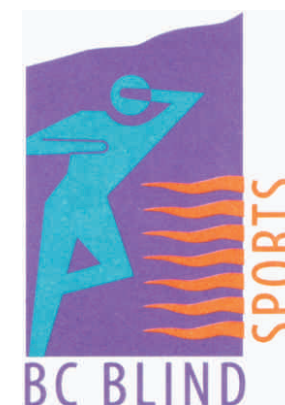


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*Note: Information in this newsletter is intended for
general guidance only. Readers are advised to speak with
BC Blind Sports staff for more information and with a physician
before changing any exercise, diet or other health practices.*



INSIGHT

**Thanks to All Volunteers and
Participants**



**For 25 years of dedication and
enthusiastic support to our Run for
Light Fun Run!**

BOARD OF DIRECTORS

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Susan Flanagan - Member Services
Kristy Kassie - Office Coordinator

25th ANNUAL RUN FOR LIGHT A SUCCESS!

Over 1,200 adults and children created a path of light along the Seawall in Stanley Park, as they ran, walked or wheeled in support of BC Blind Sports and Recreation's programs for people who are blind or visually-impaired. The 25th Annual Run for Light took place on May 27, 2005, at sundown, with all registered participants wearing glow in the dark t-shirts and carrying light sticks.



Thank you to all the volunteers who contributed to the success of the event. BC Blind Sports and Recreation Association recognizes the impact of all our volunteers, from those who assisted in the office, to those in the setup and marshal crews, as well as the t-

shirt, registration, volunteer and water stations on the night of the run. We hope that you all share our enthusiasm for Run for Light. We look forward to seeing you all again next year.

Thanks also to the businesses that contributed so generously to our post-run prize draw. The winners were extremely excited to receive such unique and varied surprises.

SUMMER STUDENTS

BC Blind Sports thanks our summer students, Chris Preston and Robyn Bailey, for their hard work for Run for Light and all summer programs. We wish them all the best with their future plans and endeavors.

WALKING PROGRAM

Due to an overwhelming response to a call for volunteers to assist in our walking program, BC Blind Sports is looking for blind and visually-impaired members who

are interested in having a guide for recreational walking or jogging. Please call the office for more information. This is a great opportunity for exercise!

BC SUMMER GAMES 2006



The BC Summer Games are scheduled for July 27-30 in Kamloops. The event that our BC Blind Sports members are eligible for is Tandem Cycling. Only those between the ages of 14 and 30 are eligible. There are 8 tandem spots available. If you or you know someone who is interested please contact Mike Lonergan at the office for assistance in participating in this event. There will be over 2500 participants between the ages of 10 and

20 taking part. The registration fee is minimal and accommodation, meals and travel are all supplied. BC Blind Sports will assist you in developing a training program and getting access to a Tandem bike. There will be two races, including a Time Trial and Road Race. We can assist you in finding a pilot as well. Please contact the office for more information.

ATHLETICS

Track and field events at the BC Disability Games brought out the best in BC Blind Sports athletes. Scott Roberts captured gold in 100m, 200m and long jump events, while Richard Boehm won gold in 800m and 1500m races. Athletes with a disability from across Canada competed at the 2005 Paralympic Athletics Championships in Regina, Saskatchewan from July 22-24, 2005. Dustin Walsh, Ryan Ollis and Courtney Knight represented BC Blind Sports well in 100 and 5000 metre events, long jump, discus and shot put.

DRAGON BOATING

by Linda Weber

Eye of the Dragon's 2005 season has proven to be fun filled and exciting! There were 5 new members, three visually impaired, including myself, and two sighted spouses. This year's roster comprised of 11 blind and visually impaired paddlers, 13 sighted paddlers, Coach Dan, Steersperson Harvey and Drummer Jill. Practices began on February 12 with two, 2-hour practices every week. The weather was quite cool and the waters of False Creek were frigid, but that didn't hamper the enthusiasm. The returning paddlers were glad to be back in the boat and the first-timers were anxious to begin the challenge.



As new paddlers, my husband and I had no idea what to expect from dragon boating. After our first

practice, we were soaking wet, mentally and physically exhausted and suffering from some major muscle fatigue. As time went on we became more conditioned and the exhaustion and fatigue began to subside. Our fellow teammates were so supportive and encouraging of the novice members and included us as part of the team from the very first practice. Coach Dan devoted much attention to us in the beginning, to ensure we developed good paddling skills. We appreciated his patience and that of our teammates as we clashed and splashed our way to becoming more proficient paddlers.

