



Where to find TRIATHLON MB

Spring 2000

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Triathlon Manitoba News

www.triathlon.mb.ca

Editor's Message

Welcome everyone! Utilize this newsletter as a tool to schedule your triathlon life. For those of you like myself, who do not have Internet access to our website, this is your triathlon bible. After two dedicated years to Canadian Nationals and the Pan Am Games, triathlon can focus on our own goals and achievements once again. To our new triathletes: enjoy the sport, have fun, and take it easy. Positive experiences come from setting realistic goals, meeting new people, and that truly wonderful feeling of finishing your first race. To you old timers: keep up the good work, reach for higher goals that still keep you excited and motivated with triathlon. Whether you're in the sport for recreation, a future career, or pure pleasure (whatever that may be), my best wishes to you.

Carina

Ironman

Triathlon Manitoba is pleased to announce that we have been awarded four qualifying spots for the 2000 Ironman Canada Triathlon in Penticton on August 27th. These four spots will be allocated at the Morden International Triathlon on Saturday July 15th. The first two spots will go to the top male and female Canadians, and the third and fourth spot will go to the top Manitoba male and the top Manitoba female. A roll down process will be in effect, and in the event that one gender does not use their two spots they will revert to the other gender.

The following are requirements for participants who plan to pursue a spot at

the Morden International Triathlon: Athletes must declare whether they are attempting to qualify, prior to the start of the race. This can be done by checking off the information on the entry form. At the Awards Ceremony, athletes will be identified and required to:

- provide a cheque in the amount of \$325US (or the equivalent in Canadian dollars) payable to Triathlon Manitoba.
- provide a 2" X 2" picture.



TUESDAY NIGHT RACE SERIES

By David Markham

Who would have thought we could ride our road bikes by the end of February! Perhaps next year we'll have to start the Tuesday Night Race Series at Birds Hill Park in March. Here's the update on the "expanded" 2000 series.

The Tuesday Night Series is an excellent opportunity for novice athletes to familiarize themselves with the sport, equipment and slick duds. 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 maybe some wind and rain.

In an effort to keep it simple and cheap we plan to continue to phase out formal awards, but if you bring an old medal of yours we'll present it back. Those medals and water bottles are, more often than not, discarded anyway. Our method of recognition involving \$\$\$ seemed to be well-received last year.

Race fees will be \$8 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 by Wednesday morning. Hard copies will be posted at the next race.

Each race starts at precisely 6:30 p.m. Registration closes at 6:15 p.m. Do not arrive late or you'll be given the stern look at registration and you'll be playing catch up (we don't adjust times).

Race categories include Kids of Steel (16 & under — 2K run / 13K bike only), Youth/Junior (13 to 19), Open (20 to 39) and Master (40+). Male and female, of course. Your 1999 Triathlon Age is your age as of January 1, 2000. Any kind of

two-wheeled bike without a motor is acceptable. A cycling helmet is mandatory.

The race schedule is as follows:

May 9 Prestige Duathlon Series Race #1 --- 2K run / 13K bike / 2K run or 4K run / 24K bike / 4K run

May 16 Prestige Duathlon Series Race #2 --- 2K run / 13K bike / 2K run or 4K run / 24K bike / 4K run

May 23 Prestige Duathlon Series Race #3 --- 2K run / 13K bike / 2K run only

May 30 Bike Tie & Run --- 6K run / 6K bike, alternating every 1K

June 13 Schools Triathlon Championship --- Various distances. You must pre-register for this event. Adult categories included. It's also the Manitoba Summer Games qualifier for the Winnipeg Region.

June 20 Swim/Cycle/Skate 400m swim / 13K bike / 13K Inline skate.

MENTAL FITNESS

TEST:

1. Do I see the relationship between my state of mind and my ability to perform?
2. Will competition make me perform better?

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.

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THURSDAY NIGHT TRAINING

by David Markham

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 6:30pm 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. The tentative schedule is as follows (any changes will appear on our website at www.triathlon.mb.ca) :

May 4	Pace Line / Hills
May 11	Cycle Timed Trial
May 18	Transitions B/R/B/R/B/R
May 25	Pace Line / Hills
June 1	Mini Tri
June 8	Tri Mix – SBR/BRS/RSB
June 15	Cycle Timed Trial
June 22	Mini Tri
June 29	Cycle, Skate & Swim
July 6	Shawna's Incredible Orienteering Interval Challenge
July 13	Mini Tri
July 20	Cycle Timed Trial
July 27	Bike Skill Games – Bring Mountain Bikes
August 3	Cycle Timed Trial
August 10	Water Games

For more information call David at 663-6640 or e-mail at dmarkham@pangea.ca.

MENTAL FITNESS TEST:

3. Have I visualized the race course as completely as possible?

HIGH PERFORMANCE

For information about team selection to 2000 Nationals, time standards, funding or training, check out the High Performance page on our website — www.triathlon.mb.ca.

JUNIOR PROGRAM

The Junior Team Program, for the purpose of description, can be split into the Junior Development Team and the Provincial Junior Team.

