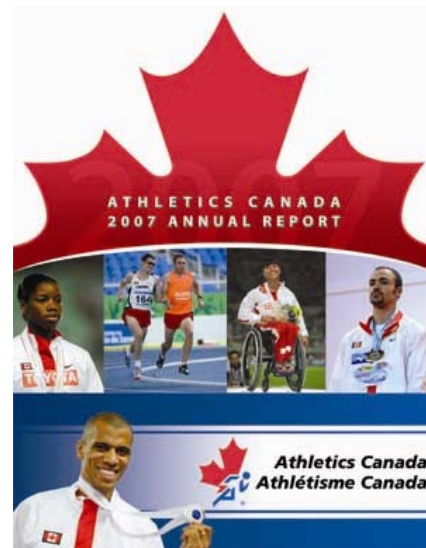




THE GOLD STANDARD
LA RUÉE VERS L'OR



June 2008
ISSUE #26



The 2007 Annual Report is now available. See page 12.

Michelle Stilwell

New World Record Holder

T52 - 100m

T52 - 200m



July 3-6
Windsor, ON



Tara Quinn-Smith

2008 Canadian Marathon
and
Canadian Half-Marathon Champion

See Results on page 5

Less than



Beijing 2008



75 Days!



Breakfast of Champions	3	1996 Olympic relay team to be inducted to the Canadian Sports Hall of Fame	10
Windsor/ Essex Schools receive demonstrations of RJT	4	PacifiCanada Track and Field Series	10
Follow Canadian Women to Beijing	4	Run with the Champions	11
Canadian Marathon Championship Results	5	2008 Paralympic Games Staff	12
2008 Legion Coaching Academy	6	2007 Annual Report	12
Outcomes of the review of Athletics Canada's Para-Athletics Program	7	Spikes and Clubs Golf Tournament	13
Dates to Remember	7	IAAF Fantasy Athletics Game	14
Race Walk with the best in the Country	8	CBC.ca and TheStar.com launch Beijing 2008 websites	14
Nutritional Recommendations for Individual Sport	9	Las Vegas Marathon	15

Ticket Information

Tickets are on sale for the 2008 Canadian Track and Field Championships at various locations in Windsor. Additionally, tickets will be available online thru www.gamedaysports.ca or by phone at (519) 253-3000 ext. 2435.



Local Ticket outlet information -

- Nantais Source for Sports, 2020 Tecumseh Road West, Windsor, ON, N9B 1V6
- Access Tickets @ Bob Reaume Sports, 4275 Tecumseh Road East, Windsor, ON, N8W 1K2
- The Running Factory, 5480 Wyandotte Street East, Windsor, ON, N8S 1L9
- Windsor University Department of Athletics, University of Windsor, 2555 College Ave, Windsor, ON, N9B 3P4
- All Windsor RBC Branches

2008 Canadian Championship Series

Canadian 10,000m Championships - June 4 - Toronto, ON

Canadian Track & Field Championships - July 3-6 - Windsor, ON

Canadian Junior Track & Field Championships - July 25-27 - Abbotsford, BC

The Legion Canadian Youth Athletic Championship - August 4-12 - Sherbrooke, QC

Canadian 10km Championships - October 18 - Ottawa, ON

Canadian Cross-Country Championships - November 29 - Guelph, ON



Breakfast of Champions
Déjeuner des champions



July 7 2008, 9 - 11:30am at the St. Clair Centre for the Arts - Windsor, ON

7 juillet 2008, 9:00 - 11:30 au St. Clair Centre for the Arts - Windsor, ON

Limited seating available, please call Emily Hooper at 613-260-5580 ext. 3332 or email ehooper@athletics.ca to purchase your ticket and secure your seat to have breakfast with an Olympian.

La disponibilité des places est limitée. Veuillez appeler Emily Hooper au 613-260-5580 poste 3332 ou ehooper@athletics.ca afin d'acheter votre billet pour réserver une place pour déjeuner avec un olympien.

