

KICK STARRT

May 2006

Box 17, St. Albert Post Office, 13 A Perron St., St. Albert, AB, T8N IN2

WHAT'S HAPPENING ??

2006 STARRT CALENDAR

The ATA has a complete list of all [ATA sanctioned races](#) in Alberta. Check it out to plan your summer fun !

June 3	Banff Jasper Relay
June 11	St. Albert Kids of Steel
June 24	Kananaskis K-100 Relay
July 1	Canada Day BBQ
August 6	St. Albert Triathlon
August	STARRT Rocky Mountain hiking adventure
October 14	Banff Ekiden Relay
December 2	STARRT Christmas party

ST. ALBERT KIDS OF STEEL NEEDS YOU

A message from Alison Zalasky...

Again we are short of volunteers for the KOS event on June 11. We would greatly appreciate any club members who would give some of their precious time for the kids of this event on June 11.

We start at 7am and are finished by about 1pm. All positions are still available: counting laps, marshalling, timing or helping with food. If you're not available on the Sunday we would accept help setting up on the Saturday evening for few hours.

Please come join the fun, cheer the kids - our future triathletes! All volunteers receive a great t-shirt, refreshments and pizza. Call Alison 460-1673 or email azalasky@telusplanet.net

I'm always so amazed and impressed how the club members come forth each year to help support this great event. You make it great!

CANADA DAY BBQ – SATURDAY, JULY 1

Mark your calendars for Saturday, July 1 for STARRT's annual Canada Day BBQ. Deb DiGiuseppe and Gord Ulrich host this event at their home at 16 Glacier Place. There's fabulous food, fun games & great company.

Deb & Gord provide the food & do all the cooking – you just bring your beverages. There is no charge for members & \$15 for non-members.

Please RSVP to Deb at ddig@shaw.ca or 458-5108.

ALL ABOUT STARRT

OUR MISSION

The St. Albert Roadrunners and Triathlon Club is a not-for-profit volunteer based organization whose belief that participation in running, swimming, biking and other athletic activities fosters a healthy lifestyle.

Our purpose is to promote this common interest in a supportive, social environment in St. Albert and surrounding area.

OUR MEETINGS

STARRT meetings are held on the last Monday of November (AGM), January, February, March, April, May, June & September.

NEXT MEETING

May 29, 2006 at 8pm
Economic Development Office
71 St. Albert Road

(First building on the east side of St. Albert Rd as you come in from Edmonton. It is in the parking lot beside Superstore.)

Please send agenda items by Wed, January 25 to Bob Stoyand at bob.stoyand@shaw.ca or 458-7635

OUR EXECUTIVE

President: Bob Stoyand
458-7635

Vice President: Coleen Bohning
939-6846

Secretary: Catherine Buhr
458-0772

Treasurer: Blake Bartlett
419-3223

BIKE SAFETY

MAINTENANCE

A message from Coleen Bohning...

I have been asked to organize an evening for some basic bike maintenance (change your own bike tire, clean your chain etc.) and some technical tips for newer riders. I've spoken with Tracy Shearer and he has agreed to run this on a Monday evening, he will let me know the first possible date.

What: Top 10 technical questions for 'newer' riders, maintenance on your own bike - change your tire, clean your chain
When: Monday evening 7:00 - 9:00 pm
Where: possibly someone's (Roberta) garage.....maybe room at the pool
Cost: \$8 + pizza
Who: Tracy Shearer

Please email Coleen at coleen@triedmonton.com if you are interested.

SAFE RIDING SKILLS

Triathlon is growing in popularity, which also means that we have many new cyclists on the roads. "Newbies" and veterans alike need to know safe bike handling skills when they are riding alone and especially when they ride in groups. As most of you know, Andy Smith crashed earlier this year while out on a group ride. Here are some of his comments and John Kelly's about riding safely in a group. Check out the sidebar for a call to action !