The Junior Development Team is divided into two age groups:

1. Youth aged 13 to 16 compete at Sprint distance (750m Swim/ 20K Bike/ 5K Run)
2. Juniors aged 17 to 19 compete at Standard distance (1500m Swim/ 40K Bike/ 10K Run)

Any eligible Junior or Youth can qualify to represent Manitoba at Regional and National Championships.

For more information, see our Junior Information page on our website — www.triathlon.mb.ca.

TRIATHLON MANITOBA RACE SERIES IN 2000

In 2000, we've got three race series on our calendar, in addition to the Kids Of Steel Series and some other races. A race series is two or more related races where points are awarded to determine series winners. These series winners are recognized at the Triathlon Manitoba Awards Evening on October 7th.

Race series points will be awarded to Triathlon Manitoba members at each race based on the order of finish:

1st - 50 points, 2nd - 40, 3rd - 31, 4th - 23, 5th - 16, 6th - 10, 7th - 9, 8th - 8, 9th - 7, 10th - 6, 11th - 5, 12th - 4, 13th - 3, 14th - 2, 15th - 1, 16th - 1, 17th - 1, ... This declining scale system helps to avoid ties in total race series points. For example, one 1st and one 3rd beats two 2nds.

Please consult the Race Series Information page on our website (www.triathlon.mb.ca) for a complete list of series races.

RACE ENTRY FORMS

Race entry forms are not included with your newsletter mailing in order to cut mailing costs and meet the newsletter publication deadline. All race brochures are available on our website (www.triathlon.mb.ca), and most will be available at races, at the Monday and Wednesday Night Swims, and Thursday Training at Birds Hill Park. If you need more information you can also call Triathlon Manitoba at 925-5636.



MENTAL FITNESS

TEST:

4. Have I visualized myself running, swimming and cycling smoothly and effortlessly?

NUTRITION & PERFORMANCE CLINIC

by Anita Miller

There were about 25 athletes at the *Nutrition & Performance Clinic* held at Sport Manitoba on February 8, 2000. We enjoyed an excellent presentation by Lawrence VandeVyvere, a professional dietician and trained athlete. He started out with everyone filling in a sheet on what they had eaten that day. The food items were then classified as grain products, vegetables & fruit, milk products, meat & alternatives, other foods, and fluids. Each food group was totaled at the bottom to show us how many servings of each we had consumed that day. After his presentation, we looked back at our sheets. Many, if not all, of us learned

that we were short in many of the recommended servings of the food groups.

After fielding many questions, Lawrence left us with a *Nutrition Game Plan - A Pattern For Daily Food Choices* sheet which lists the food groups, suggested daily servings, and what counts as a serving. We also received a pamphlet titled, *Sport Nutrition*.

It was a very informative talk that will hopefully help the athletes to give their best performance on race day and every day. All that talk about food sure made some of us hungry!

2000 MTS Manitoba Summer Games

Triathlon Manitoba is proud to be a part of the 2000 MTS Manitoba Summer Games. The Games will be held in-and-around Virden in early August. The Manitoba Summer Games Triathlon is on Saturday August 12th at Oak Lake, Manitoba.

Team Eligibility

Each of the seven regions in Manitoba will send a triathlon team to the Games. Each team will have a maximum of 10 athletes -- one male and one female from each age category:

- 10 & 11 years old (100m swim, 5K bike, 1K run)
- 12 & 13 years old (200m swim, 10K bike, 2K run)
- 14 to 16 years old (200m swim, 10K bike, 2K run)
- 17 & 18 years old (400m swim, 15K bike, 3K run)
- 19 and over (400m swim, 15K bike, 3K run)

An athlete's category is based on their age as of January 1, 2000. In addition, the team may have one

coach and one manager who must be 18 years of age or older as of January 1, 2000, and one must be male and the other female.

Members of our 1999 and 2000 Provincial Team or Provincial Junior Team who competed at the Canadian Triathlon Championships or Canadian Junior Triathlon Championships are not eligible to compete in the 2000 MTS Manitoba Summer Games.

Regional Finals (to qualify for the Manitoba Summer Games)



VIRDEN
SUMMER OF 2000

MENTAL FITNESS

TEST:

- 5. Do I view the challenge of competition as fun?
- 6. Am I prepared to do my best—even if the conditions are unfavorable?

Region	Date	Location	Contact
Norman	June 4	The Pas	Amy Ricketts - 1-204-677-6785
Interlake	June 10	Camp Arnes (20K past Gimli on Hwy 8)	Darcy Tomczak - 1-204-642-6015
Winnipeg	June 13	Birds Hill Park East Beach	Amanda Guest - 452-5958
Central	June 17	Emerson	Tara Sylvester - 1-204-822-6735
Parkland	June 17	McCreary	Lisa Hale - 1-204-622-2094
Westman	June 25	Boisevain	Jeff Hunt - 1-204-726-6072
Eastman	July 8	Pinawa Pool	Michelle Kowalchuk - 1-204-268-2172

IRONMAN

By Shawna Rutherford



4:00 AM the alarm clock rings. It is finally here. The day I have been thinking about every day for the last twelve months. I first got the idea of doing Ironman Canada about a year and a half ago. I was in aquatics class with Laura Holowchuk-Finlay when she told me that she and Craig were planning on doing Ironman in 1999. Why not, I thought, I had been involved in triathlon for six years, and I would have a great training partner in Laura. Well, Laura soon moved to The Pas, so my quest to find a new training partner began. Carina Rondeau had done this thing before, so it wasn't too hard to convince her to do it again.