Full service breakfast, hosted by CBC's Scott Russell.

Service complet de déjeuner. Maître de cérémonie : Scott Russell de CBC.

Tickets / billets - \$150

Table - \$1,000

Join us as Athletics Canada announces the names of the athletes who will be forwarded to the COC for nomination to the 2008 Olympic Games team.

Venez vous joindre à nous lorsqu'Athlétisme Canada dévoilera les noms des athlètes qui seront transmis au COC pour nominations sur l'équipe des Jeux Olympiques 2008.

Windsor/Essex Schools receive demonstrations of Run Jump Throw



Athletics Canada's Run Jump Throw program will visit 7 Windsor / Essex grade schools over four days from June 2 to 5 as part of Run Jump Throw – Windsor Blitz 2008.

Thanks to the RBC Olympians Program Windsor native Jessica Matassa, a Canadian national team athlete, will kick off the festivities at each school. Jessica will lead off each session with a presentation about goal setting, achieving your objectives and her quest to qualify for the Beijing 2008 team. She will then participate and lead the children through the different activities along with Athletics Canada's Run Jump Throw Instructors.

Run Jump Throw – Windsor Blitz 2008

June 2nd – AM – Queen Victoria Public School
 June 2nd – PM – Prince Edward Public School
 June 3rd – AM – Northwood Public School
 June 3rd – PM – Dr. H.D. Taylor Public School
 June 4th – AM – Northwood Public School
 June 4th – PM – LaSalle Public School
 June 5th – AM – Margaret D. Bennie Public School
 June 5th – PM – Jack Minor Public School



For more information visit: www.athletics.ca/page.asp?id=64



Follow Canadian Women to Beijing

Once again the Canadian Association for Advancement of Women in Sports' (CAAWS') website will feature stories and information about our female Canadian athletes and leaders at the 2008 Summer Olympic and Paralympic Games in Beijing. The Olympic Games take place August 4-24 and the Paralympic Games from September 6-17. Visit the link below to stay up-to-date on the preparation and progress of Canada's female athletes at the games.

<http://www.caaws.ca/olympics/2008/index.cfm>

Tara Quinn-Smith and Giitah Macharia win Canadian titles at ING Ottawa Marathon

Tara Quinn-Smith of Waterdown, ON, and Giitah Macharia of St. Catharines, ON, are the new Canadian marathon champions.

Quinn-Smith, an established distance runner but competing in her first marathon, was the top Canadian finishing fourth overall at the ING Ottawa Marathon which served as the Canadian Marathon Championships.

Asmae Leghazoui of Morocco was the winner in a women's course record of two hours and 28 minutes and 44 seconds in ideal seasonal conditions. Elza Kireeva of Russia was second in 2:33:46, Kebebus Haile of Ethiopia third in 2:33:48 and Quinn-Smith, 28, followed in 2:33:58.

Quinn-Smith had recently won the national half-marathon title which gave her an important confidence boost.

"I'm really excited about my first marathon performance," said Quinn-Smith, also a two-time 10,000 metre national champion on the track. "I tried to stay relaxed and I got a lot of help from a couple of my clubmates during the race. I didn't meet the Olympic standard but that really wasn't my goal at this point. I'm looking more towards 2012."

Nicole Stevenson of Toronto was the next best Canadian in seventh in 2:41:04 and Suzanne Evans of New Westminister, B.C., 13th.

Two-time defending Ottawa Marathon and Canadian champion Lioudmila Kortchaguina of Toronto withdrew due to injury.

In the men's marathon, David Cheruiot of Kenya successfully defended his title in 2:11:00 for a third career Ottawa Marathon win and just fell short of his course record of 2:10:33 set last year. Solomon Molla of Ethiopia was second in 2:11:05 and Vincent Kiplagat of Kenya third in 2:11:55.