From: Andy Smith

As they tell us in the aviation business, learn from the mistakes of others, you'll never live long enough to make them all yourself. We were switching positions fairly frequently, and I believe I was on the tri-bars. I'm pretty new at this stuff (third time out on the bike), and although I had already recognized the decreased stability of that position I didn't recognize the importance of switching back to the handlebars when going into trail. We were going downhill, and I got pulled into an "echelon" position overlapping Gary's wheel by six inches (15 cm.). My last memory is seeing a wobble develop, and knowing I couldn't stop the coming collision, but trying to somehow minimize the hit on Gary.

I know that this (staying off the bars in traffic) will be basic knowledge for most of you, but I humbly offer my experience to reinforce the point for some otherwise intelligent soul who might have a lapse sometime. The consequences can come very quickly.

From: John O'Kelly

Andy, your advice is apt, even for those who have been triathloning. To my fellow travellers, I would like to propose that we do not go on aerobars, except when leading a pack (peleton). There are all kinds of rules for professional triathletes and cyclists. So if they see fit to institute these rules, why not us? Please email your thoughts. Andy I think your epistle should be on our website, and in our newsletter. We don't want any more road kill in this club!

CALLING FOR BIKE SAFETY TIPS & "WHAT TO DO ON LONG RIDES"

I would like to compile some "do's" and "don't's" of riding safely and being prepared on the road.

With the wealth of experience our members have - the good, the bad and the really ugly - I think we can put together a great resource.

What to do, what to bring, what to avoid - that type of thing.

Please email me your suggestions or a reference to any resources that you have found useful.

Send your thoughts to
jjgraham@telus.net

Thanks !

SUNDAY BREAKFAST

Every Sunday between "Muffin Sundays", come out for breakfast at Albert's at Grandin Mall - we start arriving at about 11am.

10 MILER SHIRTS FOR SALE

There are some 2006 10 Miler race shirts - long sleeve technical T's left over - They are for sale for \$10 - Small, medium and large sizes

Please contact Ian Laxdal at ilaxdal@telus.net or 460-1656 is you want to buy one.

ITU EDMONTON WORLD CUP TRIATHLON FESTIVAL – JULY 9

“ITU” is coming again to Edmonton on July 9. This year there are more races for all ages and groups (on a FANTASTIC course!), a chance to host elite athletes and, of course, the always exciting World Cup action. Read on for more info – this is truly a world class event you don't want to miss !!

THE ITU WORLD CUP !

Edmonton is one of 15 stops on the 2006 ITU World Cup circuit. The world's best triathletes are on the “Road to Beijing” and the competition will be fierce as they compete for valuable Olympic qualifying points.

HOST AN ELITE ATHLETE IN YOUR HOME - HOMESTAYS FOR ITU

A message from Catherine Buhr...

The ITU World Cup Triathlon is once again offering **Homestay Accommodations** to elite athletes that will be coming to Edmonton for the race on July 9, 2006. This is a very unique program to Edmonton, not seen in other parts of the world, and the athletes are most appreciative! Last year we placed 35 athletes from all corners of the world!

This is the 4th year I have had the pleasure of being the volunteer Homestay Coordinator and the support I have had from St. Albert and Edmonton is contagious! From year to year I am never sure how many athletes will take advantage of the Homestay program, however, I am once again looking for families that would welcome an elite athlete into their homes. Currently I have 5 requests. Most athletes arrive a couple of days before the race and leave within a day or two of competing.

The main criteria for hosting an athlete is a private bedroom (as all athletes need plenty of rest) and some availability to assist them to get back and forth to required activities. Regarding meals and feeding a billet...some athletes bring their own food, but asking if they would like to be included in family meals or activities as a courtesy is welcome.

If you have any questions or would like to participate in this program, contact Catherine Buhr at either cbuhr@shawbiz.ca or 458-0772.

Thanks for considering participating in the ITU Homestay program.

THE RACES

Whether you are contemplating your first triathlon or are a seasoned veteran, this year's Triathlon Festival in Hawrelak Park has something for you. Last year, some races filled up before the registration deadline, so register early to get your place on the start line! Check it all out at <http://www.triedmonton.com>.

