

# Triathlon Manitoba 2008



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\* Welcome to another year of triathlon! This year is a Manitoba Games year, which \*  
\* will fully utilize our staff, volunteers, and officials. Our sport offers a wide range of \*  
\* program options from training to racing at all levels from Try-a-Tri to Half \*  
\* Ironman. If you are not quite ready to swim, there are numerous duathlons \*  
\* offered throughout the race season. For the first time in our sport in Manitoba, \*  
\* the Riding Mountain Triathlon will be offering chip timing at their event. Thanks to \*  
\* Ellis and Debbie Crowston for taking the initiative. \*  
\*  
\* Our youth team continues to grow under the leadership of Dave Lipchen. There \*  
\* is also a wide selection of clubs to join, depending on your personal goals. If \*  
\* belonging to a club is not for you at the present time, you can simply join \*  
\* Triathlon Manitoba by taking out a *Full Membership*. You can even shop online \*  
\* through our *Buy & Sell*. Take a look at our website for further information: \*  
\* [www.triathlon.mb.ca](http://www.triathlon.mb.ca) \*  
\*  
\* Our new Executive Director Jeff Hunt is a wonderful asset to our organization. \*  
\* His professionalism and support makes my job much easier. I encourage you to \*  
\* contact Jeff with any questions (925-5636 or [trimb@shawbiz.ca](mailto:trimb@shawbiz.ca)). \*  
\*  
\* Enjoy the season! \*  
\*  
\* "If anyone asks if you won or lost the race, they have no idea what racing is \*  
\* about." \*  
\*  
\* Debb Brethauer \*  
\* President, Triathlon Manitoba \*  
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<b>Where to find Triathlon Manitoba</b>	
• Executive Director	Jeff Hunt
• E-mail address	<a href="mailto:trimb@shawbiz.ca">trimb@shawbiz.ca</a>
• Office phone number	925-5636, Fax 925-5703
• Website	<a href="http://www.triathlon.mb.ca">www.triathlon.mb.ca</a>



## Contact List

Triathlon Manitoba has a Contact List of over 1500 e-mail addresses that we use to inform people in the triathlon community about promotions and time-sensitive news. If you have an e-mail address and would like it to be added to our Contact List, please contact Anita at [anita.miller@mts.net](mailto:anita.miller@mts.net). Also, please let Anita know if your e-mail address changes anytime during the year.

For privacy reasons, your e-mail address is never given to anyone, and it is not listed on the "To" header of messages we send out.

## Are you a member?

Triathlon Manitoba is only as strong as its members. By purchasing a *Full Membership*, you are helping to build a strong triathlon community in Manitoba. Your *Full Membership* helps support regional growth, youth development, athlete development, officials development, coaching development, the provincial race series, and the quality of races (sanctioning standards, race equipment, and administrative support).

Triathlon Manitoba is a volunteer based organization that organizes and delivers all programs and services for triathlon in Manitoba. Please support your lifestyle.

One of the most valued benefits are the discounts for members at participating stores. For full details, see [www.triathlon.mb.ca/membership.htm](http://www.triathlon.mb.ca/membership.htm)

A membership application form can be found at the back of this newsletter.



**The Kids of Steel® program** provides opportunities for young people from the ages of 6 through 15 to participate in a fun, challenging sport that combines swimming, cycling, and running. In 2008, there are 7 events in Manitoba that are part of our series. In addition, there are two sanctioned Northern Kids of Steel® Series events. For complete information about Kids of Steel, go to [www.triathlon.mb.ca/kids\\_of\\_steel\\_info.htm](http://www.triathlon.mb.ca/kids_of_steel_info.htm)



The Power Smart Manitoba Games are coming to your community this summer. Athletes throughout the province will compete in regional finals in June and July, with the winners moving on to the Games in Carman, August 11th to 14th.