Macharia clocked 14th overall in 2:16:55 for his first Canadian title. Defending champion Matthew McInnis of Ottawa was the next best Canadian in 16th clocking a personal best 2:16:59 and Stephen Drew of Waterloo, Ont., was 18th.

In the wheelchair marathon, James Baker of Ottawa took the men's paraplegic race.

Canadian Marathon Championship Results

MEN'S

1. Giitah Macharia, 2:16:54.1
2. Matthew McInnes, 2:16:58.5
3. Stephen Drew, 2:18:10.1
4. Andrew Smith, 2:19:58.0
5. Steve MacIntyre, 2:20:19.1

WOMEN'S

1. Tara Quinn-Smith, 2:33:57.3
2. Nicole Stevenson, 2:41:03.8
3. Suzanne Evans, 2:48:29.6
4. Jutta Merilainen, 2:50:17.4
5. Liz Maguire, 2:55:05.7

Giitah Macharia after winning the 2008 Canadian Marathon Championship



For Full Results Click Here:

http://www.runottawa.ca/index.php/en/results-photos-certificates/results?race=a&number=&last_name=

2008 LEGION COACHING ACADEMY

August 4-6, 2008
University of Sherbrooke
Sherbrooke, QC

The 2nd Annual Legion Coaching Academy is open to development level coaches across Canada. Its goal is to enhance the educational opportunities of our coaches and to provide additional program value for the team coaches who annually volunteer their time with the Legion program.

This year's program includes five different sessions, all of which will contribute to the coach's Professional Development portfolio.

Topics and Presenters for 2008 include;



Strength and Conditioning
Ed McNeely

Nutrition
Beth Mansfield

Sport Psych
Melanie Gregg

Drug Free Sport
Adrian Roberts

Biomechanics
Steve LeBlanc and Francois Thenault



Registration for the Coaching Academy will be available online starting in Mid-April. Find the registration form and more information regarding the Academy at <http://www.athletics.ca/page.asp?id=295>. Deadline to register is July 11, 2008.

For additional information regarding the Academy, please contact Donna Kaye, Manager of Coaching Development, at dkaye@athletics.ca or (204) 471-4883.



Outcomes of review of Athletics Canada's Para-Athletics Program

Beginning in February 2008, Road to Excellence and Athletics Canada commissioned an independent review of the Para-Athletics program. The terms of reference for the review were:

- To assess the effectiveness and capacity of the existing Athletics Canada Para-Athletic program, including international performance, and to provide recommendations to enhance the program for athletes and coaches at the high performance level.
- To recommend the strategic direction to support athlete preparation for the 2012 Paralympic Games in London, including the appropriate structural and staffing arrangements to ensure the delivery of an integrated program.

The review made seven key recommendations, which were endorsed by the Workgroup in March 2008 and approved by Athletics Canada's Board of Directors on May 23. The recommendations, each of which include one or more subsidiary action steps, are:

- I. Renew Leadership of the Para-Athletics Program
- II. Shift to a Program-based Model
- III. Put Winning Conditions in Place for Program Leadership
- IV. Put a Stakeholder Advisory Committee in Place to Support Change
- V. Look to the Long Term
- VI. Make Development and Knowledge Transfer Priorities to 2010
- VII. Shift Focus to High Performance in 2010-2012

As a result of the first recommendation, effective immediately, Athletics Canada has eliminated the position of Para-Athletics National Team Director which was held by Scott Ogilvie. The search for a *Director/Head Coach – Para-Athletics* will begin shortly with the expectation that the position will be filled following the 2008 Paralympic Games. The short term focus will be on the ongoing support of the para-athletics Beijing team and will be led in the interim by the national team office staff under the guidance of Transition Leader Earl Church and Bruce Pirnie, Head Coach, 2008 Paralympic Team.

