



Where to find TRIATHLON MB

Spring 1999

- WEBSITE www.triathlon.mb.ca
- EMAIL ADDRESS trimb@pangea.ca
- TRI MB RACE LINE 224-4225

Triathlon Manitoba

www.triathlon.mb.ca

Editors Message

It was a disappointing winter for snow sport enthusiasts. For the swim-bike-run purists however, it meant outdoor runs, not freezing walking with wet hair from the pool and cycling on the rivers and roads. For the 1st time the popular Snowman Triathlon had to be cancelled due to lack of snow! Many of you love this event because it's your chance to beat the summer triathlon stars. Better get back in the pool and start tuning your bike! For me it meant trading in my cross country skis for my wind trainer for the 1st time in 4 years. I am not an indoor training enthusiast! Much of Manitoba did get enough snow this year which made the snow deprived athletes in and near Winnipeg insanely jealous.

However you passed the winter I hope you are ready for the biggest year in Triathlon Manitoba history. Not only is the Triathlon MB race calendar packed with exciting races, we are hosting the 1999 Pan American Games Triathlon July 24th

at Birds Hill Park. The best triathletes from North, Central and South America will be in Winnipeg. It is a qualifier for the 2000 Olympics where triathlon makes its debut. I encourage all of you to support the triathlon event as well as all the other Pan Am sports. Buy your tickets soon, they're selling out quickly!

Upcoming Events

Prestige Duathlon Series

Race #1 – May 4,
 Race #2 – May 11, @ Birds Hill Park
 Race #3 – May 18 East Beach

Tie & Run @ Birds Hill Park
 May 25 East Beach

Schools Triathlon Challenge
 June 1 @ Birds Hill Park
 East Beach

Triple Threat Triathlon
 June 12 @ Birds Hill Park
 East Beach

ANNOUNCEMENTS

Congratulations to:

Buzz Pederson and Rhonda Diamond

of Kenora on the birth of their daughter,

Annilea Evelyn Pederson,

born February 20th, 1999.

Another future triathlete.



AIR CANADA



TUESDAY NIGHT RACE SERIES

By David Markham

It's time to resurrect our favorite pre-season race series. We have a bike course that will not affect your kidneys and a swim course which won't leave you scratching. Welcome to our new international caliber training and competition facility at Birds Hill Provincial Park, East Beach.

The Tuesday Night Series is an excellent opportunity for the novice athlete to familiarize themselves with the sport, equipment and small clothing. It's also a popular venue for the experienced to whip into race shape. The distances are short and the prices are small. Aside from a well run race, the only other things participants are guaranteed are mosquitoes and weak gatorade.

In an effort to keep it simple and cheap we plan to phase out formal awards this year. Those medals and water bottles are more often than not, discarded anyway. Our method of recognition has yet to be devised but will likely involve embarrassing speeches.

Race cost will be \$7 for non-members of Triathlon Manitoba and \$5 for members. Subtract \$2 if you're wimping out on a relay. Race day registration only. Plenty o'fruit and weak sport drink is the meal provided. Official race results will be posted on the website within two days. Hard copies will be posted.

The race starts at precisely 6:30 p.m. Registration closes at 6:15 p.m. Do not arrive late or you'll be given a stern look by the registrar.

Race categories include Kids of Steel (16 & under), Junior (17-19), Open (20-39) and Master (40+). Male and female, of course. Any kind of two-wheeled bike without a motor is acceptable. A cycling helmet is mandatory.

The race schedule is as follows:

- May 4 *Prestige Duathlon Series Race #1*
2kR/13kB/2kR or 4kR/24kB/4kR
- May 11 *Prestige Duathlon Series Race #2*

2kR/13kB/2kR or 4kR/24kB/4kR

May 18 *Prestige Duathlon Series Race #3*
2kR/13kB/2kR only

May 25 *Tie & Run*
6kR/6kB alternating 1km

The Tie & Run is a great way to transition train. You'll need a partner and one bike you'll both be able to ride. One partner starts running while the other cycles. Approximately one kilometer down the road the cyclist parks the bike in a stand and starts to run. When the runner approaches the bike they start riding to the next transition likely passing their runner on the way. This leap frogging goes on till both exhausted team members cross the line. Try this race for sure!

The final Tuesday Night Race in the Series, which is so special we had to give it its own paragraph, is the *Schools Triathlon Challenge*.

This will be held at the same place, same time, on June 1, 1999. This event is open to all age groups, although there will be a specific heat for school age athletes and special school banner awards. Because of the status of this event *all participants are required to pre-register for this event only*. It will be a 300m Swim, 13k Bike and 3k Run. Stick around for the good eats afterwards. The cost is \$10 members / \$12 for non-members of Triathlon Manitoba. Relay members are \$6 or \$8.

We always need volunteers. Bring a friend to help and they can have some fruit as well. Volunteers are reserved a spot in heaven.

Races go rain or shine. Lightening will temporarily postpone the event, but will likely continue that evening. Race updates are available by calling the Race Line at 224-4225.

For more information regarding this series call David at 663-6640.

1999 TRI SEASON TOP 10 LIST:

Not feeling motivated?
Here's some reasons to be excited about the upcoming season:

#1. Get to use all of that cool gear that you got for Christmas.

THURSDAY NIGHT TRAINING

Many clubs have their own training days and places. The Thursday night bike rides are designed to be inter-club rides as well as rides for anyone interested in triathlon. If you are not yet on a club, but are interested in joining one, this will provide you the chance to talk with many different folks, young to old, slow to fast, novice to experienced, who may have the same ideas you have about training.

The Thursday night rides leave at 6:30 p.m. sharp from the East Beach Parking Lot at Birds Hill Park. Make sure you have a park pass. There is no cost for participating in these sessions

other than a physical one.

We'll likely be slipping in some running and swimming each week so bring the related gear and be ready for a fun evening of training.