OLYMPIC DISTANCE TRIATHLON

1500M SWIM/40KM BIKE/10KM RUN

This race is for athletes aged 18 (as of 31/12/06) and up. AWAD spots are available. The 4 top finishers per age group qualify for the 2006 ITU World Age Group Triathlon Championships in Lausanne, Switzerland on Sept. 2-3, 2006. There will be “roll-down” – that is - If a qualifying athlete chooses not to compete, the next athlete in line will be offered the spot.

ITU WORLD CUP QUICK FACTS

DATE:	July 9, 2006
LOCATION:	Hawrelak Park
TIME:	Elite Women 1:15 pm Elite Men 3:30 pm
COST:	Entry to the park is free Grandstand tickets \$12
MORE INFO:	www.triedmonton.com .
TICKETS:	Ticketmaster: 451- 8000 or www.ticketmaster.ca

MORE ABOUT HOMESTAYS

Should I pick the athletes up at the airport?

This is entirely up to you. If you can, that's awesome, but it's fine to ask them to take the airport shuttle to the location nearest you. Likewise on their return. An alternate central location for shuttle pick-up & drop-off is Lister Hall on the UofA Campus.

Will the bike box fit in my car?

A van works best, but if the back seat of your car goes down, the bike box will fit in most cars.

What events do they have to attend?

- Athletes must attend the Athlete's Briefing at the Edmonton Library.
- You need to help them get to the race. Groat Road will be closed but Park&Ride runs from the stadium parkade at the U of A

Are there other events?

- The Pasta Party is at Commerce Place on Saturday at 6pm, not all athletes will wish to attend
- The Post Race Party is at a local restaurant in Edmonton. You do not have to take them to this, they may find their own way!

Should I provide any special diets?

No, athletes are generally happy to join in with the family, many are also very self sufficient & are comfortable making their own food if this is acceptable to you.

Training opportunities in your neighborhood

As a courtesy it is nice to know the public swim times at your local pool. For biking and running, they just go from your house.

TRIATHLON CANADA JUNIOR NATIONAL CHAMPIONSHIPS

750M SWIM/20KM BIKE/5KM RUN

This draft legal race is open to athletes aged 16-19 (as of 31/12/06).

KIDS OF STEEL® TRIATHLON

350M SWIM/10KM BIKE/2.5KM RUN

This race is open to athletes aged 12-15 (as of 31/12/06).

THE SPRINT TRIATHLON

750M SWIM/20KM BIKE/5KM RUN

This race is open to athletes aged 16 (as of 31/12/06) and up. The Sprint Triathlon is ideal for both first-timers and seasoned triathletes who want the challenge of a triathlon on a shorter course.

THE CORPORATE TEAM TRIATHLON – NEW IN 2006

500M SWIM/10KM BIKE/3.3 KM RUN

Teams compete in men's, women's & mixed races. Top teams qualify for the **first annual ITU World Corporate Triathlon Championships** on Nov. 5th in Cancun, Mexico. This event is open to teams from the private & public sectors, professional organisations, educational institutions & other groups that support Triathlon Canada & ITU World Cup events. Teams consist of 3 members, 2 of whom must be associated with the participating organisation. Their cumulative times will determine the results.

ALL ABOUT YOU

WHAT DID YOU DO ON THE LONG WEEKEND ?

From: Valerie Braiden – Pigeon Lake Ride



*Left to Right:
Anne Bradley, John Sandmoen, Liz Timleck, Valerie Braiden. Missing is Lynda Sandmoen because she was taking the photo.*

Anne Bradley, Lynda and John Sandmoen, Liz Timleck and I did the Pigeon Lake ride on Sunday of the long weekend. It was 58K around the

lake starting and finishing at the Village at Pigeon Lake. It was a glorious sunny day with the odd bit of wind but nothing we could not handle. The terrain consisted of sloping hills and sweeping curves. We saw a baby deer crossing the road at one point. We stopped to observe a buffalo in a copse of trees. He ran off when he realized he was under surveillance. We took our time; one might call us low key riders, and thoroughly enjoyed the day. We rewarded our effort with treats from the ice cream parlour before driving home. This would be a nice ride to do in the fall when the leaves are changing colour.

