

## Calendar and Stories

- **Run, Lucy, Run** by Lucy Ryan and Mary Chang
- **Row, Row, Row your Dragon Boat!** (Sept 26)
- **Word of the Month**
- **Wellness Room**—Share Your Passion! (Knitting, Yoga, Activities)
- **Fab Finds at My Sister's Closet** (June 6)
- **Fit in 30** Fitness & Nutrition Presentation at BCTF (Nov 14)
- **Halloween Harvest Potluck** (Oct 29)
- **BCTF Book Club** (Nov 5)
- **Dessert Day** (Feb 13, 2020)

## Run, Lucy, Run

By Lucy Ryan and Mary Chang

When I bumped into Lucy Ryan in the BCTF hallway, we began a conversation about fitness that led to us discussing Lucy's running achievements. I was inspired to learn more.

"I have always been runner," Lucy said.

Lucy Ryan started running at age fifteen and hasn't stopped running since. After completing a series of 10K races and half marathons over two decades, she signed up for her first sprint distance triathlon (750m ocean swim/20 k.m. bike/5 k.m. run) in 2005 during a year-long visit to Australia. Initially, she couldn't swim fifty meters when she started training, nearly quit after her second practice, but persevered. By the end of her course, she was swimming in the fast lane.

"I checked the forecast the day prior (to the triathlon) and all looked good, but a storm kicked up overnight. I did my first ocean swim in three-foot swells and I was terrified! But I got through it." ►



Her next goal was a full marathon, but once she discovered that there was an ultra-marathon (running race beyond 42 k.m.) in a nearby Australian town, Lucy thought "If I'm going to run 42K, I might as well round it up to an even 50K, and that's what I did! It was tough, but I still recall the invigorating feeling of accomplishment."

Lucy returned to Canada and attempted her first Ironman Canada in 2006 where she experienced her first bike crash.

*"I was going downhill, hit a pot hole which got me flying into a ditch! I cracked my helmet, got road rash on*

*my upper shoulder and twisted my bike. An official on motorbike drove by so I hid the side of my helmet that was cracked. He would've pulled me off the course if he saw it. I was bruised, bleeding and had no energy for the run portion, but I managed to pull through and finished the race on my crooked bike!"*

In July 2012 at age forty-four, Lucy conquered what is considered the "toughest foot-race in the world." Lucy completed the grueling, hot (extreme temperatures up to 54 °C) 217-kilometre Badwater Ultramarathon in Death Valley, California in just over 38 hours, 35 minutes.

*"I only changed shoes once through the whole thing and I only have two blisters and that's it. Honestly, my body was just fine."*

Lucy Ryan was the ninth Canadian woman to complete the Badwater Ultramarathon and was the only Canadian woman in the in the invitation-only race of 96 participants.

*"I was built for this stuff. I was meant to run. I'm not fast—I'm a slow runner, but I can just keep going forever."*

Lucy completed fifteen Ironman races between 2006 to 2019, her first Ultraman in 2010 and her second Ultraman in 2013 at Ultraman World Championships in Kona, Hawaii.







This year, Lucy heard about two Ultraman races held on back-to-back weekends. Ultraman is a 3-day triathlon consisting of:

**Day 1:** 10 k.m. swim followed

**by a 145 k.m. bike ride**

**Day 2:** 275 k.m. bike ride

**Day 3:** 84 k.m. run (double-marathon)

The two races "Ultraman Canada" and the "520" took place in Penticton during the last weekend of July and following weekend in August. The two 520-kilometer races are essentially the same but are branded with different names.

*"I thought—wouldn't it be cool to be the first female to complete both events back to back—so I signed up!"*

Leading into the races, Lucy felt mentally and physically unprepared. When I asked her about the upcoming Ultraman race when she stopped by my department, she looked at me wide-eyed and told me she couldn't believe the race was coming up the following weekend.

*"Up until May I had my doubts about showing up, but I am a stubborn individual, worked through my hesitations and forged ahead."*

**The Ultraman Race** was the first weekend. There were twenty invitation-only athletes from all over the world such as Brazil, Spain, Mexico, Russia, India, Sweden, the United States and Canada.

#### **Lucy's Race Journal:**

**Day 1:** *I had a great race! I shaved half an hour from the last time I did the race in 2013. My time was 3:45. The bike was very hot, but I finished with no problem.*

**Day 2:** *Cycling was a nightmare. We travel from Penticton through the Similkameen Valley to get to Princeton. That passageway is always windy. This year—it was brutal. Eight riders, including me DNF (did not finish). I rode until 187 k.m. and ran out of time to make cut-off. The few people that finished came in just under the cut-off time.*

**Day 3:** *I started the run the next day, because the organizers allowed us to continue. I had a rough time, took myself off the course at 44 k.m. to conserve energy, hoping to finish the race the next weekend.*

**The 520 Race** was the second weekend with twenty-four invitation-only athletes from around the world.


**Day 1:** *For the swim, I was only three minutes slower than the previous weekend! That gave me energy for the bike of which I finished with plenty of time to spare.*