I really had no idea how to train for this thing, so I just tried to get my long rides, runs, and swims up to close to Ironman distance. This meant a lot of weekends spent on my bike and with shoes, riding and running circles at Birds Hill Park. If Carina couldn't join me, I always seemed to run into Wayne Klassen or Darcey Harder, who would join me for a few laps, but they usually couldn't keep the pace.

As Ironman drew near, most of my thoughts and expectations for the race had turned to fears. I began to doubt my training and myself. Two Half Ironmans throughout the summer had increased my confidence a bit, but Ironman still seemed very long.

Ironman had once seemed so far away, but the summer flew by and before I knew it, we were packing the RAV4 and were on our way

to Penticton. At least there would be no more MTN interviews for awhile. We left for Penticton on Tuesday morning and arrived Thursday morning. Once I arrived, and started to absorb the Ironman experience, my fears turned to excitement. I don't know why, but just being in Penticton and seeing all of the other athletes gave me confidence that I could do this thing. Also, I had bought Ironman t-shirts and would feel better about wearing them after I actually finished the race, so DNF was not an option.

The week flew by and Sunday morning soon arrived. We had checked our bikes and special-needs bags into transition the day before, so there wasn't anything to worry about on race morning. My mom had left at 4:00 AM to get ready to volunteer as a body marker, but her fun would soon end as she later would work as an official in the penalty box. I managed to get a ride to transition in the back of a pick-up with a few triathletes from BC from one of the many friendly Pentictoners. The morning was humid and rainy, and thunder and lightning lit the sky. Many people were worried about swimming in lightning, and I overheard that our wetsuits would protect us from the lightning – yeah, whatever! By 7:00 AM the sky had cleared and we were ready to race. By this time I just wanted to get this race started.

I started the swim near the back of the 1700 other triathletes. I didn't want to have to worry about being abused on the swim. The water temperature was about perfect. The swim went well, and I didn't get beat up among all of the other arms and legs. I have taken harder hits in Manitoba. After exiting the swim, I was surrounded by the wetsuit strippers who had my wetsuit off in 1.2 seconds. The volunteers were everywhere, and helped me get ready for the bike.

I was soon heading through the streets of Penticton on my bike. The roads were crowded with cyclists, but most of us did our best not to draft. The bike section starts off pretty flat for British Columbia, and then the fun begins. Richter Pass was tough, but I managed to climb it pretty well, and even pass some other triathletes. Not bad for a prairie girl! The cycle was very challenging,

MENTAL FITNESS

TEST:

7. Do I look for ways to refine and improve my performance?

and my training had not really prepared me for the climbs, but I was moving forward and thankful to see all of the other triathletes around me and the aid stations. They were plentiful and full of Gatorade, water, Coke, cookies, PowerGel, oranges, bananas, and ice. By now it was getting pretty hot, especially when climbing. I grabbed a bottle of water just before a long climb. As I was climbing, I thought I would pour some water over my head to cool off. I didn't realize that the bottle was half full of ice. It was so cold, I almost had a heart attack, and crashed. I will remember this lesson for next time. The last 20 km into town was mostly downhill. I was very happy once I reached Penticton. I really needed to get off my bike. I saw Carina heading off on the run as I rode through the town.



memories of the race is when I was running down Main Street almost near the finish, and there was a little girl with her dad cheering everyone on. She looked at me and said to her dad, "Girls do this too?"

If you have any desire to do Ironman, don't doubt it, do it. It is a great experience. I hope to be back in 2001. See you there.

Here is a sneak preview of what you might expect. (see below...)

MENTAL FITNESS

TEST:

8. Am I able to maintain my concentration and stick to my program during the stress and excitement of racing?

I hopped off my bike and shuffled to the change tent. This was the first time that day that I knew I would make it to the finish line. Even if I had to walk, I would make it. I ran most of the first half of the marathon. I guess I drank a bit too much on the bike, as I had to stop three times to go pee in the first half of the marathon. I still can't believe how many people I saw peeing at Ironman. I don't think 10 minutes went by without seeing someone peeing either during the bike, or on the run. The second part of the marathon was hard. I walked quite a bit. My legs just couldn't move. As the sun set, the wind picked up and with three miles to go, I managed to jog again. The last part of the marathon is through town, and the people of Penticton come out to cheer everyone on. I heard many people yelling my name, and realized that the paper had printed everyone's number and name. I just thought I had a lot of friends!

As I got closer to the finish line, I was full of emotion. The streets were lined with thousands. It was amazing! As the finish was in sight, I couldn't feel any pain anymore, I just ran. I crossed the line and they put the medal around my neck. I had done it. I was an Ironman. Carina, Chris Rivard, and Cam Gray were waiting for me at the line. It felt great to be surrounded by friends.