ITU RACE SCHEDULE: JULY 9

8:00 am	Junior Race
9:00 am	Age Group Race
10:30am	Kids of Steel Race
10:30am	Corporate Team Race
1:15pm	Elite Women World Cup
3:30pm	Elite Men World Cup
5:45pm	Elite Medal Ceremony

WE LOVE TO HEAR FROM YOU !

There are bragging spots in every newsletter, so let us know what you are doing, what you have done, or what events are coming up....

Email or call Joanne Graham with any of your thoughts.

e-mail: jjgraham@telus.net
phone: 460-1656

BEWARE OF SANDBAGGING CYCLISTS!

Cyclists are the biggest sandbaggers and secret trainers around. They'll say anything to soften you up for the kill. Don't let this happen to you...

"I'm out of shape"

Translation: I ride 400 miles a week and haven't missed a day since the Ford administration. I replace my 11-tooth cog more often than you wash your shorts. My body fat percentage is lower than your mortgage rate.

From: Anne Bradley – Pigeon Lake Ride

We had a beautiful, leisurely ride around Pigeon Lake. What a fun group!

From: Catherine Buhr – Riding the Ironman Course in Penticton

I spent the weekend with three new friends who are "crazier" for triathlon endurance training than I am. The day after we had driven 11 hours to Peachland, BC, we "attacked" the Ironman Canada bike route. Friday morning in the Okanogan valley held the scent of a warm & windless summer day. We started our trek from Penticton to Oliver alongside beautiful lakes, blue sky & mountainous terrain. The first 30K of our ride was relatively flat & easy...no problem!!! We stopped at a local gas station to refuel with water & Gatorade. So far Ironman Canada was looking pretty good! Turning right from the gas station we met with "Richter's pass". The "pass" consists of 5 sections. The first one is just the warmer upper, the second one is about 1K long & you start to feel the burn, the third & fourth are pretty much a combined hill...over 2K looonng...then there's a short lived flat section & then section 5, again about 1K long...and then you're at the top...but don't let that fool you. Immediately after Richter's pass for the next 20K there are 7 more hills. The lactic builds nicely in your legs as each are fairly steep going up & coming down...I know why they are nicknamed the seven "bitches".

The rest of the ride is mainly rolling hills...until Yellow Lake-again a steady climb about 5K long. The ride down is fairly steep & winding...all downhill...and my least favourite part. We accomplished 145.9K of the 180K Ironman Canada bike route that day. We headed to the Oilers game that night. No "run" for these Oilers fans-we earned a beer or 2!

The rest of the weekend consisted of swims in Oliver, Sawaga, & Okanogan Lake, a tempo & long run, a shorter bike (for ice-cream) & car touring through "wine country". I highly recommend this area for good quality triathlon training!

From: Joanne Graham – Riding in Jasper

Well I never thought the mountains could get any more spectacular but that was before I rode through them. Ian and I, Connie and Ian Ferguson and Joe Garcia had an amazing weekend of riding along highway 93 in Jasper and Banff National Parks. Ian, Joe and Ian rode from Jasper to Saskatchewan Crossing (about 156km) on Saturday, then back on Sunday. Monday was a pleasant cruise around and about Lac Beauvert. On Sat & Sun, Connie and I did a series of out and back rides along some of the most scenic parts of the high near Sunwapta and Athabasca Falls. We took in breath taking scenery, raging water and nimble mountain goats.

"The guys" saw a lot of pavement as they climbed the steep and winding roads up to the icefields (a 300m rise over 3K-like Emily Murphy hill for 3K!) and were rewarded with celebrity status by a group of Asian tourists and the stellar Columbia Icefields.