The team participated in several regattas and festivals, including the False Creek Regatta in May, the Alcan regatta at the beginning of June, which led us up to the big Alcan Dragon Boat Festival in mid-June, the Sea Vancouver Festival in July, the Victoria Dragon Boat Festival in August, and concluded with the Kelowna Dragon Boat Festival in September.

The Alcan Festival was our largest event of the year, attracting upwards of 164 participant teams. It was my first big event. I'll never forget the exhilaration and anticipation I felt while waiting in the boat for our first race to begin. Time seemed endless, as we waited to be marshalled to the start line. Over the droning of the crowd, the sounds from the other boats and the announcements from the loud speakers, our entire boat focused only on the directions from Harvey and Jill. This was the moment we had been working towards for the past 4 months.



The results of our two races that day qualified us for the "Recreational A" division semi-finals. The next morning, we placed first in our semi-final heat, advancing us to the final that afternoon. We placed 6th in the

final, not quite the finish we hoped for, but a respectable ending nonetheless.

One observation really stood out for me during this festival. I was amazed at the camaraderie of the entire dragon boat community as we attended other festivals, I became aware that this was a commonly held attitude. Due to the unique nature of our roster, we were almost like celebrities in the dragon boat community and wherever we went, other paddlers recognized our team and enthusiastically acknowledged us.

The Sea Vancouver Festival was more like an exhibition event. We raced 250 meter, 500 meter, and 1000 meter races, but the highlight of the weekend was the obstacle course. We raced against time, weaving through buoys, stopping to pick up numbered Ping-Pong balls, making seat changes and "rescuing" a floating inflatable whale.

Victoria was our first out of town festival. This festival was much smaller than Alcan, attracting about 85 competing teams, but

had its own unique atmosphere. It was quite a different experience racing in Victoria Harbour. The water seemed cleaner and cooler, and there was much more water traffic from recreational boats, ferries and sea-planes. Occasionally, races had to be delayed to allow boat traffic to pass.



This time the outcome of our efforts was more favourable, a first place ribbon in the "Jade B" Division, directly under the competitive level. We were pleased with the results and looked forward more than ever to the Kelowna festival, for the opportunity to build on our success.

Our season ended on a high note at the Kelowna Festival. We brought home bronze in the "Diamond A" division, one level from the top. We did not feel we performed well in our two Saturday races, and were quite surprised to learn that we had made it to the semi-finals in such an elite division, but we were able to re-focus, and paddled much better in the two Sunday races, securing our favourable outcome.

We had a bit of excitement in our second race on Saturday, colliding with another boat, which veered into our path. This spun that boat into the path of another boat and went right over it! Surprisingly, there were no injuries, and all the boats congregated back to the start line to begin the race again.

We had another victory to celebrate that weekend. Four effervescent, adventurous men from our team dressed up in drag and entered the "Dragon Queen Contest", with our very own "Sandy Behind" finishing as 2nd runner up. Unfortunately, an oath of discretion and good taste,

prevent me from revealing "her" true identity. I initially joined the dragon boat team because I enjoyed being on the water and thought it would be a good way to get some exercise. As I got to know my fellow team mates, I began to realize that this was more than just a team, it was a "family", perhaps a little dysfunctional at times, but that's what made it so special. There were so many different backgrounds and occasionally clashing personalities, but it was impossible to deny the genuine caring that the members felt for one another.

As well as regular practices, team members enjoyed many extra-curricular activities together, including mid and end-of-season potlucks, after practice outings, descriptive movie nights, a trivia pub night held at "Moose's Down Under", and a team dinner in Victoria, highlighted by an "Eye of the Dragon" Jeopardy game. This was a very successful team building activity, which gave us an opportunity to find out how much we knew about our fellow

teammates.

Coach Dan works just as hard as the paddlers and his sense of humour and enthusiasm goes a long way in motivating the team. If someone is struggling in a certain area he offers personalized instruction, often offering to meet before practice. What I really enjoyed about Dan's coaching is that he didn't hesitate to offer positive feedback when we did something right.

Of course, the success of this team could not be possible without the continued effort and dedication of the sighted members, who give so unselfishly of their time and resources. Dianna Johnston, especially, should be recognized for her many years of loyalty to the team. Without her support and willingness to take on the challenge of being our team manager, the team would not be where it is today.

