



Apollo Friends in Sports

The Newsletter of Apollo January 2008 Volume 1 Issue 1

www.apollocalgary.com

Apollo Friends in Sports
223, 12th Avenue SW
Calgary, AB T2R 0G9

Apollo Friends In Sports is a volunteer-operated, non-profit organization serving primarily members of the Gay, Lesbian, Bisexual & Transgendered communities but open to members of all communities.

The primary focus of Apollo is to provide our membership with well organized and fun sporting events and other activities to allow them to participate and interact in a positive social framework.



2007/2008 Board of Directors

We are your newly elected Board of Directors, and we need your input! If you have suggestions for improvements to Apollo, please let us know!

We have several new ideas in the planning stages and look forward to making Apollo better than ever in the upcoming years.

07/08 Board of Directors

President - Brad Bostock
president@apollocalgary.com

Vice-President - Gary Markoski
vicepresident@apollocalgary.com

Secretary - Nicole Colmenares
secretary@apollocalgary.com

Treasurer - David Ostoforoff
treasurer@apollocalgary.com

Communications Director - Chris Huestis
communications.director@apollocalgary.com

Social Director - TJ Fedyk
social.director@apollocalgary.com

Western Cup Director - Ron Griffith
director@westerncup.com

Slow Pitch Update

Rick Brien - Slow Pitch President,
Curling Vice President
curling@apollocalgary.com

With winter making its presence felt and Christmas just around the corner, it seems odd to even mention Slow Pitch. However, I do want to take the time to thank everyone who dropped in making last season so successful.

We had some of our best turnouts and lots of new faces whom I hope will return next year. I'd also like to thank our spectators- the field we have playing on the past season is great to come out and relax, socialize and enjoy some good ball at. I encourage our ball players to return the favour, if you aren't already participating in a fall/winter sport, get out and watch- I have a personal bias to getting you out to enjoy some exciting curling.

Finally, on a personal note I am sad to say I will be joining

past slow pitch co-President Darren Hearn and slow pitch regular Mel Wilson out on the east coast. I can honestly say that my years of participation playing and organizing Apollo Sports have made my time in Calgary an amazing experience. The friendships, knowledge, confidence and pride that I have developed are priceless and for anyone who has not fully immersed themselves in all that Apollo has to offer, I encourage you to do so.

Outdoor Pursuits

Michael Leboldus - Outdoor Pursuits Director

outdoorpursuits@apollocalgary.com

Summer's done and winter's blown in so it's time for us to start planning the winter outdoor activities. At a recent meeting to determine OP's future, about 20 people came up with some great ideas.

Leading Events - Some people are hesitant to lead events if they've never done it before so we're going to let people be co-leaders with experienced leaders. If you've never led before but are interested in cross country skiing, downhill skiing, or snowshoeing, let me know and we'll set you up with one of the leaders on an upcoming trip.

Planning ahead - We're going to set up the season's events months ahead of time so you know what events are coming up. We are going to have a meeting in late January to plan the rest of the winter. If you are interested in leading or

co-leading a winter event, this will be of interest to you.

Jan. 26 and 27 – Possible Ski Trip. Outdoor Pursuits Edmonton will be skiing in Banff. If there's enough interest, and someone will take the lead, we can join them. Let me know if you're interested in leading one day or the weekend.

Feb. 15 and 16 – WinterFest at Mosquito Creek. Twenty spots are reserved at the rustic Mosquito Creek hostel situated north of Lake Louise. From this enchanted location in the Rockies you can access your favourite alpine ski hill, cross-country ski trails, snowshoeing trails or just enjoy the mountain scenery.

Mosquito Creek is a rustic hostel (dorms, outhouses, no showers) but is very cosy

and has a big kitchen, lounge and sauna!! Price will include Saturday dinner.

Other Winter Activities
Leaders for skiing or snowshoeing or other winter events are needed. Let me know if you're interested.

Inner-city Volleyball
Kitt Chanthaboune, Corey Brown - Volleyball Directors
vb@apollogcalgary.com
innercityvb@shaw.ca

Friday Volleyball
Friday volleyball was established two years ago to allow recreational and casual players to get together for their favourite team sport. Over 40 individuals have dropped-in to play since we've started. This fall, we averaged about

eight players any given week.

If you are interested, please do not hesitate to join us. There's room for everyone. You can drop-in for a few weeks or sign up for the entire season. The choice is yours.

Friday volleyball will resume in January. The location is to be confirmed, so check our website for details.

Sunday Volleyball
Sunday Volleyball continues to draw intermediate and competitive players at the YWCA (320 – 5th Avenue SE) every Sunday from 4:30pm to 7:00pm. During the fall, we have consistently been filling up the two courts with four teams. You can drop-in for \$6 per visit or sign-up for the entire season.

Join us Easter weekend 2008 March 20 - 22

Thursday evening - Saturday
calgary ■ alberta ■ canada

Apollo Friends In Sports
WESTERN CUP



Fun Stuff!

March 20 Thursday evening Registration
Welcome Reception <<NEW for 2008
March 21 Friday Dinner and a Loose Moose <<NEW for 2008
March 22 Saturday Western Cup Dance

Up to 8 Sports!