Triathlon is one of 12 sports competing in the Games. The Triathlon team will consist of 18 athletes — 3 males and 3 females per age category which will be selected from each of the 7 regional finals. Age categories for the games are:

11 years	100m swim/5K cycle/1K run
12 to 13 years	200m swim/ 10K cycle/2K run
14 to 15 years	300m swim /15K cycle/3K run

For further information on the Games, go to [www.manitobagames.ca](http://www.manitobagames.ca)

### Triathlon Regional Qualifying Events:

Norman	The Pas	June 7th (in conjunction with The Pas Kids of Steel)
Winnipeg	Birds Hill Park	June 7th (in conjunction with the Triple Threat Kids of Steel)
Westman	Erin Park, Killarney	June 8th
Interlake	Lundar	June 14th
Eastman	St Malo	June 21st (in conjunction with the St Malo Kids of Steel)
Central	King's Park, Carman	July 5th
Parkland	Roblin	July 13th

# 2008 Triathlon Manitoba Events Calendar

Date	Event	Place	Distance	Contact
May 6 Tuesday	Birds Hill Duathlon in the Park Series #1	Birds Hill Park East Beach	2K run, 13K bike, 2K run 4K run, 24K bike, 4K run KoS (8-11) 2.2K bike, 2K run KoS (12-15) 13K bike, 2K run	Tri Force Triathlon Team trimmkc@mts.net
May 13 Tuesday	Birds Hill Duathlon in the Park Series #2	Birds Hill Park East Beach	2K run, 13K bike, 2K run 4K run, 24K bike, 4K run KoS (8-11) 2.2K bike, 2K run KoS (12-15) 13K bike, 2K run	Tri Force Triathlon Team trimmkc@mts.net
May 20 Tuesday	Birds Hill Duathlon in the Park Series #3	Birds Hill Park East Beach	2K run, 13K bike, 2K run 4K run, 24K bike, 4K run KoS (8-11) 2.2K bike, 2K run KoS (12-15) 13K bike, 2K run	Tri Force Triathlon Team trimmkc@mts.net
May 27 Tuesday	Birds Hill Duathlon in the Park Series #4	Birds Hill Park East Beach	2K run, 13K bike, 2K run or 4K run, 24K bike, 4K run or KoS (8-11) 2.2K bike, 2K run KoS (12-15) 13K bike, 2K run	Tri Force Triathlon Team trimmkc@mts.net
June 1 Sunday	The Girls' Tri	U of M	100m swim, 5K bike, 1K run 200m swim, 10K bike, 2K run 300m swim, 15K bike, 3K run	Amber Miller & Erin Braun girls_tri@hotmail.com
June 7 Saturday	The Pas Kids Of Steel & Power Smart Manitoba Games Norman Regional Event	Winton Pool The Pas	100m swim, 5K bike, 1K run 200m swim, 10K bike, 2K run 300m swim, 15K bike, 3K run	Kelsey Rec 1-204-627-1131 Amber Whitehead
June 7 Saturday	Triple Threat Kids of Steel & Power Smart Manitoba Games Winnipeg Regional Event	Birds Hill Park East Beach	50m swim, 1.5K bike, 500m run 100m swim, 5K bike, 1K run 200m swim, 10K bike, 2K run 300m swim, 15K bike, 3K run 500m swim, 15K bike, 4K run	Triple Threat Triathlon Club Kate Okany ktokany@mts.net
June 8 Sunday	Triple Threat Triathlon, Duathlon, Try-a-Tri, and Try-a-Du	Birds Hill Park East Beach	1500m swim, 40K bike, 10K run 750m swim, 21.2K bike, 5K run 300m swim, 12K bike, 2.5K run 5K run, 40K bike, 10K run 2.5K run, 21.2K bike, 5K run 2.5K run, 12K bike, 2.5K run	Triple Threat Triathlon Club Kate Okany ktokany@mts.net
June 8 Sunday	Power Smart Manitoba Games Westman Regional Event	Erin Park, Killarney	100m swim, 5K bike, 1K run 200m swim, 10K bike, 2K run 300m swim, 15K bike, 3K run	
June 8 Sunday	Flin Flon Kids of Steel	Flin Flon	100m swim, 5K bike, 1K run 200m swim, 10K bike, 2K run 300m swim, 15K bike, 3K run	
June 14 Saturday	Power Smart Manitoba Games Interlake Regional Event	Lundar	100m swim, 5K bike, 1K run 200m swim, 10K bike, 2K run 300m swim, 15K bike, 3K run	
June 21 Saturday	St Malo Kids of Steel & Try-a-Tri & Power Smart Manitoba Games Eastman Regional Event	St.Malo Provincial Park	Tykes & Trikes 50m swim, 1.5K bike, 500m run 100m swim, 5K bike, 1K run 200m swim, 10K bike, 2K run 300m swim, 15K bike, 3K run 500m swim, 15K bike, 4K run	Tribalistic Triathlon Team info@tribalistic.ca
June 22 Sunday	St Malo Multi Sport	St.Malo Provincial Park	1500m swim, 40K bike, 10K run 750m swim, 20K bike, 5K run 5K run, 40K bike, 10K run 2.5K run, 20K bike, 5K run 750m / 1500m swim	Tribalistic Triathlon Team info@tribalistic.ca
July 5 Saturday	Pinawa Kids of Steel	Pinawa Pool	Tykes & Trikes 50m swim, 1.5K bike, 500m run 100m swim, 5K bike, 1K run 200m swim, 10K bike, 2K run 300m swim, 15K bike, 3K run	Triathlon Manitoba 925-5636
July 5 Saturday	Power Smart Manitoba Games Central Regional Event	King's Park, Carman	100m swim, 5K bike, 1K run 200m swim, 10K bike, 2K run 300m swim, 15K bike, 3K run	