2005 Regatta/Festival Results:

False Creek Regatta (500 meters):
Finished 3rd in the Division B

Consolation with a time of 2:23.43

Alcan Regatta (500 meters):
Finished 3rd in the Recreation C
Final with a time of 2:23.57

Alcan Festival (500 meters):
Finished 6th in the Recreation A
Championship with a time of
2:11.05

Sea Vancouver Festival: Finished
second in the 1000 meters with a
time of 5:35.03; finished 3rd in
the 250 meters with a time of
1:07.62; finished first in the 500
meters with a time of 2:15.8.

Victoria Dragon Boat Festival (450
meters): Finished 1st in the Jade B
final with a time of 2:05.15

Kelowna Dragon Boat Festival (500
meters): Finished 3rd in the
Diamond A final with a time of
2:19.33

GOALBALL

After a later than usual season end, thanks to extra gym time and the opportunity to play matches at the BC Disability Games, the men

and women of BC's senior goalball teams are gearing up for another season in Vancouver. While new players of both genders are welcome, the women's team definitely needs more bodies! If you enjoy a solid evening workout with teammates who are always encouraging each other, this is a great opportunity. Both sighted and blind players are welcome. Practices are as follows:

Thursdays

5:30pm-7:30pm,
Maywood Community School
7:00pm-10:00pm, Collingwood
Neighbourhood House



For detailed directions and information on how to play, please contact the BC Blind sports office.

GOLF

Another golf season is coming to a close for those of us who are fair weather golfers. The USA Open is the last tournament of the year and is being held in Raleigh, North Carolina.

It has been an eventful year with many excellent competitions.



2005 Tournaments Results

Pacific Coast Blind Golf Championship was held at Shannon Lake in Westbank, BC on June 11-12, 2005 and was well attended and we all had the usual good time.

Winners:

Men: B1 Bob Comba, B2 Eric

Fazan, B3 Bill Hamilton

Ladies: B3 Nataiie Morin

Most improved: B3 Fraser Hiltz
Unsung Hero Award: B3 Dean Martell

British Open Golf Championship-
Antrim, Northern Ireland

July 56, 2005. There was a field of 50 players from around the world but only

three Canadians in this well run event. Unfortunately, the first day was rained out. Bill Hamilton from BC finished second in B3. BC Disability Games, Nanaimo, B.C.- July 15-16, 2005 but only two blind golfers attended. The course was probably in the in the best condition of all the courses on which we competed this year. We should all try to lend our support to this event and have as many blind golfers as possible in their next tournament.

Western Canadian Blind Golf Championship- Port Alberni July 24-27, 2005 and was well attended by a large field of players from across Canada. BC players Doug Stoutley, Jack Seymour, Eric

Fazan, Hector Findlay, Bill Hamilton all participated. Doug Stoutley had the best BC result but most BC players finished in the top ten in this well run and enjoyable tournament which was played on a well maintained but tough course.

All golfers enjoyed themselves at the various tournaments and those who did not attend should be encouraged by all of us to join in the fun next year.

LAWN BOWLS



The Provincial Championships held at the 2005 Disability Games in Nanaimo were a success. Thanks to Donn Sherry and the numerous volunteers: sport guides, officials

and hostesses, for their hard work. It was nice to see all the bowlers out. Next year's venue is still not as yet at a fixed place, we will keep everyone informed, as things develop.

There is a Quadrum in Scotland for bowlers, if they are interested. Four countries will be involved. The dates being July 14 - 18 2006 in Scotland. it looks like a fun time.

TANDEM CYCLING

BC Blind Sports athletes Gene Della Siega, Brian Cowie and Shawn Marsolais continue to demonstrate their skill in road and track tandem cycling. At the Track Nationals in Calgary Alberta on June 29-July 3, Gene and Brian placed second and third respectively in the men's individual pursuit and first and third in the men's kilometre race. Shawn also performed well in the women's kilometre race.

During Road Nationals from July 7-9, in Kamloops, BC, Gene and

Brian placed first and second in men's tandem cycling, while Shawn competed well in women's tandem cycling.