Click here to see the review: <http://athletics.ca/files//Governance/PARAPROGRAMREVIEW.PDF>

Dates to Remember

- June 1 - Beginning of Qualifying Period for the Commonwealth Youth Games
- June 15 - NACAC U23 Championship Athlete Declaration Deadline
- June 22 - End of the Qualifying Period for the 2008 IAAF World Junior Championships
- July 6 - End of the Qualifying Period for 2008 Olympic Games

RACE WALK with the best athletes in the COUNTRY
CANADIAN TRACK AND FIELD CHAMPONSHIPS

National Junior 10K / National Senior 20K
Open Junior 5K / Open Senior 10K

Windsor, ON
July 6, 2008 – 7:30 am



TIME: 7:30 am – START for all WALKS (5K, 10K and 20K men and women)
PLACE: Assumption College (beside the track stadium)
COURSE: Flat, 1.25K loop

The event will encompass the **Canadian Junior 10km Race walk Championship** and the **Canadian 20km Race walk Championship**.

There will be also OPEN events for junior 5km and 10km Race walk events

The event will also host the Northeastern CUP
This is a Provincial (CAN) and State (US) team challenge.
Support our athletes to bring the Cup back to CANADA!

[Information for the National Championship events](#)

[Information for the OPEN and Northeastern CUP events](#)

For additional information please contact:
Stafford Whalen (staffordwhalen@rogers.com)

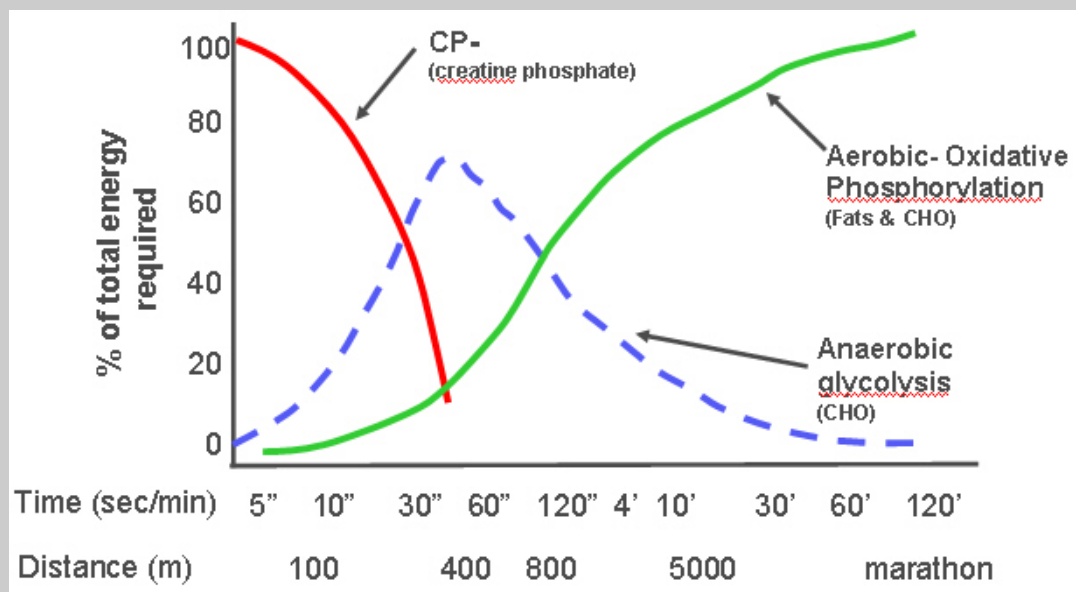
Race-walkers of all ages are welcome to compete
with our national champions!

Nutritional Recommendations for Individual Sports

Dr. Trent Stellingwerff, PhD, Nestlé Research Center, Switzerland

Individual sports such as swimming, athletics, gymnastics and cycling all have varied requirements for energy (ATP, adenosine triphosphate) production. And, these energy producing pathways vary significantly according to the intensity and duration of the specific activity, and thus the types of endogenous and exogenous fuels that are used to produce the required energy also vary dramatically (Fig. 1).

Figure 1: ATP energy provision across different durations of activity.



