

## City adopts Olympic plan

Richmond City Council has approved a new 2010 Olympic and Paralympic Games Strategic Operational Plan which will help the City prepare for its role as an official Venue City for the 2010 Olympic and Paralympic Winter Games.

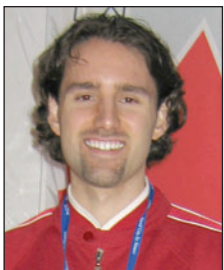
The centre piece of the plan is the creation of a major Celebration Site during the Games in Richmond City Centre. The Celebration Site would be a free nightly family festival for the duration of the Games, which could feature live broadcasts of 2010 Games competition on giant screens, live music and other performances, athlete and celebrity appearances, an outdoor ice rink, river based entertainment, local artist showcases, retail marketplaces, special effects shows, and children's and adult educational programs.

Other key elements of the plan include:

- 2010 Arts and Cultural Program, which will provide opportunities for local artists and arts groups to participate in the Cultural Olympiad and Celebration Site programs and encourage the development of the local arts community through new funding programs, special events and other activities;
- Olympic Youth Awareness Program, which will link local youth with Olympic athletes and provide opportunities to learn about and attend events within the Richmond Oval;
- 2010 Information and Volunteers Centre, which will provide information on Games-related activities in Richmond and help recruit, train and manage volunteers for the various Richmond 2010- related programs;
- Home Stay Program, which will provide opportunities for local residents to host families of coaches and athletes from the Canadian National speed skating team; and
- Main Street Shopping Program, which will encourage Games-times visitors to patronize local businesses.

For more information visit the City's website at: [www.richmond.ca/discover/events/olympics/games.htm](http://www.richmond.ca/discover/events/olympics/games.htm) or call City Hall at 604-276-4000 to request a copy of the report.

### Meet Canada's speed skaters



Work on the Oval is rapidly progressing and members of Canada's national team are scheduled to begin training on the Oval ice this September. The Oval will be a hub of speed skating activity for the next two years with several major competitions planned, including national championships in December of 2008 and world championships in the spring of 2009.

Canada's speed skaters will be spending considerable time in Richmond during that period as they work to develop a home field advantage in pursuit of a record medal haul at the 2010 Games. Over the coming months, Oval Update will introduce some of Canada's national team speed skaters and provide more information about the sport of speed skating. This month's featured athlete is Brock Miron, who has been on the national team for five years and competed at the Torino 2006 Olympic Winter Games. Originally from Cornwall, Ontario, Brock now lives and trains in Calgary.

### How did you get into speed skating?

I was nearly 16 years old, and had decided that I no longer enjoyed playing hockey as my winter sport activity. I was thinking to myself, "Hey, I'm a pretty fast skater; maybe speed skating would be fun to try out." It was more than fun, and I fell in love with the sport right away.



### What is the best thing about speed skating?

I love the sheer difficulty of it. A lot of people can skate, but not a lot of people can skate fast, and very few can skate incredibly fast. Trying to master your body in such a way as to produce the most forward propulsion as possible to me is the greatest challenge in the world. I love pitting myself against that.

### What is the worst thing about speed skating?

Eventually one day I won't be able to go faster, although I rarely think about that.

### Do you have any pre-competition rituals or superstitions?

I have a flexible pre-performance routine. I find you have to be adaptable in order to perform well in any situation. I prepare to skate well...that's the closest I come to for a ritual.

### I never leave home for a competition without...?

My laptop computer. Most organizing committees offer free internet, so I get to have my fix of World of Warcraft on the road.

### What hobbies are you interested in?

I love to play many different sports – soccer and racket sports, in particular. Also, I consider myself a bit of a gamer. I'll admit that I squander away a little too many hours playing World of Warcraft.

### What are your favourite foods?

My palate isn't all that refined. Food is simply a fuel for me, I'm sad to say. Forced to pick, I guess Mom's homemade spaghetti and meatballs.

### What is your favourite type of music?

I like all kinds of music. Just about anything after the '70s and there is a chance I might like it. Some country music I'm not all that partial to, I guess.

### What is your favourite colour?

Red. Like the Canadian flag.

### If you weren't a speed skater, what would you be?

I would be a golfer. I still might be one day...you never know.

### What do you want to do when you are no longer competing in speed skating?

I would love to compete in golf tournaments. If being a professional golfer doesn't pan out, then I'd like to be a physiotherapist.

### Any other interesting tidbits you'd like to share?

My handicap is about 15. And falling...

### Community update offered

Richmond Oval Update is a monthly report to the community on City initiatives related to the Richmond Oval project and to the community's preparations for the 2010 Olympic and Paralympic Winter Games. For more information visit the City's website at [www.richmond.ca](http://www.richmond.ca) and click on the Olympic Oval link on the home page.