**Day 2:** *Bike didn't go as planned. Although I felt physically okay, I was not there mentally. I dropped from the course at 203 k.m., knowing I wouldn't make cut-off. No wind, but my head just wasn't in the game.*

**Day 3:** *Double marathon gave me the best surprise of all! I had the best day mentally and physically and completed the whole 84 k.m. with a comfortable pace.*

*"I still can't believe that after 5 days of hardcore racing those crazy distances—that on Day 6—I felt the best. To me, that was a win! I'm not disappointed that I was not able to make my goal. I focus instead of what I was able to complete. I am happily going into my next adventures, Ironman Canada in 2020!"*

## **Word of the Month:**

**perseverance** 

[pur-suh-veer-uhns]

#### **NOUN**

**Steady persistence in a course of action, a purpose, a state, etc., especially, in spite of difficulties, obstacles or discouragement.**

Whether you're training for an Ultraman race or trying a new activity such as a dragon boating, it takes courage, strength and **perseverance** to get you through! Way to go Lucy Ryan and BCTF Dragon Boating Team!



# Row, Row, Row Your Dragon Boat!



On September 26, twenty BCTF staff members made a splash! Participants were introduced to dragon boating over a two-hour session. We paddled, counted and laughed together; it was a fun team-building experience! We may run this event again next year for anyone who missed the boat this time, and if anyone expresses interest in participating in the "Intro to Dragon Boating" session again.



Photos by Dawn Kiewer, FCBC



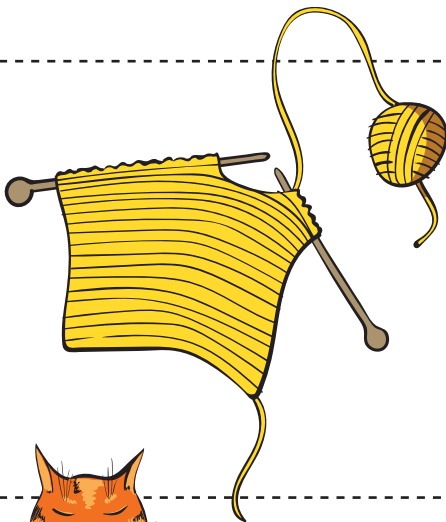
# Wellness Room— Share Your Passion

By Anick Dubé



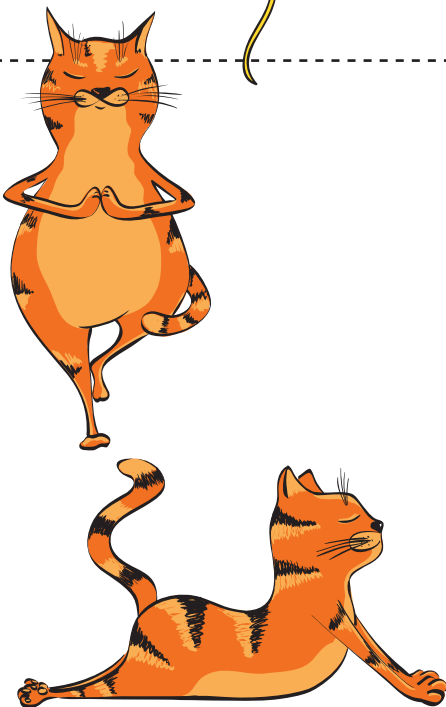
## Wellness Activities

Are you able to juggle? Are you a creative crafter? Are you passionate about tarot? Do you want to share your passions? We're looking to book a Wellness room at lunchtime once a month to allow staff to share their passions, skills, ideas or hobbies with BCTF colleagues. It can be a Lunch 'N Learn, a group run along the seawall, an astrology workshop, a fitness workout, a craft activity, etc. Your Wellness Committee will take care of the meeting room booking, the call out for participants, and the registrations (if necessary).



## Knitting Club: Every Tuesday

BCTF Wellness Committee is pleased to invite you to join our new Knitting Club! For knitters of all skill levels, joining a knitting group is a great way to share your experiences with colleagues and make a commitment to your knitting goals. Studies have proved that knitting reduces blood pressure, decreases heart rate and has innumerable benefits for mental health as a whole. The act of knitting triggers a relaxation response by the body, which can help deter illness.



## Yoga at Work + Extra Yoga: Mondays and Wednesdays

The BCTF yogis are inviting you to join in the upcoming sessions of Yoga at Work on Wednesdays + Extra Yoga on Mondays (bi-monthly) Here are the options if you would like to practice with us:

- Register for the monthly session by sending an email to [adube@bctf.ca](mailto:adube@bctf.ca)
- The rate is determined depending on the number of participants
- Drop-in at any of the following classes (please advise the day before)
- Rate for drop-in is \$17.00 for 1-hour class

For Knitting Club, Yoga or Wellness Room activities or suggestions, please contact [adube@bctf.ca](mailto:adube@bctf.ca) for info.