» Badminton » Hockey » Swimming
» Bowling » Running » Volleyball
» Curling » Squash



Online Registration Opens January 2, 2008
WesternCup.com

Front Runners

Reid Dalgleish - Fronrunners Director

calgaryfronrunners@shaw.ca

The Calgary Fronrunners Club was formed in 1991 after individuals who participated in the Gay Games in Vancouver decided they wanted to form a club to promote health and fitness in the gay community.

The club has a membership of approximately 30. These members are active in Team Calgary which supports athletes going to the Gay Games.

The Calgary Fronrunners hosted a 5km/10km/Half-Marathon event as part of the Continental Outgames in April 2007. As well, we send teams to the Banff Mountain Ekiden race held the Saturday after Canadian Thanksgiving in October. This year, 2007, we will be sending 4 teams of 5 participants.

Calgary Fronrunners runs Saturdays. 9 am from Coffee Junkies (7th street and 1st ave SW) Distance 8 km - 15 km. Runners from 6 minute/mile to 9+ minute miles.

A new walking group has started!!! Please call for details. For more information, contact Tim at (403) 660-6125.

Make 2008 your break through year!

Get in the best shape of your life! Run a ½ marathon in 2008. Paul and Brian from Fronrunners are offering a support group to run with, train with, learn with, and focus with to get you over the 1/2 marathon finish line.

Never run? No problem. We're using a proven training program used by thousands of 'beginners' just like you. An intermediate runner? Take yourself past the 5 and 10km distances and see what your body and mind can really accomplish! Advanced runner? Set your new personal best time and push yourself to the next level.

We're training to run the Police Half Marathon on April 27th, 2008. THIS EVENT ALWAYS SELLS OUT IMMEDIATELY SO YOU'LL BE REGISTERING ONLINE JAN 12, 2008(TBC).

We start running Monday December 31 (from Eau Claire) it's a slow 3km (nothing to get spun out about). We will be running 3 times a week for 18 weeks.

Complete training information and schedule will be sent to you when you commit yourself to the training.

Monday and Wednesday night, 6:00 pm, from YMCA Eau Claire - 4th Street and 2nd Ave S.W. inside at the snack bar

Saturday morning, 9:00 am, from Coffee Junkies corner of 7th Street and 1st Ave S.W. We can wait in the coffee house if it's too cold to wait outside.

Although Paul and Brian are organizing and supporting the training, you are expected to take full responsibility for your own training as well as helping other group members train. We wanna' get you going...we want YOU to keep YOU going.

If you're coming up with lots of 'reasons' not to take what could well be one of the biggest challenges of your life...I'd offer that you 'just do it!' Contact us to register now. paul_knibbs@hotmail.com or brian_travels@hotmail.com.

Apollo Squash - Winter 2008

Cyril Brass - Squash Director

squash@apollocalgary.com

Apollo Squash is gearing up for the Winter season! Here are the details:

Location: U of C - Squash Centre

Dates: Jan. 09,16,23,30. Feb. 06,13,20,27. Mar. 05,12,19.

Day of Week: Wednesdays, 6:45-8:15 pm

Courts: 12 and 13 You do not have to check in at the UofC Equipment Desk. Go directly to courts.

Cost: \$120.00 for the season, or \$15.00 for a drop-in. (Apollo membership required - \$15.00)

Please pay online or bring cheque on first night.

Apollo Golf

president@apollocalgary.com

Apollo Golf is looking for a volunteer(s) to take the position of Sports Director - Apollo Golf in 2008.

This is a unique and fun way to become involved with Apollo! Come out and join a great group on the links!

If you are interested, please contact the President of Apollo at president@apollocalgary.com.

Apollo Yoga

Time: Wednesday, 7:30 pm to 9:00 pm
Apollo Members Only

Registration for 12 weeks: \$155 + GST (drop-in also available, but it is at the studio's standard rate.)

Session Begins: Jan. 9, 2008

Ki Essentials - 824 Edmonton Trail NE

If you do not have an Apollo membership one can be purchased for \$15.00 from myapollo.org

Also - if you register for the full 12 weeks, then you will receive two free drop-in passes for other classes at Ki Essentials

Register online today for Yoga at www.myapollo.org.

2007 OutGames Souvenirs

PurrNRG has some excellent specials (up to 80% off) on remaining OutGame memorabilia. For information, please call Jo at 291-1313 or email jopataky@purrnrg.com.

OutGames Logo Tshirt - Regular \$25.00, on Sale for **\$7.00**. Remaining: Navy - 6 S, 13 XL, 4 XXL. White - 1 L, 20 XL, 4 XXL

Western Cup Tshirt - White. Regular \$25.00, on sale for **\$7.00**. Remaining: 4 L, 8 XL, 2 XXL

Western Cup Long Sleeve Mockneck - White - Regular \$35.00, on sale for **\$12.00**. Remaining: 4XS, 4 XL

OutGames Hooded Sweatshirt - Regular \$45.00, on sale for **\$15.00**. Remaining: Black - 1 S, 3 XL. Gold - 1 M, 1 XL, 1 XXL. Pink - 1 S, 2 M, 3 L, 1 XL.

Western Cup Hooded Sweatshirt - Regular \$45.00, on sale for **\$15.00**. Remaining: Black - 3 S, 3 M, 4 XL, 1 XXL. Yellow-Gold - 2 S, 2 M, 1 L, 2 XL.