The Junior Development Team will be using these sessions for regular practice. If you're a junior athlete try and make a point of attending.

The Thursday night training sessions will formally begin at the start of May, weather permitting. For more information call David at 663-6640.

HIGH PERFORMANCE UPDATE

by David Markham

The new and improved High Performance Package in its entirety is on our website at www.triathlon.mb.ca. For those technically challenged persons a hard copy is available by contacting Triathlon Manitoba at 925-5636.

Although the package has remained basically the same – why fix it if it ain't broke – some modifications had to be made as a result of early national and world championship dates. In a nutshell the changes are as follows;

- > Only St. Malo and the Triple Threat triathlons will be considered in selection to the 1999 Canadian Triathlon Championships scheduled for July 11 in Edmonton.
- > The Base Time is now called "A" time and the Cap Time is now labeled "B".
- > Athlete assistance to Ironman has changed to reflect similar funding provided in standard distance. To add to it, however, should you finish first, male and female in the Morden 1/2 Ironman; be a member in good standing with Triathlon Manitoba; and go on to compete in a World Triathlon Corporation Ironman event you will receive up to a maximum of your race entry. Wow!
- > The duathlon qualifiers have changed again with the resurrection of the Prestige Duathlon Series at Birds Hill Park (possibly the

smoothest bike course ever). See the package for more details.

- > Due to no qualifying race for Long Course being available in Manitoba before the Canadian Championship, Manitobans finishing first, second and third in their age group at Echo Valley on June 13, 1999 will be eligible to receive up to \$250. The downfall is, it will be hard to race at Birds Hill on June 12 and then do Echo Valley on June 13. We would really be impressed, but call you crazy behind your back.
- > All the junior team stuff has been slightly reworked. Kids know how to use the web so I won't hash out the details here. Junior Nationals are early too – June 27 in Leamington. We'll be peaking early this year.
- > Be sure to check out the eligibility criteria for access to the High Performance Training Center at the University of Manitoba. This is a new program which we are asking clubs to enforce. Access to the University track and pool are a privilege.

Any questions or suggestions for next year – don't hesitate to call. David Markham at 663-6640.

1999 TRI SEASON TOP 10 LIST:

#2. Your hair gets back that chlorine induced Billy Idol look.

RACE SERIES INFORMATION

PROVINCIAL RACE SERIES

1999 is an event "full" year providing numerous racing opportunities for multi-sport enthusiasts. The Triathlon Manitoba points system will be applied to the events listed below to determine the awards recipients for the year. Awards will be presented at the Annual Awards Banquet to be held in the fall. Check the website (www.triathlon.mb.ca) for any updates.

GRAND PRIX CHAMPIONSHIP SERIES

Your best 3 performances will be taken into account for year end awards. Awards are presented to the top three, male and female, in each five year age category. The competitor has to do a minimum of three races to be considered. Competitors must race in the 1500mS/40kB/10kR event except in Morden where you can opt for the long course instead. These events make up the series :

- Triple Threat Triathlon
- le Triathlon de St. Malo

- Raivo Tamm Triathlon
- Morden International Triathlon
- Sandman Triathlon
- Riding Mountain Triathlon

SPRINT SERIES TRIATHLON

Your best 3 performances will be taken into account for year end awards. Awards are presented to the top competitor, male and female, in the following categories – Youth (13-16), Junior (17-19), Open and Masters (40+) age categories. A competitor must do a minimum of 3 races to be considered. Competitors must do the 750mS/20kB/5kR in 3 of the following events :

- le Triathlon de St. Malo
- Raivo Tamm Triathlon
- Morden International Triathlon
- Betulaman Kids of Steel & Sprint Triathlon
- Sandman Triathlon
- Buffalo Point Sprint Triathlon

Continued on next page

continued

DUATHLON SERIES

Your best 3 performances will be taken into account for year end awards. Awards are presented to the top male and female competitor. A competitor must do a minimum of 2 races to be considered. The competitors must compete in three of the following races:

- Prestige Duathlon #1 – long course only.
- Prestige Duathlon #2 – long course only.
- Westman Triumphs Duathlon
- Triple Threat Duathlon
- Buffalo Point Duathlon
- Duathlon Mitch Hildebrandt

Triathlon MB News

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If you have an interesting story to tell, please send it to us in hard copy and we will follow it up for photo, etc. Any comments and/or concerns can be directed to the Editor at 925-5636 or by fax at 985-5624.

Mailing Address: **Triathlon Manitoba**
200 Main Street
Winnipeg, Mb
R3C 4M2



Re-development of the Triathlon Manitoba Website

By Kevin Miller

1999 TRI SEASON TOP 10 LIST:

#3. The Return to training means that in three months all your clothes will fit again.

Supposedly, the average website has a life expectancy of between one and two years before it is overhauled. That makes the Triathlon Manitoba website average. It was created in the summer of 1997 (see my story on page 10 in the Fall 1997 issue of Triathlon MB News -- aw c'mon, you do file your back issues, don't you?), and it was re-developed this winter (with an implementation date of April 1, 1999).

The project was initiated by me after a kind soul named Jon Peters answered my public plea for a webmaster at our 1998 Awards Evening in October (15 minutes after I pleaded at the microphone!). Website development was something that Jon wanted to get-into, so Laurel set him up with Microsoft FrontPage software and a pangea.ca account. Jon learned FrontPage on his own time, and he started the re-development under Laurel's and my direction. This was a very generous donation of many dozens of hours of Jon's time.

The new website is not snazzy, but it is crisp and clean. I guarantee you that, compared to the original website, it is much easier for you to use, and you will find information much more quickly. I also guarantee that it will prove to be infinitely more maintainable because rigorous standards were used during its development. I will back these guarantees because I designed the "new" website: if five of you contact me in the next month and honestly tell me that you were able to find information quicker and more easily on the "old" website, I will attend another Monday Night Swim (see page 4 in the Spring 1998 issue of

Triathlon MB News).