Lying in bed that night, I knew I would do this race again. It was amazing, sometimes I still can't believe I did it. One of my favorite



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Date	Event	Place	Distance	Contact
April 29 Saturday	ITU World Triathlon Championships	Perth, Australia	1500mS, 40kB, 10kR	
May 9 Tuesday	Prestige Duathlon Series #1	Birds Hill Park East Beach	2kR, 13kB, 2kR or 4kR, 24kB, 4kR	David Markham 663-6640
May 16 Tuesday	Prestige Duathlon Series #2	Birds Hill Park East Beach	2kR, 13kB, 2kR or 4kR, 24kB, 4kR	David Markham 663-6640
May 20 Saturday	Thief River Falls Pepsi Triathlon	Thief Rivers Falls, Minnesota	500ydS, 12miB, 3miR or 50ydS, 2.4miB, 1.2miR	Jim Langland (218) 681-7332
May 23 Tuesday	Prestige Duathlon Series #3	Birds Hill Park East Beach	2kR, 13kB, 2kR only	David Markham 663-6640
May 27 Saturday	Brandon Kids Of Steel	Brandon Sportsplex	100mS, 5kB, 1kR 200mS, 10kB, 2kR	Dave Ferguson 1-204-726-1431
May 30 Tuesday	Bike Tie & Run	Birds Hill Park East Beach	1kR, 1kB x 6 alternate with a partner	David Markham 663-6640
June 4 Sunday	Transcona Kids of Steel	Kinsmen Pool / Kern Park	100mS, 5kB, 1kR 200mS, 10kB, 2kR	Phillipe Chabot 253-8530
June 4 Sunday	The Pas Kids Of Steel & MTS MB Summer Games Norman Regional Final	Winton Pool The Pas, MB	100mS, 5kB, 1kR 200mS, 10kB, 2kR 400mS, 15kB, 3kR	Laura Finlay 1-204-627-131 Amy Ricketts 1-204-677-6785
June 10 Saturday	MTS MB Summer Games Interlake Regional Final	Camp Arnes	100mS, 5kB, 1kR 200mS, 10kB, 2kR 400mS, 15kB, 3kR	Darcy Tomczak 1-204-642-6015
June 10 Saturday	Triple Threat Triathlon & Duathlon	Birds Hill Park East Beach	1500mS, 40kB, 10kR 750mS, 20kB, 5kR 5kR, 40kB, 10kR	Triple Threat Tri Club Mitch Kolbuck 222-9809
June 13 Tuesday	Schools Triathlon Championship & MTS MB Summer Games Winnipeg Regional Final	Birds Hill Park East Beach	400mS, 13kB, 3kR 200mS, 10kB, 2kR 100mS, 5kB, 1kR	David Markham 663-6640 Amanda Guest 452-5958
June 17 Saturday	MTS MB Summer Games Parkland Regional Final	McCreary, MB	100mS, 5kB, 1kR 200mS, 10kB, 2kR 400mS, 15kB, 3kR	Lisa Hale 1-204-622-2094
June 17 Saturday	Emerson Kids Of Steel & MTS MB Summer Games Central Regional Final	Emerson, MB	100mS, 5kB, 1kR 200mS, 10kB, 2kR 400mS, 15kB, 3kR	Tara Sylvester 1-204-822-6735
June 18 Sunday	ITU Long Distance World Triathlon Champion- ship	Nice, France		
June 18	Manitoba Marathon	UofManitoba		
June 20 Tuesday	Swim-Bike-Skate Triathlon	Birds Hill Park East Beach	400mS, 13kB, 13kInlineSkate	David Markham 663-6640
June 24 Saturday	St Malo Kids of Steel	St.Malo Provincial Park	100mS, 5kB, 1kR 200mS, 10kB, 2kR	Tribalistic Triathlon Team 895-0961
June 25 Sunday	Le Triathlon de St Malo	St.Malo Provincial Park	1500mS, 40kB, 10kR 750mS, 20kB, 5kR 750m / 2250m Swim	Tribalistic Triathlon Team Kim Norrie
June 25 Sunday	MTS MB Summer Games Westman Regional Final	Boisevain, MB	100mS, 5kB, 1kR 200mS, 10kB, 2kR 400mS, 15kB, 3kR	Jeff Hunt 1-204-726-6072
July 1 Saturday	Southport Triathlon	Portage la Prairie, MB	100mS, 5kB, 1kR 200mS, 10kB, 2kR 750mS, 20kB, 5kR	Ron MacLellan 428-3553
July 2 Sunday	Canadian Junior Triathlon Championships	Drummondville, QC		
July 2 Sunday	Canadian Long Course Championships	Stoney Plain, AB		