Adapted from: (Martin & Coe, 1991).

For example, some sports such as gymnastics (explosive power for under 30 sec) and sprint/power based events in swimming (50 to 100m events) and athletics (100m to 400m running, jumping and throwing events) utilize nearly exclusively anaerobic based ATP production, which relies on creatine phosphate (CP) and carbohydrate (CHO) derived energy provision. This CP and CHO fuel provision is used during quick explosive movements, and intense activities of up to ~1 min. Sports and events lasting from ~1min to 8min (eg. 800m to 3000m of running, 200m to 800m of swimming, or Individual Pursuit in cycling) rely heavily on anaerobic glycolysis to provide the required ATP. However this comes at a cost, as there are also large amounts of lactate and hydrogen ion (H^+) also produced. This H^+ induces acidosis, and eventually, fatigue in the athlete. Conversely, oxidative phosphorylation provides the bulk of ATP provision, primarily utilising fat as a fuel, during low to moderate intensity training found during longer duration (>30min) running and cycling events. Fat can be provided in both endogenous muscle stores (intramuscular triacylglyceride; IMTG) and as fat stored in peripheral adipocytes and released as plasma free fatty acids (FFA). During low intensity exercise, primarily Type I slow twitch oxidative fibres are recruited, which have a high oxidative capacity to utilise primarily fat (Fig 1).

To view the full document please click here:

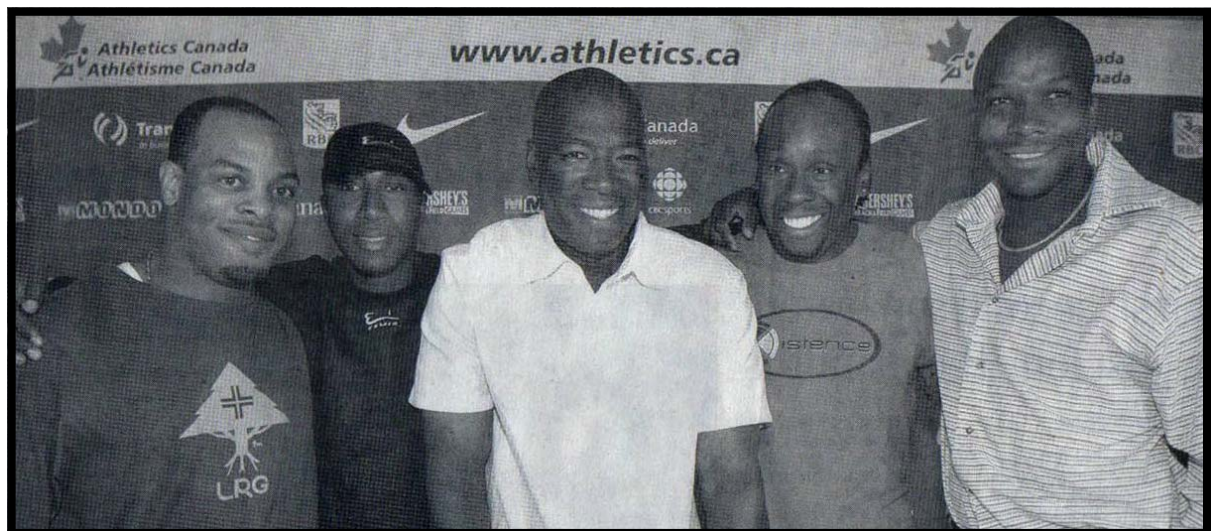
<http://athletics.ca/files//GoldStandard/STELLINGWERFFSPORTSNUTRINDIVIDUALSPORTS.PDF>

1996 Olympic relay team to be inducted to Canadian Sports Hall of Fame

Athletics Canada congratulates the 1996 Olympic Games gold medal winning 4x100 metres relay team which will be inducted to the Canadian Sports Hall of Fame. The team of Donovan Bailey, Carleton Chambers, Robert Esmie, Glenroy Gilbert and Bruny Surin will be inducted on November 5th 2008 at a ceremony in Toronto. The announcement was made by Canada's Sports Hall of Fame.