The re-developed website has a few new features such as "local news" and a "buy & sell" page, and it will be used as Triathlon Manitoba's repository of information for Training, Coaching, the High Performance program, the Junior Development program, etc. Of course, it contains a Race Calendar that will be updated if changes occur, and Race Results will be uploaded to it very soon after a race. In fact, Race Directors are no longer required to mail race results to participants, but they are required to submit them to the Tri MB office for uploading. If you do not have internet access at home, work, or via a friend, please contact me and I will ensure that you are faxed or mailed a copy of race results for races that you participate in.

If you haven't already bookmarked it, the internet address is www.triathlon.mb.ca. I can be contacted at miller_4@pangea.ca or 946-4520 (24 hour voice mail).



PAN AM GAMES UPDATE

David Markham
Sport Chair

– 1999 Pan Am Games Triathlon

Things are heating up. With less than 5 months to complete all the tasks which need to be done we are working overtime to make sure the first event of the Pan Am Games is a big success.

A big thank you goes to all those people who have put in hours of volunteer time to ensure the success of the triathlon. While I'm the Sport Chair, the Venue Team is led by Ken Skinner (a new friend to triathlon) with a combined committee of about 30 individuals. The committees range from race course; to food; environment; transportation; protocol; fit out; officiating; spectator services; etc, to name a few. A few of us die hards have been living and breathing this event for over three years.

Our team had its first practice with hosting the Nationals, an event well received by all in attendance. We've been stepping our plans up a notch to bring an international field onto Manitoba soil.

If you have not yet been to Birds Hill Park you're really missing something. A newly renovated (and very clean) lake and resurfaced roads are a welcome sight to triathletes. The Birds Hill site will officially open as the Triathlon Manitoba Training Center on June 12 when you'll also get the chance to do a standard distance triathlon (Triple Threat Triathlon). We will be testing the Pan Am Games timing system at this event. Smile for the Hawkeye.

Laurel and Jaclyn in the office need to be commended for tying all the loose ends to-

gether and accepting the extra Pan Am work on top of the regular Tri work – no small job in itself. They're both akin to Wonder Women.

We continue to work on the uniform issue and the requirement of the PAGS to have volunteers work a total of 50 hours. We feel this is a lot to ask of a volunteer. As a one-day sport we would likely lose a number of volunteers familiar with our sport (triathletes) because they would be required to work other venues and likely have to book holidays to work at the Games. We have asked the Games to create a "C" sport designation where the uniform is less expensive and, hence, volunteer time requirements diminish.

Accreditation of volunteers will begin May 15. A confirmation letter will be sent to all assigned volunteers by PAGS. Triathlon does not require any more volunteers. If you aren't volunteering, why not buy a ticket for the greatest triathlon show on Canadian soil.

Steve King will be triathlon's on site announcer.

With respect to Sport Equipment purchased by the Games – if the Games should break even all sport equipment will likely remain the property of sport. If they should lose money, equipment will be sold off, however the local organizing committee would have first right of purchase.

See you at the Games!



1999 TRI SEASON TOP 10 LIST:

#4. Exciting road trips to metropolitan areas like Lockport and St. Malo.

OFFICIALS TRAINING PROGRAM 1999

The officials program has been re-structured to allow more volunteers to participate in the program. At this time we are searching for interested persons (yes Athletes may participate) to attend level 2 and 3 officials courses. The hope is that these qualified officials will then participate in some of the races on the Triathlon Manitoba calendar, in preparation for an officiating position in the Pan Am Games.

You can proceed through all the levels now and get the practical time in during the race season. We need to train 10 Level 3 officials, this is your chance. Traditionally, Level 3 officiating is only offered at Nationals once a year. This is an excellent opportunity to take advantage of this extra level 3 course being held for PAGS in our province.

OFFICIATING COURSES FOR 1999

(All courses are held at Sport Manitoba, 200 Main Street)

LEVEL 2 OFFICIATING COURSE

April 24th 10:00 a.m. – 2:00 p.m.

LEVEL 3 OFFICIATING COURSE

May 16th 1:30 p.m. – 5:30 p.m.

Please call Triathlon Manitoba at 925-5933 for more information or to register.

TRIATHLON MANITOBA INDIVIDUAL AND FAMILY MEMBERSHIP APPLICATION
JANUARY 1, 1999 – MARCH 31, 2000

Name: _____ Address: _____

City: _____ Province: _____ Postal Code: _____

Telephone (Res): _____ (Bus): _____ Date of Birth: _____

Sex: M _____ F _____ Occupation: _____

TYPE OF MEMBERSHIP

• Individual [] Family [] E-mail: _____

Please list family members:

Name: _____ Sex: _____ Birthdate: _____

Name: _____ Sex: _____ Birthdate: _____

Name: _____ Sex: _____ Birthdate: _____

Name: _____ Sex: _____ Birthdate: _____

FEES

\$15.00 – Individual Youth/Student Membership (must be under 20 years of age and a student).

\$30.00 – Individual Member (Full Benefits).

\$45.00 – Family Member (Full Benefits).

\$10.00 – Associate Membership (Newsletter only).

FEE ENCLOSED: \$ _____ (Please make cheques payable to Triathlon Manitoba Inc.)

FULL BENEFITS:

- | | |
|------------------|-----------------------|
| Race Discounts | Race Day Insurance |
| Clinic Discounts | Tri MB Programs |
| Newsletter | Technical Information |

- I am interested in volunteering my time to Triathlon Manitoba [] Yes [] No
- I would like to be on a relay but do not have a partner.
My area of expertise is [] Swim [] Bike [] Run

In consideration of my acceptance as a member of Triathlon Manitoba, I hereby agree to follow all rules and regulations set down by Triathlon Manitoba.

