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# BOREAL MONTREAL

Bulletin Boréal - Boréal Newsletter - Q1 2019 - #1

## Welcome to our first Boréal newsletter!

We are pleased to share this first newsletter with you. Our goal is to provide you with information which will keep you informed and up to date on the happenings of the Boréal Running Club. As this is our first newsletter, please feel free to share any comments or suggestions you may have with us.

### Votre équipe

Président: Jean Barrette  
Vice-Président: Stéphanie Tulli  
Trésorier: Brian Gibb  
Directeur de course: Jennifer O'Connell  
Entraîneur: Javier Cuevas  
Coordonateur nouveaux membres: Brian Price  
Secrétaire: Spyro Rondos  
Webmestre: Patrick Lapointe  
Responsable entraînement lundi: David Carrier  
Responsable entraînement samedi: Michael Thaw  
Coordonateur inventaires de vêtements: Alex Gombos  
Coordinatrice sociale: Adrielle Houweling

### A word from Jean & Stéphanie

Have you had enough of winter? Looking forward to a spring and summer filled with running? So are we!

A lot has happened over the last 3 months and your executive team has been hard at work following our last AGM and now distant [Christmas Party](#).

About 20 of our Boréal members attended our Yearly Winter Outing tradition at Fiddler Lake on Super Bowl weekend at the beginning of February. A great time was had by all with plenty of fun and activities to top off the weekend (snowshoeing, alpine skiing, cross-country skiing and of course ... running)

The team has been busy planning and preparing for our upcoming [Défi Boréal on June 8th](#). This race, as well as the Boréal Cross Country, are cornerstones of the Boréal Running Club identity as well as key sources of funding. See below for [Un mot de Jennifer](#) to get more details on the June 8th race as well as our planned Cross-Country race in November.

Many members are in full training mode as we push for our first club race in [Ottawa](#) on May 26th. We are also planning a team run in [Philadelphia](#) on November 24th.

Plusieurs de nos membres ont fait un voyage en février à l'extrême sud de l'Amérique latine pour réaliser des excursions mythiques en Patagonie. Allez voir les images de la section [Inspiration](#). Félicitations à ce groupe!

A large group of folks ran the 30 KM [Around the Bay](#) race in Hamilton on the 31st of March. We join coach Javier in congratulating all of you on your accomplishments!

Veuillez noter que le club a besoin de volontaires pour la course [Scotiabank à Montréal](#) qui aura lieu le 28 avril. Réserver cette date à vos agenda car nous avons besoin de 20 à 25 bénévoles. Cette course aide Boréal significativement au niveau financier. Des renseignements supplémentaires vous seront expédiés sous peu.