BC DISABILITY GAMES

The BC Disability Games were held this year from July 13 July 17 in Nanaimo, BC. Athletes from across British Columbia, along with coaches, sports officials and volunteers gathered to compete in lawn bowling, goalball, boccia, swimming, power soccer, golf, equestrian and athletics. BC Blind Sports had athletes in lawn bowling, goalball, swimming, athletics and golf. In total, our athletes received 12 gold, 5 silver and 3 bronze medals.

The BC Disability Games are an excellent opportunity for the development of athletes with disabilities.

Opening Ceremonies kicked off the 2005 Disability Games with speeches from Mayor Gary Korpan and Games President Mike Donnelly. Entertainment included

acts from local folk singer Gary Fellguard, local dance routines and even flamethrowers.

In addition to the enjoyment of the amazing athletes that competed, both the weather and food were a success. With only one day of rain, the Disability Games were an all-around pleasure. We recommend that all who can participate as either a volunteer or athlete do so. You won't be disappointed!

INTERNATIONAL BLIND SPORTS ASSOCIATION (IBSA) WORLD YOUTH GAMES

The 2005 IBSA World Youth Championships were held in Colorado Springs, USA. Almost 300 young athletes from 26 countries competed in athletics, swimming, goalball and judo. Two members of the Canadian National Men's Goalball team, Jeff and Rob Christy, attended as coaches. BC's

own Scott Roberts from Richmond competed as a member of Team Canada.

INTERNATIONAL BLIND SPORTS ASSOCIATION (IBSA) PAN-AMERICAN GAMES

The IV IBSA Pan-American Games took place from September 3-11, 2005, in Sao Paulo, Brazil. Canadian Blind Sports Association is pleased to announce that both the men's and women's national goalball teams competed. The men's team won gold and the women's team earned a bronze. Canada was also represented in the sport of judo.

INTERNATIONAL BLIND SPORTS ASSOCIATION (IBSA) OPEN WORLD POWERLIFTING AND BENCHPRESS CHAMPIONSHIPS 2005

BC Blind Sports athlete Mukhtiar Mahil, accompanied by his coach

and sport guide Sammy Toora, from BC were part of the powerlifting team which represented Canada at the IBSA Open World Powerlifting and Benchpress Championships 2005 in the Czech Republic. Athletes Robert Truchon and Timothy Ekert from Ontario also competed. Mukhtiar placed second in the 82kg category in Powerlifting and third in the 82kg category in Benchpress.



Fellow Canadians, Robert Truchon and Timothy Ekert also performed well. Robert placed fourth in the 90kg category, in benchpress and powerlifting. Timothy Ekert placed first in the 110kg in benchpress and second in the 110kg category of powerlifting. Overall, Team Canada placed fifth in powerlifting and fourth in Benchpress.

ADVOCATES FOR SIGHT IMPAIRED CONSUMER (ASIC)

Advocates for Sight Impaired Consumers (ASIC) is an independent, customer-driven advocacy coalition that addresses issues affecting people who are blind, sight impaired or deaf-blind. Their goal is to promote independence, equal access and full participation in the community.

A Vancouver-based coalition, ASIC's initiatives include the B-Bay program where people can buy and sell blindness-related items. Other projects include:

- 2006 Entertainment Book Indexes in Alternate Format
- Audio ATM's at Royal Bank and CIBC
- Information regarding the Access 2 Entertainment Card

For more details and other items of interest, please visit their website at www.asic.bc.ca or contact ASIC via email at asic@telus.net.

WHAT'S COMING UP...

Visit our website at www.bcblindsports.bc.ca for upcoming events, results and announcements. A calendar of events will be printed in the next newsletter.



For every cabin sold, based on double occupancy and minimum 8 cabins in each group, Avion Travel will donate \$80.00 to BC Blind Sports, matching Carnival Cruise lines who will contribute \$80.00.

CARIBBEAN CRUISE

<u>DATES</u>	<u>INTERNET RATES</u>	<u>AVION TRAVEL RATES</u>
Dec 11/05	\$639.00	\$577.00

Prices are CAD. per person based on double occupancy inside cabins including port charges, (outside cabins & balcony are also available). Government fees (\$30.00-\$70.00) are additional. A deposit of 100.00 per person is payable at time of booking: Final payment is due 90 days prior to departure. Rates are capacity controlled and subject to availability. Ship's Registry: Panama. Low airfares from Vancouver available on request. For more info or reservation call 604-278-2511 or email: avioncruise@yahoo.com.