SIGNATURE: _____ **DATE:** _____

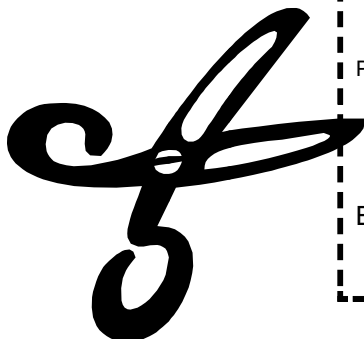
Please send completed applications to: Triathlon Manitoba, 200 Main Street, Winnipeg, MB, R3C 4M2

For office use only

Bank Deposit: _____ Membership No: _____

1999 TRI SEASON
TOP 10 LIST:

#5. Opportunity to bond with the dudes at the bike shop and for them to become re-aquainted with your credit card.



IRONMAN CANADA – QUALIFYING SPOTS FOR 1999

Triathlon Manitoba has been awarded 4 qualifying spots for the 1999 Ironman Canada Triathlon.

These 4 spots will be allocated at the Morden International Triathlon on Saturday, July 17th.

The following are the requirements for participants who plan to pursue a spot at the Morden International Triathlon:

1. Call Triathlon Manitoba and express your intention to qualify for a spot before May 1st. If no one has expressed interest before May 1st Triathlon Manitoba will return the spots to Ironman Canada.
2. Forward a full deposit of \$390.00 to Triathlon Manitoba.
 - a) this deposit will be used for your race entry fee if you successfully qualified and are awarded a spot at the Morden Triathlon.
 - b) if you race in Morden, but do not qualify for the spot, you will receive a full refund.
 - c) if you decide at a later date not to pursue the spot a refund will only be issued if one of these conditions are met;
 - i) all 4 spots are still required
 - ii) the spots can be returned to Ironman Canada without financial penalty to Triathlon Manitoba

1999 TRI SEASON
TOP 10 LIST:

#6. Really need a new
race T-shirt.

Classified

FOR SALE:

1. Cinelli XA road stem (120mm, -15 degrees, for 26.4 mm handlebar) \$25.

2. Cinelli Campione Delmondo road handlebar (26.4mm diameter, 40cm wide) \$25.

946-4520 or miller_4@pangea.ca

WANTED:

Inexpensive road bikes, aero-bars, and SPDs for junior triathletes.

946-4520 or miller_4@pangea.ca

If you want to buy or sell an item on the Tri MB website send an Email message to miller_4@pangea.ca. The item will be posted for 2 – 4 weeks and if it does not sell you can re-send the item and get it reposted.

FOR SALE:

One Hammerhead wet-suit – men's small, 2 years old.

Call Barry @ 222-6550

FOR SALE:

58cm (C tp C) Concorde Time Trial Bike – Green and Chrome.
 -76 degree seat tube
 -Internal cable routing
 -Zipp 950 Rear Disk (tubular)
 -650cc from 28 radically spoked front aero wheel.
 -Time trial drop bars, Profile Aeroll aero bar.
 -Campagnolo Chorus, Shimano componentry
 -Excellent condition, asking \$1450.
 Call Trevor at 453-5426 or email: umsmi140@cc.umanitoba.ca

TRIATHLON MANITOBA 1999 RACE CALENDAR

DATE	RACE	PLACE	DISTANCE	CONTACT
May 4 Tuesday	Prestige Duathlon Series #1	Birds Hill East Beach	2k R; 13k B; 2k R 4k R; 24k B; 4k R	David Markham 663-6640
May 11 Tuesday	Prestige Duathlon Series #2	Birds Hill East Beach	2k R; 13k B; 2k R 4k R; 24k B; 4k R	David Markham 663-6640
May 16	Alberta Duathlon	Edmonton, Alberta	10k R; 40k B; 5k R	Trevor Soll
May 18 Tuesday	Prestige Duathlon Series #3	Birds Hill East Beach	2k R; 13k B; 2k R	David Markham 663-6640
May 25 Tuesday	Tie & Run Transition Challenge	Birds Hill East Beach	1k R; 1k B x6 Alternating with a partner	David Markham 663-6640
May 28 Friday	Joseph Teres School Invitational Kids of Steel Triathlon	Birds Hill Park	100m S; 5k B; 1k R	David Markham 663-6640
May 30 Sunday	Westman Triumphs Duathlon	Brandon Sportsplex	5k R; 20k B; 5k R	Brian Will 204-728-1511
May 30 Sunday	Brandon Kids of Steel Triathlon	Brandon Sportsplex	100m S; 5k B; 1k R 200m S; 10k B; 2k R	Ruth Webber 204-727-7184
June 1 Tuesday	Junior and Senior High School Triathlon	Birds Hill East Beach	500m S; 13k B, 3k R [Adult} 300m S; 13k B; 3k R [Schools}	David Markham 663-6640
June 6 Sunday	Transcona-Springfield School Division Kids of Steel Triathlon (Elementary Schools Challenge)	Kinsmen Pool	100m S; 5k B; 1k R 200m S; 10k B; 2k R	Philippe Chabot 253-8530
June 12 Saturday	Triple Threat Triathlon and Duathlon	Birds Hill East Beach	1500m S; 40k B; 10k R 5k R; 40k B; 10k R	Mitch Kolbuck 222-9809
June 13 Sunday	Canadian Long Distance Triathlon Championships	Echo Valley Saskatchewan	2k S; 90k B; 21k R	Trevor Soll
June 20 Sunday	Manitoba Marathon			
June 26 Saturday	St. Malo Kids of Steel	St. Malo	100m S; 5k B; 1k R 200m S; 10k B; 2k R	Tribalistic Triathlon Club Kelly Mahoney 275-6365
June 27 Sunday	Le Triathlon de St. Malo	St. Malo	1500m S; 40k B; 10k R 750m S; 20k B; 5k R & 750m S / 2250 Open water S	Tribalistic Triathlon Club Kelly Mahoney 275-6365
June 27 Sunday	Canadian Junior Triathlon Championships	Leamington, Ontario	1500m S; 40k B; 10k R	Richard Kniaziew
July 4 Sunday	Parlee Beach Triathlon & Duathlon	Parlee Beach, New Brunswick	1500m S; 40k B; 10k R 10k R; 40k B; 5k R	
July 10 Saturday	Pinawa Kids of Steel Triathlon	Pinawa Pool	100m S; 5k B; 1k R 200m S; 10k B; 2k R	Monica Godar 338-7742
July 11 Sunday	Raivo Tamm Triathlon	Pinawa, Manitoba	1500m S; 40k B; 10k R 750m S; 20k B; 5k R	Monica Godar 338-7742

