

Triathlon Manitoba News 2009



It has certainly been a long winter, but the weather outside is delightful! I know outdoor training has officially arrived when my husband begins cycling to work.

As an organization, Triathlon Manitoba is extremely fortunate to have obtained such an exemplary Executive Director. Darren Hemeryck's professionalism and ingenuity is driving our sport to higher levels.

The Youth Program is growing exponentially. Thanks to Dave Lipchen for his remarkable work as a coach. Mike Klatt also deserves kudos for his great work as Treasurer.

You will find that for this race season chip timing is "in"! We are looking forward to our premier appearance in the Canada Summer Games this season. Once again we are happy to be hosting race #1 of the Teck National Junior Triathlon Series. Many young athletes will be travelling across Canada to race at Birds Hill Park. The MNTC is in tip top shape after their Tucson training camp.

As I enter into my twelfth year of racing, I am grateful for my health and all the support I have received from the triathlon community.

Debb Brethauer
President, Triathlon Manitoba



Where to find Triathlon Manitoba

- Executive Director: Darren Hemeryck
E-mail: trimb@shawbiz.ca
Phone :925-5636 Fax: 925-5703
- Program Coordinator: Anita Miller
E-mail: triminfo@shawbiz.ca
Phone: 926-8359
- Website: www.triathlon.mb.ca
- Mail: 200 Main Street
Winnipeg, MB
R3C 4M2

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).

There are two ways to become a *Full Member*. One way is to join a club that is affiliated with Triathlon Manitoba. Currently there are 8 clubs to choose from. You can find a list of the clubs at the bottom of Triathlon Manitoba's homepage. Triathlon Manitoba issues a membership number and card to each of the club's members.

Another way to become a Triathlon Manitoba *Full Member* is to purchase a *Full Membership* directly from Triathlon Manitoba either by mail or online.

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, and instructions on how to purchase a membership please visit www.triathlon.mb.ca/membership.htm

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 2009, there are 7 events in Manitoba that are part of our series. The Triple Threat Kids of Steel at Birds Hill Park, starts off the series. There's an event at St Malo, Pinawa, Morden, Carman, and Riding Mountain. We finish up at Birds Hill Park again with the windup event. The purpose of these races is to introduce young people to the sport of triathlon in a fun, non-competitive, and safe manner. Triathlon Canada has changed the race distances for 2009 in order to give more balance to the 3 legs of the race.

For complete information about Kids of Steel, go to www.triathlon.mb.ca/kids_of_steel_info.htm

Every finisher is a winner!

Manitoba Youth Team

The Manitoba Youth Team program is aimed at athletes aged 10 to 18. It runs year-round and is broken into two sessions — Spring/Summer and Fall/Winter. Sessions take place at the Pan Am Pool and Birds Hill Provincial Park.

This program has grown immensely, and has been very successful with the athletes having many fun hours training with Head Coach Dave Lipchen and his crew. Watch for them racing at our many events this summer.

For complete information about the Manitoba Youth Team, go to www.triathlon.mb.ca/junior_program_info.htm