<b>Date</b>	<b>Event</b>	<b>Place</b>	<b>Distance</b>	<b>Contact</b>
July 6 Sunday	Free Spirit Triathlon & Triathlon Canada Junior & U23 Development Series race #1	Pinawa Sailing Beach	1500m swim, 40K bike, 10K run 750m swim, 20K bike, 5K run 5K run, 40K bike, 10K run	Kyle Wilken 753-2491
July 12 Saturday	Morden Triathlon	Colert Beach, Morden	1.9K swim, 90K bike, 21.1K run 950m swim, 30K bike, 7.2K run	Winnipeg IronCops Grant Gelinus-Brown ggbrown@mac.com
July 13 Sunday	Morden Kids of Steel & 3rd Wave Try-a-Tri	Colert Beach, Morden	50m swim, 1.5K bike, 500m run 100m swim, 5K bike, 1K run 200m swim, 10K bike, 2K run 300m swim, 15K bike, 3K run 500m swim, 15K bike, 4K run	3rd Wave Triathlon Club Hank Unrau 204-822-3167
July 13 Sunday	Power Smart Manitoba Games Parkland Regional Event	Roblin	100m swim, 5K bike, 1K run 200m swim, 10K bike, 2K run 300m swim, 15K bike, 3K run	
July 20 Sunday	Kenora Borealis Multi-Sport Triathlon/Duathlon & Try-a-Tri	Rabbit Lake, Kenora	1500m swim, 40K bike, 10K run 750m swim, 20K bike, 5K run 5K run, 40K bike, 10K run 2.5K run, 20K bike, 5K run 300m swim, 10K bike, 3K run	Greg Cederwall g_cederwall@hotmail.com
July 27 Sunday	Stonewall Kids of Steel & MB / SK Regional Youth Championship	Stonewall Quarry Park	50m swim, 1.5K bike, 500m run 100m swim, 5K bike, 1K run 200m swim, 10K bike, 2K run 300m swim, 15K bike, 3K run 500m swim, 15K bike, 4K run	Nancy & Joshua Drad 204-467-5800
July 27 Sunday	Flin Flon Triathlon	Flin Flon	1500m swim, 40K bike, 10K run 750m swim, 20K bike, 5K run	Aimee Dean 204-681-7542
August 10 Sunday	Trappers' Triathlon & Try-a-Tri	The Pas	1500m swim, 40K bike, 10K run 750m swim, 20K bike, 5K run 300m swim, 10K bike, 2.5K run	Kelsey Rec Centre 204-627-1131 kelsey.rec@mts.net
August 11 to 14	Power Smart Manitoba Games	Carman	100m swim, 5K bike, 1K run 200m swim, 10K bike, 2K run 300m swim, 15K bike, 3K run	
August 16 Saturday	Riding Mountain Triathlon	Wasagaming	1500m swim, 40K bike, 10K run 750m swim, 20K bike, 5K run 5K run, 40K bike, 10K run 2.5K run, 20K bike, 5K run	Ellis Crowston 204-726-1490 or 204-848-2620 crowston@mts.net
August 17 Sunday	Riding Mountain Kids of Steel & Try-a-Tri	Wasagaming	100m swim, 5K bike, 1K run 200m swim, 10K bike, 2K run 300m swim, 15K bike, 3K run 500m swim, 15K bike, 4K run	Triathlon Manitoba 925-5636 Ellis Crowston 204-726-1490 or 204-848-2620
August 24 Sunday	Thompson Triathlon	Thompson (pool swim)	1500m swim, 40K bike, 10K run 750m swim, 20K bike, 5K run	Heather Todoschuk 677-7963 Cory Sparks 677-7956
September 7 Sunday	Kids of Steel Windup Race & Birds Hill Park Try-a-Tri / Try-a- Du	Birds Hill Park East Beach	Tykes & Trikes 50m swim, 1.5K bike, 500m run 100m swim, 5K bike, 1K run 200m swim, 10K bike, 2K run 300m swim, 15K bike, 3K run 500m swim, 15K bike, 4K run 2K run, 15K bike, 3K run	Triathlon Manitoba 925-5636
September 14 Sunday	Walk for Fun & Duathlon	St Anne, MB	5K run, 20K bike, 5K run 1K run, 5K bike, 1K run 5K walk	Patrick Fredette 204-422-8811
October 13 Monday	Triathlon Manitoba Annual General Meeting	Sport Manitoba		Triathlon Manitoba 925-5636
October 18 Saturday	Triathlon Manitoba Awards Evening	Sport Manitoba		Triathlon Manitoba 925-5636

