



April 2005

## Club Fat Ass Newsletter

### In this issue

#### News

Are you tough enough for the Fluffy Bunny? Find out [here!](#)

[Edgemont Scavenger Hunt](#) looking for new Host

#### Contests

[2005 CFA Series](#) updated

[2005 Traveling Colors Contest](#). Send your photos!

#### Causes we support

[Mary Leliveld Tri BC Fund](#)

#### Event Reports/Results

[Spring Mountain Highway Madness](#)

[Mary Leliveld's Happy Trails Run](#)

### Coming Events

#### East Coast Fat Ass

**Spring Tune Up:** Sunday 1 May at 9:00 - 10km and 25km on an abandoned rail line. Hosts with an attitude! [More 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](#).

#### Vancouver Skyline

XTC: Saturday, 11 June at 8:00 - a trail run with a twist. [Check it out](#).

Event Host Andy Nicol at last year's North Shore Enduro



[Subscribe/Unsubscribe](#)

[Membership](#)

[CFA Home](#)

[Contact Us](#)

#### Privacy policy

CFA does not sell or otherwise distribute our list

Dear friends and members of Club Fat Ass,

Our last two events were definitely a bit on the soggy side. Mountain Highway Madness saw runners struggle with record low temperatures (sorry you Easterners, I am talking West Coast conditions here) and snow in the higher reaches of the course. Mary Leliveld's Happy Trail Run started in a torrential downpour and the course was mostly flooded. Thanks to all who came out despite the elements. Let's hope spring is just around the corner and the sun will be shining for the next CFA events, the first ever East Coast Fat Ass Spring Tune Up in Pictou, NS and the North Shore Enduro in North Vancouver, BC.

On a totally different note, expect a bit of chaos and frustration as we move to a more "user friendly" website in the next few months. Please go easy on me, be generous with your feedback and let me know what you think we could do better.

Happy Trails,

#### Sibylle Tinsel

Chief Executive Fat Ass

**"Remember there are no mistakes, only lessons. Love yourself, trust your choices, and everything is possible." - author unknown**

### News

#### North Shore Enduro promises to be fun for runners of all abilities

Come out to Camp Brick in the beautiful Lower Seymour Conservation Reserve of North Vancouver and participate in the famed North Shore Enduro. If running 6 hours isn't your cup of tea, consider joining as a relay team or run a shorter distance in the individual category. Runners will pass the picnic area every 20min or so.

Bring along your family. The grounds at Camp Brick are perfect for spectators and wienie roasts. More information and registration at [North Shore Enduro](#).

#### Fluffy Bunny Trail Run

Geoffrey Palmer of Mountain Highway Madness fame has come forward to become the latest Club Fat Ass Event Host. The [Fluffy Bunny Trail Run](#) on 6 August will offer distances from 8-32km on the Buntzen Lake trail system near Vancouver, BC. What's with the name? Find out on the [event website](#).

#### 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. You just need to pick a date. If this is something for you, please [contact me](#).



The stuff we eat.....

### Contests

#### 2005 Point Series

Conceived as a fun way to encourage good sportsmanship and camaraderie, you can earn points and win this series by not being the fastest. Collecting garbage on the course, helping a fellow athlete, being an Event Host and registering early, all count! Make sure you tell your Event Host if you witnessed good deeds that merit points. The [standings](#) have been updated after the Spring Mountain Highway Madness and Mary

Leliveld's Happy Trails Run in March. Currently Bill Dagg and Ellie Greenwood lead the pack and only one person is in the red ;-)

#### **2005 Traveling Shirt Contest**

Where are the pictures? Don't be shy! Details at:  
<http://www.clubfatass.com/contest1.html>

### Past Event Reports and Results

#### **Mary Leliveld's Happy Trails Run**

We are happy to announce that we raised a total of **\$1,935** for [Mary Leliveld's Tri BC Fund](#) from this event.

A big "Thank You!" to everyone who participated in the run, the party or who otherwise contributed to Mary's bursary fund.

To read Event Host Chris Mager's report click [here](#).

#### **Spring Mountain Highway Madness**

It was wet and wild. Check [here](#) for Ean Jackson's report.

*"Weeds are flowers too, once you get to know them "* A. A. Milne,  
Eeyore from Winnie the Pooh