DATE	RACE	PLACE	DISTANCE	CONTACT
July 11 Sunday	Canadian Triathlon Championships	Edmonton, Alberta	1500m S; 40k B; 10k R	
July 17 Saturday	Morden International Triathlon	Colert Beach, Morden	1.9k S; 90k B; 21.1k R 1500m S; 40k B; 10k R 750m S; 20k B; 5k R	Hank & Sally Unrau 204-822-3167
July 18 Sunday	Morden Kids of Steel Triathlon	Colert Beach, Morden	100m S; 5k B; 1k R 200m S; 10k B; 2k R	Doug Kelso 204-822-3964
July 24 Saturday	Pan American Games Triathlon	Birds Hill Park East Beach	1500m S; 40k B; 10k R	Triathlon Manitoba 925-5933
August 2 Holiday	Betulaman Kids of Steel Triathlon Betulaman Sprint Distance Triathlon	Betula Lake, Whiteshell Prov Park	100m S; 5k B; 1k R 200m S; 10k B; 2k R 750m S; 20k B; 5k R	Dave Bell 204-757-2743 204-348-7662 (lake)
August 7 Saturday	Sandman Triathlon	Grand Beach	1500m S; 40k B; 10k R 750m S; 20k B; 5k R 400m S, 10k B; 2.5k R	Evan Nitschmann 275-1025 Michelle Barnet 284-1805
August 15 Sunday	Buffalo Point Triathlon & Duathlon	Buffalo Point Resort	750m S; 20k B; 5k R 5k R; 20k B; 5k R	Triple Threat Tri Club Art & Sue Gzebowski 222-6089
August 15 Sunday	Ironman USA	Lake Placid New York	3.9k S; 180k B; 42k R	Tri-Sport Promotions Ontario
August 15 Sunday	ITU World Cup	Corner Brook, Newfoundland	1500m S; 40k B; 10k R	Scott Le Drew
August 21 Saturday	Riding Mountain Triathlon	Wasagaming	1500m S; 40k B; 10k R	Dave Lyon 925-5744
August 21 Saturday	Canadian Duathlon Championships	Hull, Quebec	10k R; 40k B; 10k R	
August 22 Sunday	Riding Mountain Kids of Steel Triathlon	Wasagaming	100m S; 5k B; 1k R 200m S; 10k B; 2k R	Triathlon Manitoba 925-5636 Dave Lyon-925-5744
August 29 Sunday	Ironman Canada	Penticton, B.C.	3.9k S; 180k B; 42k R	
August 29 Sunday	Essex Road Mountain Bike Triathlon	Kenora, Ontario	Kids of Steel and Adult Distances	Edie & Bruce Fisher 807-548-8142
September 4-5	ITU World Triathlon Championships	Munich, Germany	1500m S; 40k B; 10k R	
September 11 Saturday	Duathlon Mitch Hildebrandt	Ste. Anne, Manitoba	5k R; 20k B; 5k R 5k Run	Patrick Fredette 204-422-8398
September 12 Sunday	Kids of Steel Wind up Race	Birds Hill Park	100m S; 5k B; 1k R 200m S; 10k B; 2k R	Triathlon Manitoba 925-5636
September 19 Sunday	Terry Fox Run	Various Sites		Canadian Cancer Society
October 2 Saturday	Triathlon Manitoba Annual Awards Banquet	Sport Manitoba		
October 26 Tuesday	Annual General Meeting	Sport Manitoba		

CLUBS STUFF



TRIBALISTIC TRIATHLON CLUB

By Pat Peacock

Like any other normal triathlon couple we decided after half a winter of long and hard indoor training, we deserved a weekend off, a trip maybe. Something very relaxing and restful to get us through that final push to spring.

Boy, did we find a great way to spend a weekend. Middle of January, as the sun rises over the land, Patrick is being given crazy looks by the neighbors as he straps his and girlfriend, Cara's, road bikes to the rack. Has this boy finally lost it they wonder, silently whispering among themselves. Then out comes all the other triathlon gear and luggage required for the undertaking.

After an uneventful 8 hour drive we arrive in Saskatoon, Saskatchewan and begin preparations for our relaxing, refreshing weekend getaway. The Saskatoon Triathlon Club contacted Roch Frey, husband to Heather Fuhr and coach to Peter Reid (both Hawaii Ironman World Champions) about putting on an off season clinic. Roch insisted on bringing Paul Huddle, another noted triathlon coach to assist for the weekend.

Roch, originally from Edmonton and 1993 Canadian Triathlon Long Course Champion, immediately provided everyone with a booklet outlining the weekend and his training philosophies. To start the weekend off easily the first event was a bike Anaerobic Threshold (A.T.) test. Imagine a room full of 40 plus triathletes, bikes, trainers and heart rate monitors all sweating in unison. During the A.T. testing Paul went around video taping everyone's bike position and cycling technique for analysis later in the weekend. In case anyone is interested my cycling A.T. was 169. After a brief lecture on the importance of A.T. in training, we all retired to Amigo's Cantina for a late night mexican snack.

