



Association of Canadian Ultramarathoners
Association canadienne des ultra-marathoniens
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www.acu100k.com

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Dear ACU members and Friends of the ACU,

Introduction

This has been a super year for ultra running in Canada. Nova Scotia saw its first ultra trail event and we are just about to complete the first annual national championship and crown the top male and female ultra runner in Canada. For 2005 (races to be up on the website in the next few weeks), we will also have championship races as well as races that will also offer points. The intent is to provide venues for runners to collect points. See the new ACU website for more details: www.acu100k.com. If all goes well, there will be point-based venues in almost all provinces and territories in Canada. All runners who take part in venues that count toward series points will also receive a certificate from the ACU recognizing their efforts. For more series information, contact Mr. Victor Hickey at vhickey@rogers.com or call 506-357-8944.

The ACU would like to thank the super efforts of all Race Directors that made the national ultra series possible. The venues include, The Blackfoot Ultra, Levis Ultra, Haliburton Forest Ultra, Run for The Toad, Horror Hill 6 hour Ultra, and the Drummondville 12hr Ultra. Their partnerships are valued and we hope we can revisit them again.

National 100k Team

Our 100k team had great results in Holland. For more details, please check out the results on the website; www.acu100k.com.

For future world cup events, pending space and other logistic barriers, all ACU members wishing to attend the World Cup, will be offered the opportunity. Runners may, if they did not qualify for the National Team, run in the open category. This is a wonderful opportunity for anyone wishing to get the experience of a world-class event. The team manager, Armand Leblanc, will be announcing 100k news and info on the ACU website.

Election of new ACU Executive

It is now time again to consider elections for the ACU executive. Nominations for President, Vice, and Secry/Treas are now open. Nominations will be closed, February 1st 2005. Elections for President, Vice and Secry/Treas will occur between March and April with a May 1st deadline for the new office. This is a great opportunity

for anyone wishing to make a difference in ultra running in Canada. If one is wishing to make a nomination or to be nominated, they may do so by emailing the Secretary, Mr. Michel Careau micheldelaloire@sprint.ca, call 819-776-2437 or mail your nomination to Michel at 7, rue de la Loire, Gatineau, Québec J8Z 3L1.

Only the bona fide members in 2005 will be allowed to apply for one of the three positions and only the bona fide members will be allowed to vote at the election. This letter is sent to the ACU members and to those who were members in 2002 and/or 2003. If you decide to join the ACU again, please visit the website and fill out the registration form on-line, or print out a paper copy and mail it to the Secretary (Michel). At this time of the year, if you join say on October 15th or before the end of the calendar year, your membership will apply for 2005.

Lifetime Members

We had four ACU members become lifetime members at the AGM in Cambridge, October 1st 2004. They include Mr. Tony Martin, Mr. Armand Leblanc, Mr. Les Michalak, and Mr. Michel Careau, respectively. These individuals have contributed countless hours toward enhancing ultra running in Canada and around the World. If you wish to nominate someone for a Lifetime Member presentation, please forward nominations to Peter at acu@ns.sympatico.ca.

ACU Slogan

The ACU needs a slogan! Therefore, we are having a contest that will be judged by the Executive. We are asking members to submit suggestions for an ACU slogan. The winner will be announced on the website and be given one-year free membership. Please submit your suggestion for the slogan to Peter Barrett, acu@ns.sympatico.ca.

Value for Your ACU Membership

A major concern for us is how we create value for your membership dollars. Notwithstanding opening up the World Cup attendance to as many members as we can, we have got to do more. We are working with other organizations to permit ACU members to receive discounts when they travel and purchase running gear. This takes time, yet it is an important part of the ACU direction. If anyone has a suggestion of what they would like to see with respect to adding more value to your membership, please send Peter an email: acu@ns.sympatico.ca