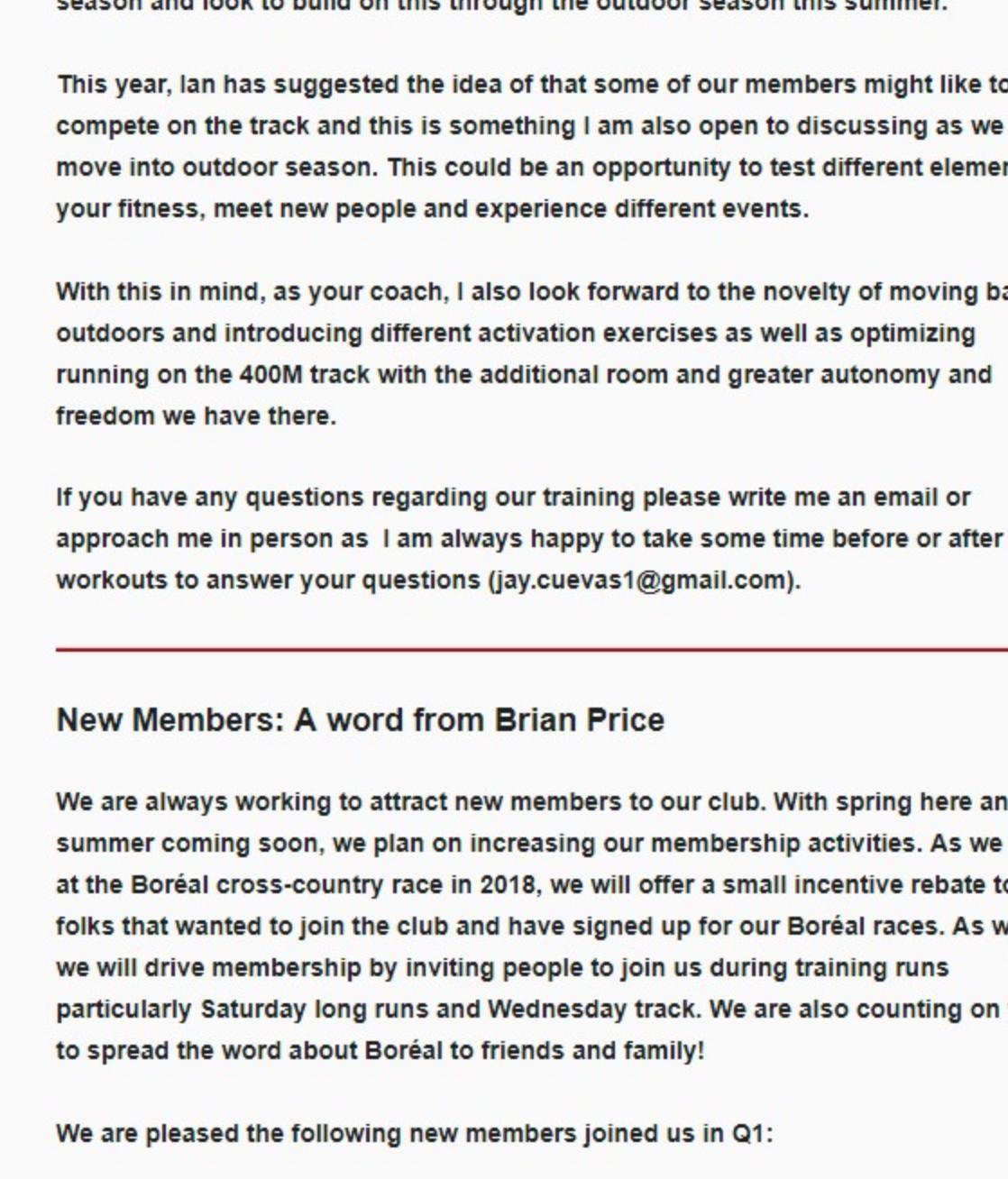
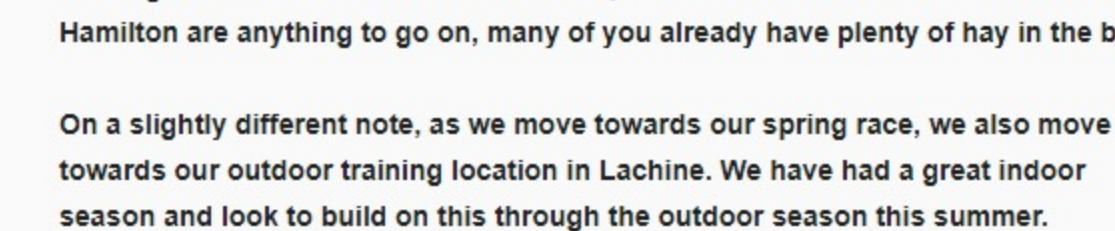
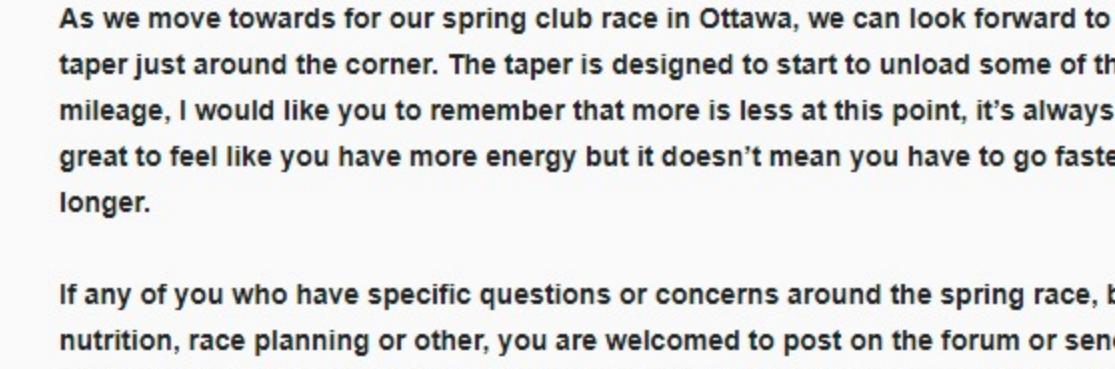
The team has also been exploring how best to keep you up to date and informed on happenings of the club. We are continuing to publish information on our Website but limiting efforts and investments on this platform. Our Facebook page, now public to all Facebook users, is being used increasingly by members and friends to publish pictures, provide updates and share thoughts. Thank you for your continued use of this platform and let us know if any suggestions to improve it.