Saturday started out quickly with a morning brick (bike-run). First some cycling technique followed by A.T. intervals then a 20 minute run at threshold. A quick transition to the car for a 20 minute drive to the pool. Roch gave his version of swimming faster freestyle during a 2 hour pool session. It included many drills, above and under

water video taping and finished with some friendly competition-mass starts.

Thank goodness lunch was catered! After a busy morning we were all starving. Good thing the afternoon was all lectures, mostly individual video analysis, working on bike/swim technique. Each athlete had their time in the hot seat beside the coach where they were given valuable feedback.

Meanwhile, down the hall, another group was being introduced to some stretch and weight training technique as used by Heather Fuhr, Mark Allen, and Paula Newby Fraser. The final session of the afternoon was coaching specific, basically a question and answer period between professional and amateur coaches. A triathlon style pot-luck ended the evening (lots of food...more dessert).

Sunday morning, out of the hotel fully packed we went to the pool. The final day by coincidence was a swim-run, on the same day as the swim-run I was missing at the University of Manitoba. The pool session was more drill intensive than the previous day. The run was filled with drills and accelerations all focused on building speed and technique.

The final part of the morning was some dry land transition racing:

1. Run to the bike transition barefoot.
2. Put on bike shoes, helmet, sunglasses.
3. Run around a pylon back to transition.
4. Change from bike to run gear.
5. Sprint to finish.

I was in racing mode and finished 2 for 2! Then the fun part – raffling off prizes, slides of Hawaii, trips, triathlon and personal stories.

Overall the clinic was well presented with concrete facts and ideas. Roch and Paul worked well together. I also thought bringing in the respected coaches of famous triathletes was more beneficial perhaps than bringing the triathletes themselves. For specific info from the clinic phone Tribalistic Triathlon Club and send \$100 to just joking!

1999 TRI SEASON

TOP 10 LIST:

#7. Less quality time at the home front. Its better to notice that a room has been painted than to actually be there when it happened.

TRIPLE THREAT TRIATHLON CLUB

By Glenn & Justin Campbell

I was asked the other day to write an article about ourselves as new members to TTTC, (the friendliest triathlon club around). Any one who has attended any of the Kids of Steel races in the last few years will probably recognize Justin, who at 12 years old is a veteran of over 20 races.

We are another family from Transcona, the triathlon capital of the province, who have had the good fortune to meet some great people who live and work in this area. Justin and myself are an example of the diversity of triathletes. Justin

has been competing for four years and has a shoe box of hardware to show for it. I am a 39 year old rookie who is happy to be able to train and compete. You will usually see Justin up at the front of the pack and find me bringing up the rear, but we both find enjoyment in the encouragement and coaching we receive as part of an organized club. Our family has had a great time travelling the province and participating in the Kids of Steel races. Our goal for the future is to graduate from the kids program and compete as father and son in the triathlons across the province.

North of 53

By Craig & Laura Finlay

A few weeks ago, I was running down Grace Lake Road in my new home town, The Pas thinking about how beautiful the night sky looked. When you live in the city, its hard to see this many stars. Within 5 minutes from my front door, I find myself surrounded by snow drenched pine trees and a star filled sky, dogs howling in the background for a "northern effect". Last week, I was running with our running club and I had to stop because the northern lights in the sky were the most spectacular site I have ever seen. You just don't get this in the city.

Don't get me wrong--training in Winnipeg was great and I miss many things. Nothing beat the feeling of completing a Fournier 3500 meter swim (with pull-ups) on Monday night at Pan Am, then going for ice cream with Bob. I enjoyed meeting Shawna for a swim during our spare to do only 800 meters of kick so we can gossip (Tribalistic is such a bad influence on Hammerheads when it comes to training). Thursday night rides were a blast, especially trying to keep up with Dominique and the rest of the crew. Nothing beat Hammerhead transition workouts at Assiniboine Park and long rides with Lynne and Ken to "the bridge to nowhere".

So how is training going up here in The Pas you ask? It is more than just star filled skies and northern lights. The Pas is home to Winton Pool and The Road Runners Swim Team. We have a masters group which trains 2 times per week and then meets for a run down Grace Lake Road. On the weekends we have many options. We actually have snow here, unlike in Winnipeg, so the cross-country skiing is excellent. We have 11 km of groomed trails in town, not including a snow machine groomed hydro line which runs at least 50 km one way. Just outside of town, Clearwater Recreation Park features over 20 km of groomed ski trails and a Chalet with a sauna! Craig has been doing a lot of training on his skis and prepared for the Norman Regional Games which took place in Flin Flon on February 14th and 15th. Craig took 3rd place overall, and 1st place in his age group

in the 20 km loppet. That same weekend, I challenged myself to the Bill Bannock Snowshoe (half) Marathon. The distance one-way was 14 miles. For those who are really tough, the full Marathon is 28 miles broken in half by an overnight-outdoor camp-out. The winner isn't based on just overall time, but the participant's bushman/woman skills as well. I thought I was tough for carrying a knapsack on my back for 14 miles, but that was nothing compared to local triathlete, Sharon Adamchuk. Sharon completed the full marathon in just under 8 hours and had the best bush skills in the bunch.

I'm looking forward to summer too!