Date	Event	Place	Distance	Contact
July 8 Saturday	Pinawa Kids of Steel & MTS MB Summer Games Eastman Regional Final	Pinawa	100mS, 5kB, 1kR 200mS, 10kB, 2kR 400mS, 15kB, 3kR	Triathlon Manitoba 925-5636 Michelle Kowalchuk 1-204-268-2172
July 9 Sunday	Raivo Tamm Triathlon & Duathlon	Pinawa	1500mS, 40kB, 10kR 750mS, 20kB, 5kR 5kR, 40kB, 10kR	Triathlon Manitoba 925-5636
July 15 Saturday	Morden International Triathlon	Colert Beach, Morden	1.9kS, 90kB, 21.1kR 950mS, 30kB, 7.2kR	Hank & Sally Unrau 1-204-822-3167
July 16 Sunday	Morden Kids Of Steel & Try A Tri	Colert Beach, Morden	100mS, 5kB, 1kR 200mS, 10kB, 2kR 300mS, 15kB, 3kR	Doug Kelso 1-204-822-3964
July 23 Sunday	Canadian Triathlon Championships	Corner Brook, Newfoundland	1500mS, 40kB, 10kR	
July 30 Sunday	Sandman Triathlon at Lac du Bonnet	Lac du Bonnet	1500mS, 40kB, 10kR 750mS, 20kB, 5kR 300mS, 10kB, 2.5kR	Hammerheads Tri Team Scott Brown
August 1 (women) August 2 (men)	Iron-Person Competition (approx 5-8 hours to complete)	Nelson House	3K Swim, 20K Canoe, (4 Portages) 40 K Bike, 10K Run, 5K Pack Carry (150 lbs)	Chief Jerry Primrose 1-204-484-2332 Jody Linklater 1-204-484-2466
August 5 Saturday	Essex Road Mountain Bike Tri & Kids of Steel	Kenora	750mS, 20kB, 5kR 100mS, 5kB, 1kR 200mS, 10kB, 2kR	Edie & Bruce Fisher 1-807-548-8142
August 7 Monday	Betulaman Mountain Bike Tri & Kids Of Steel	Betula Lake, Whiteshell Provincial Park	700mS, 15kMTB, 5kR 100mS, 5kMTB, 1kR 200mS, 10kMTB, 2kR	John Silver 261-7169
August 12 Saturday	MTS Manitoba Games Triathlon	Oak Lake / Virden	100mS, 5kB, 1kR 200mS, 10kB, 2kR 400mS, 15kB, 3kR	Triathlon Manitoba 925-5636
August 13 Sunday	Trappers Triathlon	The Pas	1500mS, 40kB, 10kR 750mS, 20kB, 5kR	Laura Finlay 1-204-627-1131
August 13 Sunday	Ironman USA	Lake Placid, NY	3.9kS, 180kB, 42kR	
August 19 Saturday	Riding Mountain Triathlon	Wasagaming	1500mS, 40kB, 10kR 750mS, 20kB, 5kR	Dave Lyon 925-5744
August 20 Sunday	Riding Mountain Kids Of Steel	Wasagaming	100mS, 5kB, 1kR 200mS, 10kB, 2kR	Dave Lyon 925-5744
August 26 Saturday	Canadian Duathlon Championships	Kananaskis Village, AB		Cameron Gray
August 27 Sunday	Flin Flon Triathlon	Flin Flon	1500mS, 40kB, 10kR 750mS, 20kB, 5kR	Heather Todoschuk 1-204-687-9775
August 27 Sunday	Ironman Canada	Penticton, BC	3.9kS, 180kB, 42kR	
September 9 Saturday	Selkirk Steel City Triathlon 2000: Paddle / Mountain Bike / Run	Selkirk Rowing Club	Kids of Steel & Adult distances	Milt Pedwell 1-204-482-8478 MB Paddling Assoc.
September 10 Sunday	Kids of Steel Windup Race	Birds Hill Park East Beach	100mS, 5kB, 1kR 200mS, 10kB, 2kR 400mS, 15kB, 3kR	Triple Threat Tri Club Mitch Kolbuck 222-9809
September 17 Sunday	Terry Fox Run	Various sites		Canadian Cancer Society
September 24 Saturday	Duathlon Mitch Hildebrand	St Anne, MB	5kR, 20kB, 5kR or 5kR	Betty Hildebrand 1-204-326-4505
October 7 Saturday	Triathlon Manitoba Awards Evening	Sport Manitoba		Triathlon Manitoba 925-5636
October 10 Tuesday	Triathlon Manitoba AGM	Sport Manitoba		Triathlon Manitoba 925-5636

LOOK OUT FOR AMY BRISCOE!

By: Kevin Miller

The first thing I notice when I look at the results from both Swim/Run Race #1 (December 12, 1999 --- see http://www.competitions.mb.ca/rr_2000_swimrun1.htm) and Swim/Run Race #2 (February 20, 2000 --- see http://www.competitions.mb.ca/rr_2000_swimrun2.htm) is how many participants there are in the 20 to 29 age categories, especially *Female 20 to 29*. That's because any Junior or Youth athletes who wanted to do the full 800m swim / 5K run distance had to register in the 20 to 29 age category. Twelve members of Triathlon Manitoba's Junior Development Team (6 boys and 6 girls) took advantage of that opportunity in one or both races.

The second thing I notice is that the third place "woman" in *Female 20 to 29* at Swim/Run Race #1 (fourth place at Race #2) is also the youngest competitor in that age group: 13 year old Amy Briscoe (see http://www.competitions.mb.ca/amy_briscoe.htm).