# Fab Finds at My Sister's Closet

It was another fun night out at a private shopping event at My Sister's Closet last June. Proceeds of sales were donated to Battered Women Support Services. Check out these fab finds! Check out Margret's fancy dance dress, Kayli's jewellery, a dress for Sherry, Marianne's embroidered shirt and the shoes!

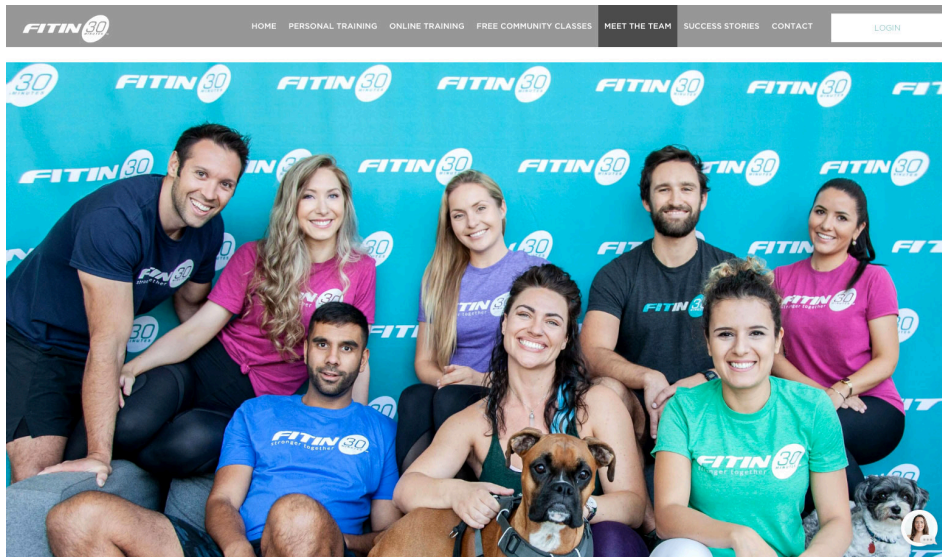


Mary Chang photos



# Looking to Get “Fit In 30?”

Thursday, November 14, Prior Boardroom at 1:00 p.m.



Jesse Benson, owner of Fit in 30 (Personal Training Studio) located next door, has offered to provide a fun, informative presentation about fitness and nutrition at BCTF. Jesse is an awesome guy, with a good heart and genuinely cares about people. His mission is to help people achieve their personal fitness goals, whether it's building strength due to an injury, aiming to shed a few pounds, or training for an Ultraman. The Fit in 30 trainers customize their 30-minute work-out sessions to meet personal needs.

“This year, I started training with Jesse and his team and I love it! The studio has a good, positive vibe and staff are down-to-earth. I can proudly say that I can now cross the monkey bars with my 9-year-old son, I've lost several pounds and I can do real push-ups! The training made me stronger, renewed my energy and made me feel confident.”—Mary Chang

Everyone in attendance will receive a Free Week Pass with their apprentice trainers. There will be prizes and a draw for everyone in attendance for a chance to win a 1-Month Membership. <http://fitin30minutes.com/>

## Bctf Book Club

After decades of wondering ‘What happened to Offred?’, we now have some answers. “The Testaments”, the long-awaited sequel to “The Handmaid’s Tale” has been released and we’re having a book club meeting to discuss it. Go to your local independent bookstore or library and get a copy. We’ll meet at noon on Tuesday, November 5 in Ovans to chat about it. Please email Jennifer Kimbley to RSVP.



## Halloween Harvest Potluck

Tuesday, October 29, 12:00 p.m. to 1:30 p.m., Lister/Cryderman Boardroom

Join us for a not-so-scary Halloween Harvest Potluck. If you'd like to participate in the potluck, please contact Sandy Biggerstaff to let her know what food item you'll be contributing! We'll also be collecting cash donations on behalf of the Food Bank.



Hocus Pocus, witches brew,

Frankenfurters and pumpkin stew

Bring your best if you dare,

Something tasty for all to share

So grab your cauldron  
and light the fire,

To conjure a dish that will inspire

And for those not good  
with spoon or pot

A store bought treat  
will hit the spot!

# Dessert Day

Dessert Day has been scheduled for February 13, 2020 from 2:00 p.m.–4:00 p.m. in the Prior/Sutherland boardroom. If you would like to participate, please make or purchase a dessert or bring a cash donation for the food bank. We'll send out a reminder in February! For info, please email Delaney Steel.



*Wellness is understood holistically —encompassing the emotional, environmental, financial, intellectual, occupational, physical, social and spiritual aspects of our lives—the “Eight Dimensions of Wellness.”*

**Want to learn more about the 8 Dimensions of Wellness?**

<https://www.prainc.com/eight-dimensions-wellness/>

Interested in submitting a story or posting an item in our Community Calendar for the Wellness Community Corner? Send it to Mary Chang at [mchang@bctf.ca](mailto:mchang@bctf.ca)

## Wellness Committee

Sandy Biggerstaff, Mary Chang, Lee-Anne Clark, Anick Dubé, Jennifer Kimbley, Delaney Steel and Julie Wengi