2009 Triathlon Manitoba Events Calendar

Date	Event	Place	Distance	Contact
May 5 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) 100m run, 2.2K bike, 2K run KoS (12-15) 400m run, 13K bike, 2K run	Tri Force Triathlon Team trimmkc@mts.net
May 12 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) 100m run, 2.2K bike, 2K run KoS (12-15) 400m run, 13K bike, 2K run	Tri Force Triathlon Team trimmkc@mts.net
May 19 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) 100m run, 2.2K bike, 2K run KoS (12-15) 400m run, 13K bike, 2K run	Tri Force Triathlon Team trimmkc@mts.net
May 26 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) 100m run, 2.2K bike, 2K run KoS (12-15) 400m run, 13K bike, 2K run	Tri Force Triathlon Team trimmkc@mts.net
May 31 Sunday	The Girls' Tri	U of Manitoba	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 6 Saturday	The Pas Kids Of Steel	Winton Pool The Pas	100m swim, 5K bike, 1K run 200m swim, 5K bike, 2K run 300m swim, 10K bike, 3K run	Kelsey Rec 1-204-627-1131 Amber Whitehead
June 6 Saturday	Triple Threat Kids of Steel	Birds Hill Park East Beach	50m swim, 1.5K bike, 500m run 100m swim, 5K bike, 1K run 200m swim, 5K bike, 2K run 300m swim, 10K bike, 3K run 500m swim, 10K bike, 4K run	Triple Threat Triathlon Club Kate Okany ktokany@mts.net
June 7 Sunday	Triple Threat Triathlon, Duathlon, Try-a-Tri, and Try-a-Du Teck National Junior Triathlon Series Race #1	Birds Hill Park East Beach	1500m swim, 40K bike, 10K run 750m swim, 20K bike, 5K run 300m swim, 12K bike, 2.5K run 5K run, 40K bike, 10K run 2.5K run, 20K bike, 5K run 2.5K run, 12K bike, 2.5K run	Triple Threat Triathlon Club Kate Okany ktokany@mts.net
June 27 Saturday	St Malo Kids of Steel & Try-a-Tri	St.Malo Provincial Park	Tykes & Trikes 50m swim, 1.5K bike, 500m run 100m swim, 5K bike, 1K run 200m swim, 5K bike, 2K run 300m swim, 10K bike, 3K run 500m swim, 10K bike, 4K run	Tribalistic Triathlon Team Colin Blanchette snake111@gmail.com
June 28 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 Colin Blanchette snake111@gmail.com
July 4 Saturday	Pinawa Kids of Steel	Pinawa Pool	Tykes & Trikes 50m swim, 1.5K bike, 500m run 100m swim, 5K bike, 1K run 200m swim, 5K bike, 2K run 300m swim, 10K bike, 3K run 500m swim, 10K bike, 4K run	Triathlon Manitoba 925-5636

Date	Event	Place	Distance	Contact
July 5 Sunday	Free Spirit Triathlon	Pinawa Sailing Beach	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	Kyle Wilken dwilken@granite.mb.ca
July 11 Saturday	Morden Triathlon	Colert Beach, Morden	1.9K swim, 90K bike, 21.1K run 950m swim, 30K bike, 7.2K run	Grant Boissonneault grantboissonneault@yahoo.ca
July 12 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, 5K bike, 2K run 300m swim, 10K bike, 3K run 500m swim, 10K bike, 4K run	3rd Wave Triathlon Club Hank Unrau 204-822-3167
July 19 Sunday	Carman Kids of Steel & Try-a-Tri	Carman	50m swim, 1.5K bike, 500m run 100m swim, 5K bike, 1K run 200m swim, 5K bike, 2K run 300m swim, 10K bike, 3K run 500m swim, 10K bike, 4K run	Jack Phillips & Brent VanKoughnet vank@mts.net
July 26 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
August 9 Sunday	Manitoba Open Water Swim Championship	Winnipeg (TBA)	1K, 3K, & 5K Wetsuit & non-wetsuit	Karen Armstrong tctriathlete@shaw.ca
August 15 Saturday	Riding Mountain Triathlon & Try-a-Tri	Wasagaming	1500m swim, 40K bike, 10K run 750m swim, 20K bike, 5K run 300m swim, 15K bike, 2.5K 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 16 Sunday	Riding Mountain Kids of Steel	Wasagaming	100m swim, 5K bike, 1K run 200m swim, 5K bike, 2K run 300m swim, 10K bike, 3K run 500m swim, 10K bike, 4K run	Ellis Crowston 204-726-1490 or 204-848-2620
August 30 Sunday	Thompson Triathlon	Thompson (pool swim)	1500m swim, 40K bike, 10K run 750m swim, 20K bike, 5K run	Heather Todoschuk 677-7963
September 13 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, 5K bike, 2K run 300m swim, 10K bike, 3K run 500m swim, 10K bike, 4K run 2K run, 15K bike, 3K run	Triathlon Manitoba 925-5636
October 3 Saturday	Triathlon Manitoba Annual General Meeting	Sport Manitoba		Triathlon Manitoba 925-5636
October 3 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) will be updated.