The coming summer will mark the 12th anniversary of that remarkable night in Atlanta when five young men captured the country's imagination. The picture of Surin raising his arms triumphantly as Bailey sprints to the finish line is still engrained in most Canadians minds. Bailey was a double gold medalist in Atlanta winning 100 metre gold in a then World record time of 9.84. The relay team's victory only days later on August 8th gave Canada its first two gold medals in athletics since the 1928 Games in Amsterdam.

Going into Atlanta the team were reigning world champions and had also won gold at the Commonwealth Games. They were inducted into the Canadian Olympic Committee Hall of Fame in 2004.



From Left to Right:
Carleton Chambers
Robert Esmie
Glenroy Gilbert
Bruny Surin
Donovan Bailey

PacificCanada Track & Field Series

ABBOTSFORD RICHMOND BURNABY VICTORIA
 June 15-21 2008

Sunday June 15 - Kajaks International Track Classic, Richmond, B.C.

Tuesday June 17 - Abbotsford International Track Classic, Abbotsford, B.C.

Thursday June 19 - Victoria International Track Classic, Victoria, B.C.

Saturday June 21 - Vancouver Sun Harry Jerome International, Burnaby, B.C.

PacificCanada Track and Field Series Homepage: <http://www.pacificcanada.ca/>

OCTOBER 18 OCTOBRE

RUN WITH THE CHAMPIONS



COUREZ AVEC LES CHAMPIONS

NEW IN 2008 - 5 KM FUN RUN
NOUVEAUTÉ EN 2008 - COURSE DE PLAISIR 5 KM



WWW.TRANSCANADA10KM.CA



Athletics Canada names 2008 Paralympic Games staff

Athletics Canada announced the staff which will accompany the para-athletics team to the 2008 Paralympic Games in Beijing, China.

Martin Goulet, Athletics Canada Chief High Performance Officer, “It is a privilege that Athletics Canada can count on Bruce Pirnie to lead our Paralympic team in Beijing. Bruce’s vast experience as a coach and a program leader in the various areas of our sport, from development to international high performance, in both the Olympic and Paralympic programs is a huge asset.” Goulet adds, “His knowledge of the logistics of international championships and Games projects will be invaluable to the team in China. I am very confident that the team will be in good hands!”

The team will be led by Head Coach Bruce Pirnie. Bruce, the former head track coach at the University of Manitoba, served as head coach in Rio de Janeiro last summer at the Parapanamerican Games where the para-athletics team came away with 16 medals. He was a member of the national team from 1970 to 1979, where he captained the Olympic athletics team in 1972 and 1976. Bruce competed in the shot put, winning a gold medal at the 1975 Pan American Games.

The qualification period for Canadian athletes for the Beijing 2008 Paralympic Summer Games, as determined by Athletics Canada, began on March 1 2007 and concludes July 1 2008. To be eligible for nomination to the team, athletes must achieve all required selection criteria, including the minimum ranking standard.

[Athletics Canada’s 2008 Paralympic Games webpage](#)

Athletics Canada 2008 Paralympic Games staff

<i>Name</i>	<i>Role</i>	<i>Hometown</i>
Jerome Camacho	Athletic Therapist	Toronto, ON
Dr. Danny Daniels	Head of Delegation	Sydney, BC
Marc Deschenes	Equipment Technician	Montréal, QC
Melissa Dowling	Team Manager	Ottawa, ON
Peter Eriksson	Assistant Coach – Wheelchair racing and expert advisor to the Head Coach	Ottawa, ON
Amanda Fader	Assistant Coach – Wheelchair racing	Ottawa, ON
Dave Greig	Assistant Coach – Ambulatory Track and Field Events	Windsor, ON
Jean Laroche	Assistant Coach – Wheelchair racing	Sherbrooke, QC
Bruce Pirnie	Head Coach	Winnipeg, MB
Georgette Reed	Assistant Coach – Seated and Standing throws	Edmonton, AB
Yvonne Visser	Massage Therapist	Vancouver, BC

The Paralympic team will hold a staging camp in Vancouver August 27 to 29 before leaving for Beijing on August 30.

