



# Tyler—At Large!



So here I am in Guelph, Ontario—Canada's Running Capital—seriously, most of the best runners in the country are living & training here. I'm still pretty new to town but I'm enjoying it so far. My first few weeks here have convinced me that taking a year off from school is good for me. I think that it is better than hopping into an undergraduate program that I am unsure about.

The house I'm living in is older, but comfortable. My room had not been rented for a while so it took some cleaning. Now I'm all set up, including all of my tying and fishing stuff.

I am working at Staples and the job is going well. I'm working lots & keeping busy. In just these few weeks, I have been promoted to a lead cash position.

Running here is sweet & I am already feeling more fit. I'm doing more tempo work than I have in the past. We do many of our workouts in the University of Guelph Arboretum. It's a really nice park with a lot of different loops in it. The main loop we use is the 2k loop, with a few small hills in it. The path is wide, smooth, well-groomed & perfect for the workouts we are doing.

I haven't explored the downtown scene a lot. But I really like the college town feel of it all. The group I'm doing structured training with is the Junior Speed River group. But the guys I room with are part of the Gryphons university team. So I've been doing some of my easy runs with them. As well, I have done a few runs with the two triathletes living in my house. I haven't taken any pictures of my house yet, but I attached some pictures of the places where I run.

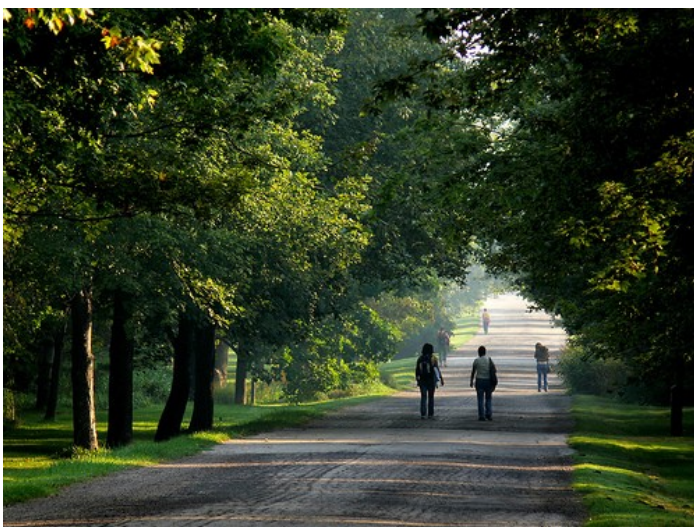
I figure since I'm training for it I may as well do some cross country running events. I don't think that I want to do any of the long ones, but I'm in for some 5K or 6K races.

What I am really excited about is that they just started demolition on the dome that houses the indoor track! Word is we will have a new indoor track next year. Indoor racing rocks!

I work later today, so I'm going to head out now for some fishing. I've already caught a few bass, but my real target/challenge is the carp - they take a lot of skill and stealth to catch. It should be fun!

Please let everyone at Avid know that I'm still alive and well.

Tyler Bartfai



University of Guelph Arboretum



Speed River—the river my track club is named after

From Guelph, Ontario—Canada's Running Capital