For detailed events information and registration forms, please see our website (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. There are currently 8 organized clubs in the province.

Tribalistic Triathlon Team (Winnipeg)
Contact: Michael Krauss, info@tribalistic.ca
website: www.tribalistic.ca

Triple Threat Triathlon Team (Winnipeg)
Contact: Kathryn Smandych, ksmandych@shaw.ca
website: www.triple-threat-tri.ca

Tri Factor Triathlon Club (Winnipeg)
Contact: Dawn Huck, books12@mts.net
website: www.trifactor.org

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

Westman Triumphs Endurance Club (Brandon)
Contact: Perry Bergson, pbergson@brandonsun.com
website: www.westmantriumphs.com

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

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

Kenora Borealis Multisport & Social Club (Kenora)
Contact: Edie Fisher, edie_fisher@hotmail.com
website: www.kenoraborealis.blogspot.com



Triple Threat members are a group with wide ranges of athletic abilities – everyone from novices training for their first triathlon or duathlon to experienced athletes competing in Sprint and Olympic races. We're based in Winnipeg, and train from November to August. Under the guidance of our coach Terri May, group practices are held weekly in November and December, twice weekly January to May, then weekly again until August. Triple Threat members are looking forward to our two day training camp in Pinawa in May. We have quite the full schedule of activities planned! If you're looking for excellent coaching and support that comes from training with a great group of people, Triple Threat is the club for you. For complete information visit our website at www.triple-threat-tri.ca.

The Triple Threat race weekend is on June 6th and 7th at Birds Hill Park East Beach. The weekend starts off on Saturday with the Kids of Steel event. Kids aged 6 to 15 are invited to come out and try our wonderful sport. On Sunday we have the Triple Threat Triathlon (Olympic and Sprint distances), Duathlon (Long and Sprint distances), Try-a-Tri, and Try-a-Du. Online registration is available at www.eventsonline.ca/events/MB_triplethreat/ All athletes registering online will receive a set of Yankz stretch laces. This year, there's a time limit set for the Olympic Triathlon -- 3 hours 30 minutes. With a new run course in place, you'll find your run much more enjoyable this year.

Also, Triple Threat has been given the privilege of hosting the first race in the Teck National Junior Triathlon Series. It will be exciting to watch the Juniors, who will be coming from across Canada, compete at our race. Hope to see you there!



Westman Triumphs Endurance Club

There isn't much that's startlingly different on the horizon for the Brandon-based Westman Triumphs, but the club continues to build on its strengths.

The new executive for 2009 features four former club presidents; president Perry Bergson, vice-president John Blyth, treasurer Laird Lidster and secretary David Ferguson.

The club website, westmantriumphs.com has proven to be a hit with club members, former members and our friends across western Manitoba. The forum section is the website's heart, devoted both to general chatter, and a lot of good-natured ribbing, along with a section set up for race reports. With 61 race reports posted since May of 2007, the library has become an invaluable resource to newcomers, and a lasting legacy to the passion of Westman's athletes.

The club remains small with a membership of about 20-25, with maybe a dozen people actively racing. Like all clubs, it's difficult to attract new people. Usually they come to us, so we hope to entice a new person or two a year. We do have some non-multisport cyclists in the club who add a nice balance.

Despite the size of the club, we had three members do an Ironmen in 2008 (Ferguson did his fourth in Couer D' Alene with Lidster doing his second and Bergson his first in Wisconsin) and have two training for Ironman Canada in 2009. (Paul Francis and Lidster).

In the off chance that spring comes, after 20 weeks this winter of two-hour spin sessions every Sunday morning in a community club hall, the club is planning some outdoor training.

Seven club members and friends will head down to South Dakota at the end of April for an eight-day training camp near Rapid City.

The Triumphs have also partnered in recent years with A&L Get Active to host a bike ride every Monday night. Rides should begin by the end of April at 6 p.m.

In June, the club begins to travel every Wednesday night to beautiful Lake Minnedosa for an open water swim (usually with kayak support). The club carpools from the local YMCA at 5:30 p.m. and gets into the water at about 6:15 p.m. for an hour-long swim.

