



VELOCITY

v é l o c i t é

www.luge.ca

September 2007

NATURALLY GIFTED AT LUGE

Natural luge athlete Kaj Johnson, 23, of Camrose, was as shocked as anybody else when he earned the distinction of becoming the best-placed Canadian ever at the World Championships in his sport of natural luge last February.



"It was nice to end on a high note. We broke the record twice for Canadian finishes in the World Championships," said Johnson. Prior to his 11th-place finish at the 2007 Natural Luge World Championships in Grande Prairie, and teammate John Gibson's 16th-place finish, no Canadian had ever cracked the top-20.

These impressive finishes were the catalyst for the team's overseas trip this upcoming season. "We have never had enough funding to stay over and compete for a full World Cup season before," explained Johnson.

Johnson spent the summer as a canoe guide for the University of Alberta and Timberwolf Tours. He was able to fit in a lighter training base than pre-season requires through the summer months but as the start of the competitive races draw near, Johnson has cut down his work hours to allow him to concentrate more on training. He has been working on a strong cardio regiment with lesser focus on weights.

There are no domestic races in Canada this year so Johnson will depart for Europe on December 1 where he will meet up with the other members of the natural luge team in Italy. Through friendly connections they have with Roland Niedermaier in Olang, the team has a wonderful home base to travel out from for competitions.

Johnson doesn't plan to let his distinctive result slip away. He is ready to attack all the races with an ultimate goal of cracking the top-10 or -15 in the overall World Cup standings. He believes his teammates are also of the same mindset, to continue and build on the momentum they had at the end of the 2006-07 season.

KARBON

nu leus
Information Service Inc.
"Everything Internet"®



WALK A MILE IN HER SHOES

Canada's Junior Luge Team proudly donned their spandex race suits and pointy-toed shoes for a great cause. The junior men participated in the Cardel Walk a Mile in Her Shoes fundraiser on September 24, in support of the YWCA Cardel Crisis Housing Unit. The downtown Calgary walk took place on Stephen Avenue Mall and featured local media and sports celebrities.

The nine member luge team, that also included Coach Kyle Connelly, set a donation goal of \$3,000 and surpassed that with a final total of \$3,135 towards helping women after they depart from emergency shelters.

"No one should have to choose between food or shelter in today's society," said Stefan Rath. "It is certainly a great cause and we had fun being part of this dedicated group of caring Calgarians."

Congratulations to Tristan Walker, Justin Smith, Matt Medrek, Kyle Connelly, David Adair, Max Linnell, Stefan Rath, Andrew Pifko and Cameron Gunn for being community leaders and at the same time demonstrating the champion spirit of luge athletes.



EXPERIENCE THE LUGE WORLD CUP FIRST HAND

The world's best luge athletes are coming to Calgary, November 23-25, 2007, for the Viessmann Luge World Cup and the Canadian Luge Association is in need of volunteers to help stage another world-class event.

Volunteers are needed for a variety of positions including:

- VIP hosts and hostesses;
- Grandstand "cheerleaders" and hosts/hostesses;
- Track/event hosts/hostesses;
- Production assistants (event tent decorating etc.);
- Marketing assistants (possible signage/poster installation);
- Track sweepers;
- Security;
- Luge rides in the Ice House;
- Race office.

More volunteer positions will be posted as the need arises.

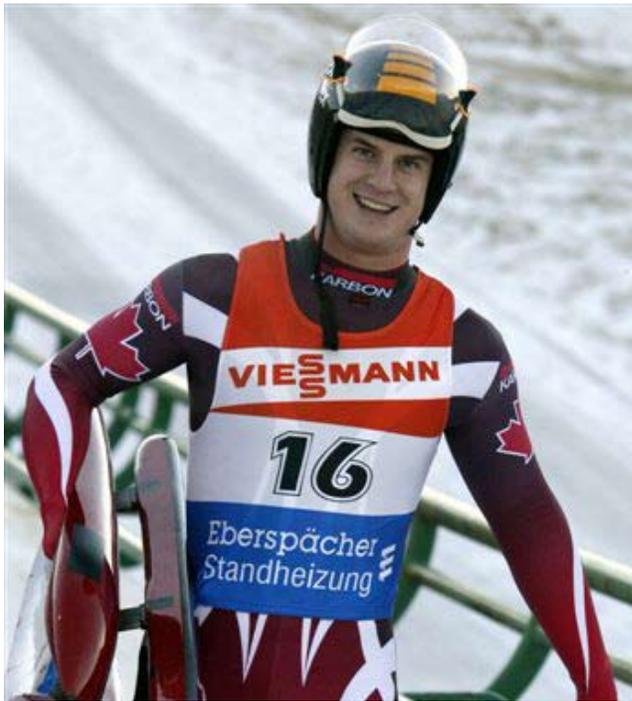
Volunteers will need to be available during the following times:

November 23	evening
November 24	1-11 p.m. (1-6 p.m. and 6-11 p.m. shifts)
November 25	1-9 p.m.

If you, or anyone you know, are interested in helping to successfully run the 2007 Viessmann Luge World Cup, please contact Stacy Pothier at spothier@shaw.ca.



CANADIAN LUGE ATHLETES HOST THE WORLD



Canada's top senior and junior luge athletes will be taking on the world once again this winter on their home track in Calgary.

The following are dates for the Junior and Senior World Cups:

Viessmann Luge World Cup

November 19-24, 2007

Junior World Cup

January 21-27, 2008

The teams, which will be selected by mid-October, are encouraging all Calgarians and visitors to the city to meet them at the track and watch some exciting racing.

Bring your family, friends and co-workers to the track for a night you will never forget.

COC GIVES SLIDING SPORT ATHLETES GLIMPSE OF OLYMPIC TRACK

Through the generous support of the Canadian Olympic Committee, 10 of Canada's sliding sport athletes had the opportunity to travel to Whistler to get a glimpse of the Olympic venue as part of the COC's Olympic Familiarization program.

Canada's luge athletes, along with new head coach Wolfgang Staudinger, met all key members of the Whistler Sliding Centre staff, while enjoying a barbecue at the track.

During the third annual Whistler Sliding Summit Canada's sliding sport athletes did a track walk, an autograph signing at the Whistler 2010 Information Centre, discussed home field advantage, planned a strategy for the development of sliding sports in British Columbia, and received construction updates and details on the opening of the facility.

The Whistler Track is scheduled to open in early January, with the homologation scheduled for March 3-8, 2008. The Canadian Luge Team will be at the track from February 25 to March 19.



BLANKETING CANADA IN KARBON-T'S

You may have heard by now the Canadian Luge Association will be dressing Canadians in national team Karbon t-shirts throughout the year in an effort to raise additional funds for high-performance sliding programs.

In partnership with Karbon, the CLA will be selling the "Marathon Tee"

at a discounted rate. The t-shirts, which are screened with the Canadian Luge Association logo, are being sold for \$25 each and come in a variety of youth and adult sizes.

The shirts can be purchased through the CLA offices immediately, and are now available to be purchased online at www.luge.ca.

Get your new t-shirt today and help the Canadian team climb onto the podium