"I'm on my beater bike"

Translation: I had this baby custom-made in Tuscany using titanium blessed by the Pope. I took it to a wind tunnel and it disappeared. It weighs less than a fart and costs more than a divorce.

"It's not that hilly"

Translation: This climb lasts longer than a presidential campaign. Be careful on the steep sections or you'll fall over -- backward. You have a 39x23 low gear? Here's the name of my knee surgeon.

"I'm not into competition. I'm just riding to stay in shape"

Translation: I will attack until you collapse in the gutter, babbling and whimpering. I will win the line sprint if I have to force you into oncoming traffic. I will crest this hill first if I have to grab your seat post, and spray energy drink in your eyes.

"It's not that far"

Translation: Bring your passport

RIDING IN JASPER

OF DAYS: 3

OF KMS: 382

VERTICAL CLIMB: OVER 1,000M

MAX. DOWNHILL SPEED: 80 KPH

CELEBRITIES: 3

MOUNTAIN GOATS: 2

GLACIERS: 1

LIFE TIME EXPERIENCE: PRICELESS !



OTHER NEWS

From: Martine Chambers

I have returned to Alberta, last month, from my long absence. I have since been very busy (but still kept working out for triathlons) as my husband and I found out on our return that we are posted to Quebec city this summer. We've sold our house and will be departing Edmonton on 15 Jun. This means that I will not be able to do the Great White North that I had registered for back in Sep...(and can't unfortunately make someone happy by selling my place). I'm quite sad about that but, that's the life I chose 14 years ago when I joined the military!!

Could you please pass on my goodbye to all, mostly the morning swim people of the club, since they're the one I trained with. **Have a great summer. I will dearly miss you all!! I keep good memories of STARRT and its people.**

TRAINING CORNER

STARRT has programs for swimming, biking & running. Join us for coaching, motivation and support ! Please remember, for insurance purposes, you must be an ATA member to participate in the swim & spinning programs.

RUNNING

Coached by Kevin Harrison, the **run program** meets every Wednesday at 6pm, at Fountain Park Recreation Centre, at the cafeteria. This program is provided at no cost to club members. Thank you Kevin !

Group runs are every Sunday at 8:30 a.m. also leaving from Fountain Park Recreation Centre, meet in the front lobby.

SWIMMING

There's room in both swim programs...

Coached by Swim Alberta certified coaches, Allison Dennis (evening) & Glen Playfair (morning), the swim programs are:

Mornings: Monday, Wednesday & Friday, 6 – 7am

Evenings: Tuesday & Thursday 8:05-9:05pm & Saturday 9-10am

Program fees are \$45 per month.

CYCLING

STARRT group rides have started in full force. There is always a mix of speeds and distances so come out and join in!

Wednesday Evening

LOCATION: Meet at Holy Family Parish parking lot (Poirier & Sir Winston Churchill) at 6:30pm.

ROUTE: Multiple loops along Sturgeon Road and 127 Street. Some evenings the group will do hill repeats in Woodlands

Saturday Morning

LOCATION: Meet at Fountain Park parking lot at 10:30am.

ROUTE: Long rides of 40km up to 60km or more along Villeneuve Road depending on how far you want to go.

HAVE SOMETHING TO POST IN GEAR GEEKS ?

Send it to Joanne @
jprograham@telus.net

WHO TO CALL

Running: Kevin Harrison
458-2010
kev_harrison@shaw.ca

Swim (PM): John O'Kelly
458-7006
jokelly@shaw.ca

Swim (AM): Joanne Graham
460-1656
ilaxdal@relus.net

Spinning: Ian Laxdal
460-1656
ilaxdal@telus.net

Bike: Joe Garcia
458-0245
dominguez03@hotmail.com

Club Communications:
Joanne Graham
460-1656
ilaxdal@telus.net

Community Relations:
Valerie Braiden
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Membership:
Catherine Buhr
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