As always, visiting athletes are welcome to join any workout.

Other more informal workouts are also posted on the forum, and visiting athletes can e-mail Bergson at perry@westmantriumphs.com if they are in the area and would like to join us. A special highlight is the 100-km ride from Newdale to Sandy Lake to Oakburn to Shoal Lake and back to Newdale which the club does a time or two each summer. Again, dates and details will be posted on the website.

And while the Triumphs aren't officially affiliated with the Riding Mountain Triathlon, it's run by club member Ellis Crowston and his family, so we invite our friends from across the province to join us at an event we consider our "home" race. This year it will be held August 15th.

Good training, and we'll see you at the races.

Perry Bergson
Westman Triumphs President





Striving to PB a particular race this season? Or contemplating your first Try-a-Tri? Welcome to TriFactor. We're 35+ members from various walks of life, with different levels of commitment, experience and goals, from absolute beginners to some very experienced triathletes with several ironman races under their belts. TriFactor strives to foster an environment that welcomes athletes of all levels and create an atmosphere that puts some fun into working out. We're working out of the newly renovated Cindy Klassen Recreation Centre, but soon to move outside. There is still time to train and be involved in the '09 season - scheduled workouts will continue through the spring and summer - so join us for some great outdoor activity, and a good time on the social end too! Visit us at www.trifactor.org



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



2009
—JEUX DU—
CANADA
—GAMES—

2009 Canada Summer Games

By Gary Pallett, Head Coach Team Toba

The 2009 Canada Games will take place from August 15th to 29th in the Province of PEI, and for the first time the sport of triathlon will be included in the games. The Games are broken into two one week segments, and each sport's event takes place in one of the two week blocks. Triathlon is part of the first week of the games. There will be two events for triathlon. The first is an individual event which is contested in a draft legal format over the sprint distance (750 meter swim / 20 km bike / 5 km run). The second will be a team relay where each athlete will complete a mini triathlon consisting of a 300 meter swim / 7 km cycle / 2 km run.

The games team will consist of 3 male and 3 female athletes, plus a male and female alternate who will compete if anyone is injured between team selection time and when the team leaves for the games. Team selection is open to all Triathlon Manitoba members born between 1989 and 1993. For team selection, the 3 member selection committee will be looking at race results from the 2008 race season, along with races conducted prior to the June 30th selection deadline. They will also be looking at performance time trials that were conducted between March 1st and June 15th.

A number of Triathlon Manitoba Junior athletes are training hard in an attempt to try to qualify for the team. Over the winter the Manitoba National Triathlon Centre conducted their annual training camps in preparation for the summer's races. The first one was a swim / run camp which took place at Treasure Island, Florida from December 26th to January 6th. They have recently returned from the second annual camp which ran in Tucson Arizona from March 24th to April 10th, where they had an opportunity to do some training with double Olympic medalist Simon Whitfield.

The complete team selection package is available on the Triathlon Manitoba website at: http://www.triathlon.mb.ca/canada_games2009.htm. For further information regarding qualifying for the Games team, please contact the Canada Games coach, Gary Pallett at pallett@shaw.ca, or Triathlon Manitoba (trimb@shawbiz.ca).



Officials

Triathlon Manitoba is fortunate to have an excellent crew of officials who ensure fair play and safety on the course. Remember that our officials are volunteers, so after the race take the time to thank them for spending their day ensuring that you can race in a safe sanctioned event. Without officials, there would be no race season.

We are always looking for new individuals to become part of our officiating crew. If you are a parent, become involved as an official at Kids of Steel events. Current members could give something back to the sport by officiating at an event. All Officials receive a free Triathlon Manitoba *Full Membership*. Our sport needs dedicated and respected officials at all of our sanctioned events.

If you are interested in becoming an Official, please contact the Triathlon Manitoba office (trimb@shawbiz.ca).



Contact List

Triathlon Manitoba has a Contact List of over 2200 e-mail addresses that we use to inform people in the triathlon community about promotions and time-sensitive news. If you'd like your email address added to our Contact List, please contact Anita at trimbinfo@shawbiz.ca. 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.