Amy's introduction to triathlon came via Cindy Levesque's Kids Of Steel Club at Ecole St Avila. I first met Amy and her very supportive parents, Barry and Sandy Briscoe, in September 1998 at the 1998 Kids Of Steel Wind-up race at Birds Hill Park. I had seen her finish first or second in her *Girls 10 & 11* category (100m swim / 5K bike / 1K run) at a few races during that season, and the Kids Of Steel race results showed that that she had been having a consistently good season. Both she and her parents were very enthusiastic about triathlon: they wanted to know where to buy a small road bike (Amy was 4'11" then), and how Amy could become involved in triathlon training over the winter. The "training" answer was to start attending the Triathlon Manitoba Swims at the Pan Am Pool (Monday and Wednesday at 8:00 --- open to any Triathlon Manitoba member), to continue running and participating in other sports over the winter, and to try-out for the Junior Development Team in the spring.

Amy started attending the swims, and she soon became friends with the other Youth Girls who are a year or two older than her. I found a small road bike, which her parents bought, and I set it up as a tri bike for Amy. She competed in the three 1998/1999 Swim/Runs in her 200m swim / 2K run category, and in the spring she qualified for the Junior Development Team at the Winnipeg Talent ID.



During the 1999 season, Amy regularly trained with the Team, and she dominated the Kids Of Steel *Girls 12 & 13* category (200m swim / 10K bike / 2K run) while becoming a 1999 Kids Of Steel Provincial Champion (see http://www.competitions.mb.ca/kos_provincial_champions.htm). In September 1999, only one year after having never done a triathlon longer than the Kids Of Steel 100m swim / 5K bike / 1K run distance, Amy set her sights on training for Sprint Distance for the 2000 triathlon season.

My family and the Briscoe family have gotten to know each other fairly well in the past year from training, volunteering, and racing together, and from camping around the province with other families at weekend triathlons. I could see that Amy possesses both talent and desire, and the willingness to work hard to improve. Then there's that parental support I mentioned: both Barry and Sandy have bought used road bikes, they've both started swimming regularly, and they bought a Triple Threat Triathlon Club family membership (I suspect we'll see more than one Briscoe in 2000 races results).

That brings us back to the *Female 20 to 29* category at Swim/Run Race #1, which is essentially two-thirds of a Sprint Distance triathlon

MENTAL FITNESS

TEST:

9. Has my training program helped me prepare for the race?

10. Do I have the support of family and friends?

If Amy's goal was simply to complete her first Sprint Distance race, she surprised all of us, including the nine women who finished behind her in the category. That group included a three-time Ironman Canada finisher, a Provincial Junior Team athlete, and a member of the Provincial Cycling Team (yeah, yeah, I know, there was no cycling segment at the Swim/Run).

Look out for Amy Briscoe at Sprint Distance races this season!

For more info on how you or your kids can get involved in triathlon training, see the **Training, Junior Development, or Kids Of Steel** pages on our website at:-

(<http://www.triathlon.mb.ca>), or phone the Triathlon Manitoba office at 925-5636.



WOMEN IN TRIATHLON

By Carina Rondeau

Christine van der Hoek gave a well-spoken presentation about women's issues related to training on March 7, 2000. One of the issues was how women are portrayed in the media, which has led to incorrect perceptions about body image. Anorexia and bulimia were discussed. It was interesting to learn that for girls, the feeling of pressure to be thin, comes from home more than from school. Some of the other issues were about osteoporosis, injuries, menstrual

cycles, and hemoglobin. Another interesting fact learned was that women were not even tested regarding sport until 1952! Many research today still involve men, where the purpose is to learn about women's menstrual cycles!

It was a great presentation for juniors and anyone interested in women's sport related issues. Keep up the good work Christine.

MENTAL FITNESS

TEST:

11. Has my commitment to a healthy lifestyle changed my life for the better?

BIKE FIX-IT CLINIC **FOR TRIATHLETES**

Hey, you don't spend your life in the bike shop; reading bike mags; cleaning your bike with Q-tips; and analyzing spoke tension. You've got all that SWIMMING, BIKING AND RUNNING to do.

If you're a multi-sport enthusiast and don't care if your brakes are rubbing because it gives you extra training resistance, here's a clinic to be sure your bike is race ready.

This clinic is HANDS ON, which means bring your bike and some tools (if you have any) which might fit things on your bike.

Presenting

"THINGS YOU WANTED TO KNOW ABOUT BIKES BUT DIDN'T HAVE TIME TO ASK"

Thursday, April 13, 2000

Joseph Teres School

131 Sanford Fleming Rd. (off Plessis Rd.)

6:30 – 9:00 (or join in as soon as you get there)

Bike Mechanic Clinician – Scott Brown

Cost - \$5 at the door.

Register in advance by calling David Markham at 663-6640 or e-mail at dmarkham@pangea.ca. The first 30 registrants will be accepted. Don't wait!

CLUBS STUFF

Triple Threat Triathlon Club

TRIPLE THREAT TRIATHLON CLUB.....
SERIOUS ENOUGH TO HAVE FUN..!