If changes occur to this events calendar, the Events Calendar page on our website ([www.triathlon.mb.ca](http://www.triathlon.mb.ca)) will be updated.

For detailed events information and registration forms, please see our website ([www.triathlon.mb.ca](http://www.triathlon.mb.ca)).

# Clubs

Triathlon clubs promote a healthy lifestyle and help with developing local athletes. Formed for a variety of reasons, clubs help to establish better facilities to promote racing and organized group training, and they provide a social climate for like minds.

Find out more on the benefits of becoming a club member by checking out the various triathlon club websites that can be accessed at [www.triathlon.mb.ca](http://www.triathlon.mb.ca). There are currently 8 organized clubs in the province.

Tribalistic Triathlon Team (Winnipeg)  
Contact: Michael Krauss, [info@tribalistic.ca](mailto:info@tribalistic.ca)  
website: [www.tribalistic.ca](http://www.tribalistic.ca)

Westman Triumphs Endurance Club (Brandon)  
Contact: Kim Booth, [kimbooth@wcgwave.ca](mailto:kimbooth@wcgwave.ca)  
website: [www.westmantriumphs.com](http://www.westmantriumphs.com)

Triple Threat Triathlon Team (Winnipeg)  
Contact: Karen Armstrong, [TTCtriathlete@shaw.ca](mailto:TTCtriathlete@shaw.ca)  
website: [www.triple-threat-tri.ca](http://www.triple-threat-tri.ca)

3rd Wave Triathlon Club (Morden)  
Contact: Ike Bergen, [osmo44@mts.net](mailto:osmo44@mts.net)

Tri Factor Triathlon Club (Winnipeg)  
Contact: Grant Gelinias-Brown, [ggbrown@mac.com](mailto:ggbrown@mac.com)  
website: [www.trifactor.org](http://www.trifactor.org)

Pinnacle Triathlon/Duathlon Club (Pinawa)  
Contact: Don Ewing, [donlyne@mts.net](mailto:donlyne@mts.net)

Tri-Force Triathlon Team (Winnipeg)  
Contact: Mark Van Schepdael, [trimarkvs@mts.net](mailto:trimarkvs@mts.net)  
website: [www.triforcetriathlonteam.com](http://www.triforcetriathlonteam.com)

Kenora Borealis Multisport & Social Club (Kenora)  
Contact: Edie Fisher, [edie\\_fisher@hotmail.com](mailto:edie_fisher@hotmail.com)  
website: [www.kenoraborealis.blogspot.com](http://www.kenoraborealis.blogspot.com)

## Triathlon Rules

**1. Swim Caps:** A competitor must wear the swim cap provided by the race organization.

**2. Helmets:**

- a) helmets are compulsory and must be certified to existing bicycle helmet standards and
- b) chin straps must be fastened anytime the athlete is in possession of the bicycle. This means that before the bike is removed from the rack, the chin strap must be fastened and remain fastened until the bike is placed back on the racks.

