

Why should you join CFA?

Member Benefits

- Free access to all CFA events for the current year
- Provocative technical Club t-shirt. Guaranteed to turn heads!
- Vibrant online community with blogs, contests, photo galleries, event reports and more
- Informative monthly email newsletter
- Adventure speaker evenings

Event Host Benefits

- Free "How to Host a Successful Event" manual guides you through organizing your very own event
- Free website listing showcases your CFA event
- Opportunity to use your CFA event as a fundraiser
- Recognition as a leader in your community
- Free Club membership in the second year

Can you go the distance?

Many of our events appeal to the experienced ultra runner. However, most events offer shorter distances that will appeal to the intermediate runner. With less emphasis on racing and more on camaraderie and fun, participants at CFA events usually fall in with others who have the same pace. Some events even offer group categories.

What are you waiting for?

If you are a runner, CFA is the best deal going! Join for a day or join for a year. Online membership registration at www.clubfatass.com/join

Gift Membership

Looking for a unique gift for that hard to please special person with a type "A" personality and an endorphin addiction? A gift membership to CFA is a gift that keeps on giving! For details, email us at info@clubfatass.com

What's with the name?

No offense intended. Yes, we get asked all the time...

Back in the 70s, Californian Joe Oakes needed a qualifying 50 mile run to get into the Western States 100 Mile Run. He couldn't find a 50 miler, so he invented one. He promised no aid, no shirt, no fee, no wimps and he called it the Fat Ass 50. The name and concept struck a chord with the ultra-marathon crowd.

Our sponsors

Community-minded businesses support the Club, individual Club events or both. It wouldn't be possible to do all this without them. Thank You!

The list of businesses that support the Club and Club events is growing. For a current list see www.clubfatass.com/sponsors and the Thank You page of each Club event.

If you like what we are doing and would like to support Club Fat Ass, please contact us at info@clubfatass.com



TrailRunner



www.clubfatass.com



www.clubfatass.com

What is Club Fat Ass?

Club Fat Ass (CFA) is a grassroots sports club with a worldwide vision. For a modest annual fee, our members get access to over 40 free CFA events and speaker nights, as well as a great technical CFA t-shirt that's guaranteed to turn heads.

In a world where the average cost of a running race starts at \$25, a year's membership in CFA offers value that is hard to beat.

Club Fat Ass - Selected Events

| Month | Event Name | Details | Location |
|------------------|-------------------------------------|---|-----------------------------|
| January | Vancouver New Year's Day Fat Ass 50 | 10 km, 25 km, 50 km very scenic trails and bike paths | Vancouver, BC, Canada |
| January | Squamish Scrambler | 10 km, 22 km a snowshoe adventure | Squamish, BC, Canada |
| February, August | Capilano Canyon Night Run | 12 km, 18 km discover trail running at night | North Vancouver, BC, Canada |
| March | Mountain Highway Madness | 15 km, 30 km, 45 km, 60 km or more tough hill intervals | North Vancouver, BC, Canada |
| April | Burnaby Mountain Run | 11 km, 22 km a hill workout on beautiful trails | Burnaby, BC, Canada |
| April | Spring Bunny Hop | 25 km rolling hills on a forest loop | Claremont, ON, Canada |
| April | Run to the Clouds | 25 km taxing route with fantastic views | Coquitlam, BC, Canada |
| May | North Shore Enduro Run | Up to 6 hours relay or solo on a 7.6 km trail loop | North Vancouver, BC, Canada |
| June | Vancouver 100 | 100 km Canada's toughest 100km trail run | North Vancouver, BC, Canada |
| June | Vancouver Skyline XTC | 25 km, 50 km or roll your own mixed terrain, nice views | North Vancouver, BC, Canada |
| June | The Slack Ass 50 | 13 mi, 50 mi mixed terrain | Edmonton, AB, Canada |
| June | The Squamish Brick | 28 km, 38 km two back-to-back trail running days | Squamish, BC, Canada |
| July | Bill's Great Peak Ascent | 15 km, 30 km enjoy mountain trails in the summer | North Vancouver, BC, Canada |
| July | Full Monty | 25 km, 50 km scenic, single track trails | Victoria, BC, Canada |
| August | Mary Leliveld's Happy Trails Run | 10 km tame trails in the evening | North Vancouver, BC, Canada |
| August | Fluffy Bunny Run | 8 km, 11 km, 15 km, 25 km, 35 km stunning views, tough trails | Port Coquitlam, BC, Canada |
| August | Go Home | 20 km technical trails through a magical rainforest | North Vancouver, BC, Canada |
| September | Sunshine in September | 20 km+ beautiful trails on the Sunshine Coast | Langdale, BC, Canada |
| September | Mountain Highway Madness | 15 km, 30 km, 45 km, 60 km or more tough hill intervals | North Vancouver, BC, Canada |
| September | Mutha's Nature Mountain Marathon | 10 km, 42.2 km easy trails, moderate elevation changes | Vancouver, BC, Canada |
| October | Ann's Get Your FA off the Couch | 20 km rolling trails through the fall forest | North Vancouver, BC, Canada |
| November | Go Deep | 15 km, 22 km, 30 km from rainforest to alpine scramble | North Vancouver, BC, Canada |
| November | Mike and Melissa's Fun Run | 26 km, 52 km mostly single track trails | North Vancouver, BC, Canada |
| December | Galbraith Mountain Run | 6 mi, 20 mi group run on trails at Lake Padden | Bellingham, WA, USA |
| December | Pure Satisfaction | 12 km, 24 km on winter trails | North Vancouver, BC, Canada |

Our events

Our events are probably different from what you are used to. Hosted by members for members, they are fun, environmentally friendly, physically challenging and emphasize camaraderie as much as competition.

CFA events are low key, so expect no course markings, marshalling or aid. You can expect recognition for picking up trash along the trail or helping a fellow runner, though. Best of all, CFA events are free for members!

Our members

Most of our members are experienced weekend warriors who are self sufficient and confidently able to conquer the distances they choose.

While some members are national caliber athletes, they don't take themselves too seriously at CFA events. There's a culture of coaching and mentoring, so new members—regardless of gender, size or other differences—can always count on a warm welcome and someone to run with.

This list is constantly updated and may be changed without notice. For a current list see www.clubfatass.com/event

No event in your neck of the woods? **Why not host one?** See www.clubfatass.com/host