With a new race season upon us, many athletes are eager to get out on the course and measure their skills after a long winter of training and excellent coaching thanks to the dedication and encouragement of Philippe, our mentor...or should I say..."taskmaster!" *ouch*

Yes...with inspirational athletes like Kevin Breiter hot on the heels of the Grand Master Patrick Peacock...there have been rumors that the "great one" has been seen in his closet trying on Triple Threat t-shirts and jerseys for size. (ooooh...did I really say that???) Kevin on the other hand will be the first to admit that his secret for success and good looks revolve around his high performance diet of Big Macs, fries and shakes at an eating establishment reserved only for the finest of athletes.

Fresh out of a 2 week training camp in Victoria... Kevin is eager to share these and other guarded secrets with some of the Tribe's best so they can be ready for the long season ahead. Yes... there is nothing like a little hamburger grease to reduce the friction in your knees and ankles as well as a little extra body fat to increase your buoyancy and keep you warm in the lake. Don't be shy Patrick...give it a tri!

Just because he thinks he is colorful...and fast..., Kevin Breiter isn't the only young TTTC athlete to watch. Indeed....Triple Threat is very proud of its young upcoming male and female athletes. No doubt you've heard the rumor saying "Look out for Amy Briscoe." At the "delicate" age of 13, powerhouse Briscoe has her sights set on a winning season. Of course we would be remiss if we didn't mention the drive and determination of Erin Braun and Christa Desrochers to round out the threesome of junior girls talent who just wanna have fun...but also love the feeling of a medal around their neck after a race. A brand new addition to this female threesome adds yet another force to this talented pack. Jill Dobrinsky who is new to the sport, shows her strength in the pool but is determined to sharpen her skills on the bike and is already well on the way to burning up the track on the run. Lets go girls....!

In addition to the younger members, it is equally impressive to notice that the parents of many of these athletes, the Millers, the Breiters and Briscoes to name a few, have also been quietly training and hard at work over the long winter months. No need for knee braces or back supports here. Not a chance! These members are "well seasoned" and ready to go the distance in 2000. We will be watching them as they line up at the start line this season to strut their stuff.

All in all, it is shaping up to be a very competitive and eventful race season as all of the clubs once again go head to head, in another season of friendly competition and camaraderie. Yep...it's a nasty job pushing those Tribe standards...but TTTC is proud to do it. In the meantime....let's all go out and do what we all enjoy and do best....."have fun" See you all at the races.



HAMMERHEADS

By Jackie Wilkie

Our team has been working toward finding coaching and putting together our team uniforms so that we can dazzle the competition this summer. This year we have more of us committing to training for racing than the past couple of years. Though we don't usually get to train together, we still gather for the important training sessions of potluck dinners and parties.

This year Craig will be taking the team colors to France with him for the long course championships. We are exceptionally proud of his accomplishments, and will be cheering him on to achieve his goals.

The Sandman will be relocating this year to Lac du Bonnet. This, in most part, is due to the poor swim conditions we've experienced at Grand Beach. So this year expect to swim. We will be posting information about the race on the website as we firm up the details.

Watch for us this year. There may be more Hammerheads racing than cheering.

MENTAL FITNESS

TEST:

12. Do my present abilities match my expectations?

Tribalistic



The Tribalistic Triathlon Team, now in its 5th year, continues to set the training standard for all clubs in Manitoba. Thanks to our dedicated and knowledgeable coaching staff, we are able to offer group training every day but Friday - even the Tribe needs a break once in a while. The upcoming season will be a record breaking one for the Tribe. Already our team count is 44 triathletes and growing. Of these, many are rookies to Triathlon. Why have they joined? Like many, they either saw a triathlon or heard about it and wanted to challenge themselves to see what they can achieve. The Tribe will help them achieve their goals.

Our new members can look forward to many group training opportunities including runs and bike rides where they won't get dropped in the first five minutes. It's an atmosphere that keeps them coming back for more. Not only are they getting in shape to compete, they are learning more about triathlon, meeting some nice people, and hopefully having a good time. Good luck to Linda, Jennifer, Carlana, Chris, Tom, James, Ruth, Cheryl, Will, Christine, Corinne, and Jared.

Our returning top age group athletes will have plenty of company this year with the addition of Jim Munro, Scott Taylor and the return of Jenny Ayers and Ruth Horne to Triathlon. With Nationals being held in beautiful Corner Brook Nfld., and qualifying spots to the 2001 World Championships in Edmonton on the line, many of our top age group athletes have been training hard to earn their way onto Team Manitoba and hopefully Team Canada. Good luck to all.

In the coming months, we will be showing off our new cycling jackets designed by Will Mackenzie, a graphic artist at Premier Printing, and a rookie to Triathlon. Thanks for the new logo. You can use your imagination on the interpretation of the logo. Extra points if you can find the swimmer, cyclist and runner.

Preparations for the St Malo Triathlon are well underway. Beautiful Parc St Malo is ready to welcome triathletes to another fun day at the beach. This year's event will continue to improve on last year's race. Our early registration incentive will be a professionally designed long sleeve T-shirt. It's our way of saying thank you for supporting and promoting the race in the past and to keep you coming back for more. See you at the beach!

If you are interested in finding out more about the Tribalistic Triathlon Team and its activities, please visit our website at www.mts.net/~fournier or contact Marc at 895-0961.