We are also pleased that the group is continuing to grow in membership. See below for [A Word from Brian Price](#) to get a glimpse of who has joined us in Q1. Welcome to the Club! As always, we appreciate everyone's help and efforts to promote the club and invite friends to try us out!

Selon la tradition du club, allez-vous participer à la course [St-Laurent Endurance](#) le 14 mars? Si oui, vous recevrez sous peu une invitation pour un brunch après la course chez Johanne et Jean.

Nous vous remercions pour votre participation à un sondage axé sur l'association de Boréal avec des œuvres charitables lors de nos courses. Plus de 95% de répondants y sont favorables! Les trois suggestions préconisées sont: [West Island Mission & Food Bank](#), [Société SP \(Scirocco en Plaques\)](#) et [Maison Montréal](#). L'équipe travaille à assurer que ces œuvres seront supportées lors des courses Boréal à venir.

On a final note, we are very pleased that we have received confirmation for our use of the outdoor track in Lachine for Wednesday training from the city. We wish to thank our past president Bernard Courville for his work and efforts on this topic. We are looking forward to running with all of you there starting May 1st to October 9th. We will also communicate Saturday Mont-Royal training once per month shortly (weather permitting).



### Course Boréal: Un mot de Jennifer

Samedi, le 8 juin Défi Boréal Sainte-Anne-de-Bellevue:  
C'est la première année que cette course ne sera pas associée au Circuit Endurance, donc nous avons pris l'opportunité de changer la date. L'équipe met beaucoup d'efforts pour assurer le succès de la course, avec un plan marketing pour atteindre les objectifs et assurer sa profitabilité. L'implication de tout le club est primordial. Nous avons encore besoin de bénévoles pour la sécurité. Si vous n'avez pas encore répondu, merci vous inscrire avec ce lien, et si vous avez de amis ou membres de la famille qui peuvent aider, partagez le lien avec eux.

Samedi, le 16 novembre : X-Country Boréal 5k, 10k et 10k défi d'équipe :  
La date est réservée, alors réservez cette date dans votre calendrier. Plus de détails au mois de septembre.



### Question d'argent: Un mot de Brian Gibb

La condition financière du club est bonne. Nous avons terminé l'année 2018 avec un surplus opérationnel de 2,724 \$, un peu plus que ce que j'ai annoncé à l'assemblée générale. Notre valeur nette à la fin de l'année était 14 728 \$, comprise principalement dans l'inventaire de vêtements Boréal et de l'argent à la banque.

Le solde à banque au 31 mars était 9 714 \$. Nous comptons actuellement 46 membres payés au club.

### Coaching Corner: A word from Javier

I'd like to take this opportunity to congratulate those that raced this past weekend at The Around the Baby Hamilton 30KM. We had some great times and some PB's.

As we move towards our spring club race in Ottawa, we can look forward to the taper just around the corner. The taper is designed to start to unload some of the mileage, I would like you to remember that more is less at this point, it's always great to feel like you have more energy but it doesn't mean you have to go faster or longer.

If any of you who have specific questions or concerns around the spring race, be it nutrition, race planning or other, you are welcomed to post on the forum or send me a Personal Message. It can sometimes be a little daunting coming out of winter training into a half-marathon or marathon, but if the results from the 30KM in Hamilton are anything to go on, many of you already have plenty of hay in the barn!!

On a slightly different note, as we move towards our spring race, we also move towards our outdoor training location in Lachine. We have had a great indoor season and look to build on this through the outdoor season this summer.

This year, Ian has suggested the idea of that some of our members might like to compete on the track and this is something I am also open to discussing as we move into outdoor season. This could be an opportunity to test different elements of your fitness, meet new people and experience different events.

With this in mind, as your coach, I also look forward to the novelty of moving back outdoors and introducing different activation exercises as well as optimizing running on the 400M track with the additional room and greater autonomy and freedom we have there.

If you have any questions regarding our training please write me an email or approach me in person as I am always happy to take some time before or after workouts to answer your questions (jay.cuevas1@gmail.com).

### New Members: A word from Brian Price

We are always working to attract new members to our club. With spring here and summer coming soon, we plan on increasing our membership activities. As we did at the Boréal cross-country race in 2018, we will offer a small incentive rebate to folks that wanted to join the club and have signed up for our Boréal races. As well, we will drive membership by inviting people to join us during training runs particularly Saturday long runs and Wednesday track. We are also counting on you to spread the word about Boréal to friends and family!

We are pleased the following new members joined us in Q1:

Camillo Muzard  
Marilyne Souamy  
Marvin Nguyen.

... Inspiration ...



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