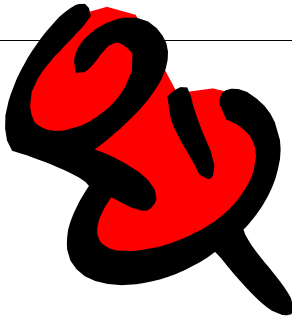
Clearwater Lake is one of three true-blue lakes in the world and apparently is the same temperature as Okanogan Lake for those training for Ironman Canada. The Pas also will host two triathlons this summer. A Kids of Steel race is scheduled to take place on June 1st and the Fifteenth Annual Trappers Triathlon will take place on August 15th. The Trappers Tri features both Olympic and Sprint distances. It is flat and fast and only \$15 bucks to enter! We are hoping to get some southerners' out this year to compete at the Trappers Tri (I never thought I would refer to Winnipeggers' as "southerners")

The days are shorter here in the winter and tend to be a bit colder. I carry pepper spray for wild dogs and sometimes the stars I see in the sky are airplanes--heading straight for me as I run down Grace lake Road (did I indicate its located beside Grace Lake Air Field?). Is getting hit by an airplane covered in my triathlon insurance plan? I miss the Hammerheads and all the other athletes I trained with, but I have found new ways and places to train and a great bunch of athletes to keep me fit here in The Pas. Sharon, Dale, Lynn, Don, Craig and myself are training hard and are looking forward to seeing everyone at the races this summer!

The Pas triathletes all hope your training is going well and you're having as much fun as we are. See you in June!

1999 TRI SEASON TOP 10 LIST:

**#8. Nothing better
than changing a bike
flat during mosquito
season.**



TRIATHLON MANITOBA
WILL BE HOSTING THE

TRIATHLON SWAP SHOP

DATE: **Saturday, April 17, 1999**

WHEN: **10:00 a.m. – 2:30 p.m.**

WHERE: **Harbor View Golf Course and Recreation Complex
1867 Springfield Road**

1999 TRI SEASON
TOP 10 LIST:

#9. Chance to swap stories about how little training you've been doing this winter.

Now is the time to check your triathlon equipment for the upcoming season. The ***Triathlon Swap Shop*** is the time to buy or sell. Cash and Cheques will only be accepted.

The ***Triathlon Swap Shop*** is a Triathlon Manitoba fundraising event. Triathlon Manitoba will receive a 10% commission from all participants, on all items sold.

PLEASE NOTE: If you would like to sell equipment, it must be dropped off on site – Friday, April 16th, 1999 between the hours of 7:00 – 9:00 p.m.

All unsold merchandise must be picked up between 2:00 – 3:00 p.m. on Saturday, April 17th, 1999.

We will be glad to help you with information and pricing on any or all triathlon equipment (wetsuits, bikes, bike accessories), clothing, etc.

Please contact the Triathlon office at 925-5933 for further information on the ***Triathlon Swap Shop***.

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**Can you unscramble these words to find out where
The 1999 Kids of Steel Races are being held?**

- NDRAONB _____
- RANOKE _____
- REDNOM _____
- PWAINA _____
- TS LAMO _____
- SCRTNANAO _____
- TUEABL EAKL _____
- RSIBD LIHL RAPK _____
- IDIGNR UNTNMOAI _____

JOKES!!!

- 1 What do you call a jogging cashew?
- 2 What do sprinters eat?

Are you ready
your bike and

Your Bike Needs a Spring Check- Up

to hop on
start

another race season?

Be sure to think about these questions:

- *Are all the bolts tight?
- *Are your tires filled up?
- *Are all moving parts lubricated?
- *Are the gears working?
- *Are the brakes working?
- * Are there reflectors on your bike?
- *Are the seat and handlebars properly adjusted?
- *Are you remembering to wear your helmet?

Did You Know!

The 1st annual Elementary School Challenge is being hosted by the Transcona/Springfield School Division on Sunday -June 6th? Round up all of your schoolmates and enter individuals and/or relay teams to Tri and claim the Kids of Steel Banner for your school.

"Tri" Crispix Crunchy Snack:

- | | | |
|-----------------------------------|-----------------------------------|----------------|
| 3 c. Crispix cereal | 2 c. plain popcorn | ½ cup pretzels |
| 1 ½ Tbsp. melted margarine/butter | 1/8 tsp. each garlic & onion salt | |
| 1 tsp. lemon juice | 1 tsp. Worchester sauce | |

- 1) In large bowl combine cereal, popcorn, and pretzels. Set aside.
- 2) Stir together remaining ingredients; drizzle over cereal mix; gently toss until evenly coated.
- 3) Spread on bottom of baking sheet and bake at 250 for 35 minutes, stirring every 12 minutes. Cool and store in airtight container.

**1999 TRI SEASON
TOP 10 LIST:**

#10. Bakery visits.



