

Martin-Brower Blaze Sprint Team

Story by: Robert Lefevre, Martin-Brower, Teamsters Local 31 Member

<http://mdblaze.wix.com/sprintclub>

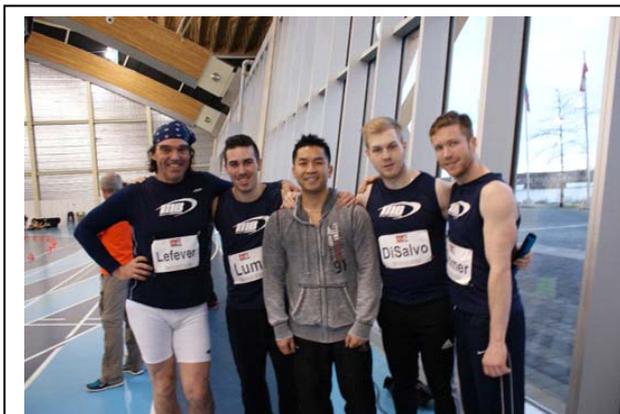
The Martin-Brower Blaze is a high performance sprint team. Initially, we began our team with four co-workers joining up with three of our customer's workers and three sprinters who were unattached, meaning they did not belong to any club or team. Along with the support from our Centre Manager, Dennis Babey, we were able to organize an official Martin-Brower Track and Field Club through BC Athletics. www.bcathletics.org

As a member of the Joint Health and Safety Committee, I feel it is important to maintain a healthy active lifestyle, since our work at Martin-Brower is physically demanding. Having our own high performance sprint team is an outlet for my co-workers and their families to support our goals of healthy living.

In our first track meet, back in February 2015, we quickly learned that this is a very serious business. By finishing last in our very first race, our team committed to train harder and longer, dedicating at least an hour of time each day and one day a week at a central track focussing largely on relays.



Martin-Brower Blaze relay team about to start a 100m race at a meet in Maple Ridge (l-r) Azariah John, Jordan Crowe, Bobby LeFever



Martin-Brower Blaze 4x100 at 2015's Harry Jerome Indoor Track Championships (l-r) Bobby LeFever, Tyler Lum, Peter Lo, Cody Di Salvo, Kevin Zimmer

Our sprinters steadily improved throughout the year, continually getting faster with good old fashion hard work. At the 2015 BC Track and Field Championships in Nanaimo, our team finished third in the open relays with Vancouver Thunderbirds (UBC) winning gold, University of Victoria, silver, and the Martin-Brower Blaze, bronze.

This was more than expected in our first year as a track club and more importantly, every teammate's fitness levels increased to unexpected levels. It is highly important to note, it was really special when we had our families and Teamster

brothers and sisters supporting us at our track meets giving each sprinter the extra edge to reach our goal of winning gold.

The team is really looking forward to the 2016 season, we are growing faster than expected attracting new sprinters of all ages including masters, plus some of the fastest sprinters in the province with Olympic aspirations. Our new Head Coach, Karl Jones was ranked seventh in the world clocking a very fast 0:10:19.

We invite all of our Teamster brothers and sisters to bring their family and support our team at the 2016 Harry Jerome Indoor Track Championships at the Olympic Oval in Richmond on Saturday, February 6th, 2016. The Martin-Brower Blaze will be competing in the Men's Open Relay and this will be the last event of the day (5PM). There is a cover charge of \$5.00 and children 13 and under are free.

The location is: Richmond Olympic Oval, 6111 River Rd, Richmond, BC

For more information and to learn how to be a part of our Sprint Team please contact us at mdblaze@shaw.ca

Teamsters at Martin-Brower perform warehouse service and distribution by trucking the products to quick service restaurants.