form 6 loafs and let rise 1 h. Bake at 200C (400F) for 60min. The loafs can be wrapped in foil and stored in a cool place for several weeks. They are also good for freezing.

Past Event Reports and Results

[12th Annual Vancouver New Year's Day FA 50 Run and Freeze Your FA Swim](#)

[Waterloo New Year's FA Run](#)

"If you start to feel good during an ultra, dont' worry you will get over it." - Gene Thibeault