2007 Annual Report

The 2007 Annual Report is now available to download at the following link:

[2007 Annual Report](#)





**Monday October 6, 2008
Ladies' Golf Club of Toronto
Toronto, ON**



**Look for more information
in the next edition of
The Gold Standard**

2008 IAAF Fantasy Athletics Game



The 2008 IAAF Fantasy Athletics Game is now open. There are some great prizes to be won at each of the 12 meetings, as well as a trip for two people to an IAAF event for the overall winner – so do not delay and select your team now. The winner of the 2007 IAAF Fantasy Athletics competition attended the IAAF World Indoor Championships as a special guest of the IAAF. This year perhaps that winner will be you...

<http://game.fantasyathletics.iaaf.org>

Coming soon will be the instructions in at least French, Spanish, Chinese and Russian. A summary of the meetings included in the 2008 IAAF Fantasy Athletics season can be found below.

Date	Event	Location	Classification
June 1	ISTAF	Germany	Golden League
June 6	Exxon Mobil Bislett Games	Norway	Golden League
June 8	Prefontaine Classic	USA	Grand Prix
July 11	Golden Gala	Italy	Golden League
July 18	Meeting Gaz de France Paris Saint-Denis	France	Golden League
July 22	DN Galan	Sweden	Super Grand Prix
July 25	Norwich Union Super Grand Prix	Great Britain	Super Grand Prix
July 29	Herculis	Monaco	Super Grand Prix
August 29	Weltklasse Zurich	Switzerland	Golden League
September 2	Athletissima	Switzerland	Super Grand Prix
September 5	Memorial Van Damme	Belgium	Golden League
September 13	IAAF/ VTB Bank World Athletics Final	Germany	World Athletics Final

CBC.ca and TheStar.com launch Beijing 2008 websites

CBC launched its Olympic website which features a dedicated section to each Summer Olympic Games sport. The athletics page is found at <http://www.cbc.ca/olympics/athletics/>. It features athlete profiles, historical information, a glossary of terms as well as a number of other features including an interactive Sports Examiner.

Not to be outdone The Toronto Star also launched a Beijing website; the athletics homepage on The Star's Beijing 2008 website can be accessed through <http://olympics.thestar.com/2008/sports/Athletics>. The Star's Beijing 2008 includes an in depth look at some of Canada's top medal contenders, currently featuring three track and field athletes (Tyler Christopher, Perdita Felicien, Gary Reed).



MAKE 26.2 YOUR LUCKY NUMBER

ON

DECEMBER 7, 2008

ON YOUR MARK, GET READY, VIVA LAS VEGAS!! Experience the marathon **LAS VEGAS STYLE** as the gun goes off to Elvis' "Viva Las Vegas" and the crack of fireworks!

An extraordinary opportunity to run the Las Vegas Strip in a 26.2 mile marathon.

LIVE ENTERTAINMENT THROUGHOUT THE RACE!!!

VISIT <http://boulevardtravel.com/zappos.htm> FOR TRIP PACKAGE DETAILS AND REGISTRATION



2008 Athletics Canada Technical Congress



November 21-23, 2008
Hilton Toronto Airport
Toronto, Ontario

Information regarding the congress will be available at www.athletics.ca

Canada



MONDO



To submit a story or an idea for an upcoming issue please contact Mathieu Gentes, mgentes@athletics.ca

If you would like to register to receive THE GOLD STANDARD, please visit Athletics Canada's website or email mgentes@athletics.ca

No Material published in The Gold Standard may be reproduced in any form or language without the written permission of Athletics Canada and, if granted, Athletics Canada must be acknowledged.