RACE RESULTS

U of M Swim Run – November 29, 1998

Females

Ages 8 & 9 – 100m swim, 1k run

1	Jacy Depage	8:37
2	Serena Bredin	8:55
3	Karina Rempel	9:20

Ages 10 & 11 – 100m swim, 1k run

1	Alycia Smith	8:15
2	Dana Gilchrist	8:27
3	Allison Closs	8:45

Ages 12 & 13 – 200m swim, 2k run

1	Amy Briscoe	15:05
2	Kira Bredin	15:20
3	Erin Braun	15:26

Ages 14 & 16 – 200m swim, 2k run

1	Courtney Gilchrist	13:58
2	Christa Desrochers	14:15

Ages 20 – 29, 800m swim, 5k run

1	Carina Rondeau	35:58
2	Shawna Rutherford	36:39
3	Nancy Rowsell	36:59

Ages 30 – 39, 800m swim, 5k run

1	Janet Findlay	32:40
2	Sandra Korkosh	42:44
3	Deb Brethauer	46:02

Ages 40+, 800m swim, 5k run

1	Nancy Gilchrist	42:38
2	Margaret Day	52:33

OPEN RELAY, 800m swim, 5k run

1	VanDenBosch / Dales	33:52
2	Markham / Markham	37:09

Males

Ages 8 & 9 – 100m swim, 1k run

1	Riley Pickerl	6:56
2	Greg Miller	6:57

Ages 10 & 11 – 100m swim, 1k run

1	Aric Taylor	7:03
2	Bryan McIntyre	7:14
3	T.J. Bergen	7:40

Ages 12 & 13 – 200m swim, 2k run

1	Josh Markham	13:21
2	Justin Campbell	13:22
3	Ryan Kolbuck	18:11

Ages 20 – 29, 800m swim, 5k run

1	Patrick Peacock	29:36
2	Jeff Morier	32:07
3	Kevin Breiter	33:11

Ages 30 – 39, 800m swim, 5k run

1	Phillippe Chabot	31:37
2	Marc Fournier	32:29
3	Ray McCoy	34:20

Ages 40+, 800m swim, 5k run

1	Ken Shute	39:32
2	Mike Gilchrist	40:03
3	Barry Breiter	44:33

U of M Swim Run – January 17, 1999

Females

Ages 8 & 9 – 100m swim, 1k run

1	Jacy De Pape	8:05
2	Karina Rempel	8:06
3	Serena Bredin	8:12

Ages 10 & 11 – 100m swim, 1k run

1	Kaitlin Rempel	8:30
2	Dana Gilchrist	8:40
3	Amber Renouf	8:57

Ages 12 & 13 – 200m swim, 2k run

1	Amy Briscoe	13:50
1	Erin Braun	13:50
2	Shelagh Prizey-Allen	14:52

Ages 14 & 16 – 200m swim, 2k run

1	Courtney Gilchrist	13:58
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Ages 20 – 29, 800m swim, 5k run

1	Christine McKinley	35:25
2	Dominique Gzebowski	35:45
3	Carina Rondeau	36:28

Ages 30 – 39, 800m swim, 5k run

1	Sandra Korkosh	41:25
2	Deb Brethauer	44:26

Ages 40+, 800m swim, 5k run

1	Nancy Gilchrist	41:25
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OPEN RELAY, 800m swim, 5k run

1	Youngson / Taylor	31:32
2	VanDenBosch / Dales	32:48
3	Markham / Markham	37:36

Males

Ages 8 & 9 – 100m swim, 1k run

1	Riley Pickerl	7:07
2	Greg Miller	7:08
3	Edin Tankovic	12:05

Ages 10 & 11 – 100m swim, 1k run

1	Aric Taylor	6:57
2	Ryan De Pape	7:17
3	Jonathon Toews	7:29

Ages 12 & 13 – 200m swim, 2k run

1	Josh Markham	13:24
2	Justin Campbell	9:58

Ages 20 – 29, 800m swim, 5k run

1	Andrew McGilvary	29:58
2	Jeff Morier	30:58
3	Dan Morwood	31:38

Ages 30 – 39, 800m swim, 5k run

1	Phillippe Chabot	32:15
2	Marc Fournier	32:37
3	Ray McCoy	33:24

Ages 40+, 800m swim, 5k run

1	Clayton Case	35:27
2	Art Gzebowski	38:18
3	Ken Shute	38:46

U of M Swim Run – February 21, 1999

Females

Ages 8 & 9 – 100m swim, 1k run

1	Serena Bredin	7:59
2	Karina Rempel	8:31
3	Jacy De Pape	8:32

Ages 10 & 11 – 100m swim, 1k run

1	Kira Despina	6:59
2	Alycia Smith	8:05
3	Bronwyn Fehr	8:09

Ages 12 & 13 – 200m swim, 2k run

1	Amy Briscoe	13:43
2	Shelagh Pizey Allen	14:33
3	Kira Bredin	14:45

Ages 14 & 16 – 200m swim, 2k run

1	Courtney Gilchrist	13:32
2	Amber Miller	13:37

Ages 20 – 29, 800m swim, 5k run

1	Dominique Gzebowski	36:10
2	Shawna Rutherford	37:58
3	Jenny Hasenack	41:16

Ages 30 – 39, 800m swim, 5k run

1	Cherrie Fournier	40:03
2	Sandra Korkosh	40:14
3	Deb Brethauer	43:32

Ages 40+, 800m swim, 5k run

1	Nancy Gilchrist	41:45
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OPEN RELAY, 800m swim, 5k run

1	VanDenBosch / Dales	31:54
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Males

Ages 8 & 9 – 100m swim, 1k run

1	Riley Pickerl	6:37
2	Greg Miller	6:57
3	Alexander Johnson	6:59

Ages 10 & 11 – 100m swim, 1k run

1	Ryan De Pape	6:55
2	Colin McKinley	7:06
3	Aric Taylor	7:23

Ages 12 & 13 – 200m swim, 2k run

1	Josh Markham	13:06
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Ages 20 – 29, 800m swim, 5k run

1	Jeff Morier	30:17
2	Kevin Breiter	31:03
3	Darcey Harder	31:21

Ages 30 – 39, 800m swim, 5k run

1	Scott Taylor	31:26
2	Marc Fournier	31:48
3	Phillippe Chabot	32:08

Ages 40+, 800m swim, 5k run

1	Art Gzebowski	37:00
2	Ken Shute	36:02
3	Ross Tallman	40:45

Attention Chefs!



Triathlon Manitoba is putting together a cookbook for a

- fundraiser -

We are asking members to please submit a neatly printed or typed copy of your favorite recipes.

Submissions are needed for:

- appetizers,***
- barbecue stuff,***
- meats,***
- doughy things,***
- pasta,***
- saucers,***
- power drinks,***
- soups,***
- salads,***
- deserts,***
- kids favorites, etc.***

We want to have the cookbook ready for sale for the start of the race season, so please submit all recipes to *Jaelyn at Triathlon Manitoba* by:

April 15th.

Kids of Steel participants be sure to submit your recipes too.

If you can think of a catchy title for the cookbook, please send that suggestions along.

Send us your recipes (name of submitter included) to:

Mail: Triathlon Manitoba
200 Main Street
Winnipeg, MB
R2J 3G5

Email: trimb@pangea.ca

FAX: 925-5624

Great Job!