MENTAL FITNESS

TEST:

13. Can I turn pre-race tension to good account?

2000/2001 Membership Form

Name: _____ Address: _____

City: _____ Province _____ Postal Code: _____

Telephone (Res): _____ (Bus): _____ Fax: _____

E-mail address: _____ Date of Birth: _____

Sex: M _____ F _____ Occupation: _____

Region (circle one): Winnipeg Central Westman Parkland Interlake Eastman Norman not sure

TYPE OF MEMBERSHIP:

Individual Family

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:

- You'll be insured while participating in all of our events and programs.
- Only Triathlon Manitoba members are eligible for Grand Prix and Sprint Series recognition, High Performance awards, High Performance funding, and inclusion on the Provincial Team or Provincial Junior Team.
- Your membership card is good for a discount at a number of swim, bike, and running stores.
- You can attend the Monday Night Swim, Saturday Swim, and coaching/officiating/training clinics.
- You'll receive our newsletter, Triathlon Manitoba News.
- You can access resource materials available through Triathlon Manitoba.

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 Cycle 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 application to: Triathlon Manitoba, 200 Main Street, Winnipeg, Manitoba R3C 4M2 or drop it off at any of our events.

For office use only

Bank Deposit: _____ Membership No: _____



Date: April 22, 2000

Triathlon Swap Shop

Time: 11:00 AM to 2:30 PM

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

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

If you would like to sell equipment, it must be dropped off on-site on Friday April 21st between 7 and 9 PM or Saturday April 22nd between 9 and 10 AM. All unsold merchandise must be picked up between 2 and 3 PM on Saturday April 22nd, unless other arrangements have been made.

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

For more information, contact Triathlon Manitoba at 925-5636.

**Held at: Harbour View Golf Course and Recreation Complex
1867 Springfield Road**

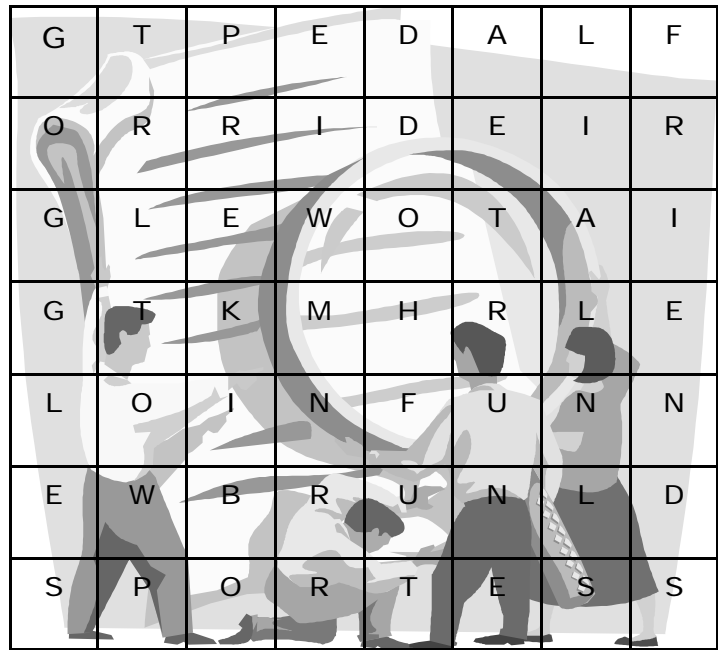
Wordsearch

What do we think of Triathlon?

- BIKE FRIENDS
- TOWEL SPORT
- SWIM FUN
- RUN RIDE
- GOGGLES PEDAL

("RUN" is in two places, but use only one of them)

Answer: _____
 _____ !



Critter Crunch

- 1/4 cup margarine
- 3 tbsp brown sugar
- 1 tsp ground cinnamon
- 1 1/2 cups Crispix
- 1 1/2 cups Cheerios
- 1 1/2 cups animal crackers
- 1 1/2 cups bear-shaped honey
- graham snacks
- 1 cup bite-sized shredded wheat
- 1 cup miniature pretzels

Heat margarine, brown sugar, and cinnamon till margarine is melted; Mix well. Combine remaining ingredients. Add margarine mixture and toss to coat. Place in greased 15" x 10" pan. Bake uncovered 300 degrees for 30 minutes. Store in airtight container. Makes 8 cups.



KIDS OF STEEL T-SHIRT DESIGN CONTEST

.DEADLINE APRIL 30TH, 2000 !!.

Triathlon Manitoba is presently looking for a brand new t-shirt design to display proudly on the front of our 2000 KOS T-shirts. Please provide either a printed copy or computer file (.JPG) to Triathlon Manitoba with your name, address, telephone number and e-mail address (if applicable) with each entry. Your design must fit on a standard 8 1/2 x 11 inch piece of paper.

Prizes....Oh yes...we do have prizes! - Prizes will be awarded for the 5 best designs submitted. The best designs will receive a Kids of Steel T-shirt and the over all winner will received a Kids of Steel T-shirt as well as 5 free entries to Kids of Steel events.

So...what are you waitnig for....Show us your design and show off your talent.