**3. Bicycles:** Riding of bicycles in the transition zone is strictly prohibited at all times.

**4. Assistance:** Competitors may not receive assistance at any time during the race, or in the transition zone. (This excludes medical or safety assistance given by designated race volunteers or qualified staff.)

**5. Drafting:** Drafting of another competitor or motor vehicle is prohibited on the bike course. The draft zone surrounding each competitor measures 7 metres X 3 metres from the front edge of the front wheel. Competitors have 15 seconds to pass through this zone when overtaking another athlete.

**6. Blocking:** Cyclists should keep to the right at all times, unless passing. Alert fellow cyclists of your intention to pass by saying, "on your left".

**7. Personal Musical Devices:** Personal musical devices of any type cannot be used while racing.

**8. Race Course:** Competitors must follow the prescribed course route in all segments of the race as defined by the race organization.

**9. Race Instructions:** It is the competitor's responsibility to read all supplied information given in the race kits posted at the race site and listen to verbal announcements given by the Race Director and Race Officials.

**10. Unsportsmanlike Conduct:** Verbal or physical abuse of officials and race volunteers is not acceptable or tolerated.

**11. Torsos:** All athletes must have their torsos covered on the bike and run portions of the event. Bib numbers must be visible on the bike and run courses.

Complete officiating, rules and safety tips can be found on the website at [www.triathlon.mb.ca/race\\_rules\\_and\\_safety\\_tips.htm](http://www.triathlon.mb.ca/race_rules_and_safety_tips.htm)



# 2008 Full Membership Form

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Province \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone (res): \_\_\_\_\_ E-mail address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ (dd-mmm-yyyy) Gender: M \_\_\_\_\_ F \_\_\_\_\_

Region (circle one): Winnipeg Central Westman Parkland Interlake Eastman Norman Other: \_\_\_\_\_

**Type of Full Membership:** (please check all that apply)

Individual  Family  Kids of Steel® / Youth (under 19 as of December 31st, 2008)  Official  Race Director  Coach

Please list family *Full Members*

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Birthdate: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Birthdate: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Birthdate: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Birthdate: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Birthdate: \_\_\_\_\_ E-mail address: \_\_\_\_\_

- Are you interested in volunteering your time to Triathlon Manitoba? Yes  No

- Do you speak French? Yes  No  If yes, can we provide your name to local French media for stories? Yes  No

- How did you hear about Triathlon Manitoba? website  newspaper ad  booth display  poster  brochure  other \_\_\_\_\_

## Fees:

Yearly	Off-season Only	
Apr 1 - Mar 31	Sep 1 - Mar 31	
\$30	\$10	Individual
\$45	\$20	Family
\$10	\$ 5	Kids of Steel® / Youth (must be 19 & under as of Dec 31st, 2008)
Complimentary — Official, Race Director		

**Fee enclosed:** \$ \_\_\_\_\_ (Please make cheques payable to Triathlon Manitoba)

## Acceptance of Full Membership terms

I realize that, with this *Full Membership*, I may be subject to unannounced drug testing as provided for by Triathlon Canada's agreement with the Canadian Centre for Ethics in Sport.

In consideration of my acceptance as a *Full Member* of Triathlon Manitoba, I hereby agree to follow all policies, procedures, rules and regulations set down by Triathlon Manitoba.

I understand that Triathlon Manitoba retains personal information about me in their files. I accept the use of my personal information for the purposes described in accordance with Triathlon Manitoba's *Privacy Policy*, posted at [www.competitions.mb.ca](http://www.competitions.mb.ca).

**I agree to the above terms of Full Membership, upon my admission to Triathlon Manitoba as a Full Member.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

**Note:** A Triathlon Manitoba *Full Membership* may alternatively be purchased online. See [www.competitions.mb.ca/membership.htm](http://www.competitions.mb.ca/membership.htm)

For office use only:

Bank Deposit: \_\_\_\_\_ Membership No: \_\_\_\_\_