

## **Canadian Triathletes Arrive in Singapore for Youth Olympic Games —Christine Ridenour and Brook Powell anxious to capitalize on unique opportunity—**

**TORONTO**—Two Canadian triathlon teens arrived in Singapore on Monday hungry to make history at the inaugural Youth Olympic Games in Singapore, August 14-26, 2010.

Christine Ridenour, of Cowichan Bay, B.C., and Brook Powell, of Chilliwack, B.C., will be among 3,600 of the world's best young athletes aged 14-18 to compete in 26 sports at the Games.

The 18-year-old Ridenour, who won the opening two races on the Teck National Junior series, will be the lone Canadian to hit the start line with the 33 of the top young women triathletes. Ridenour qualified to represent Canada at the Youth Olympic Games by finishing third in the junior category at the Moterrey, Mexico World Cup earlier this summer.

"I've been pretty excited all summer and it is hard to believe the time has finally come," said Ridenour, who believes her experience in competing at a multi-sport competition while representing British Columbia during triathlon's debut at the Canada Summer Games last year will help with her preparation. "I know there is so much that is going on at these events, and it can be overwhelming and distracting, but I do think it helps knowing what to expect. I need to stay focused, have my best race, and hopefully that will be enough to get me on the podium."

While the women will bid to win the first-ever Youth Olympic Games gold medal as they are competing on the opening day of the Games, August 15, Canada's 16-year-old Brook Powell, is anxious to gain valuable experience in the first major international start of his young career.

"I've been training all year for this race. I'm excited and ready to go," said Powell, finished eight overall in the qualifying race in Mexico. "This is my first major international race on another continent so I don't know what to expect but it will be memorable. The goal is always the podium so hopefully I can put my best race together."

The two Canucks will be looking to repeat history for their country as triathlon, which is one of the fastest growing sports in the world, debuts at another major multi-sport competition – the Youth Olympic Games. In 2000 a young Simon Whitfield shocked the world with an electrifying run to win the first-ever gold medal at an Olympic Summer Games.

Whitfield was among 10 of the world's best triathletes including: Germany's Jan Frodeno, Emma Moffat and Emma Snowsill, of Australia, Emmie Charayron, of France, British brothers, Jonathan and Alistair Brownlee, Bevan Docherty, of New Zealand, and Jarrod Shoemaker, of the United States, who all participated in the bib draw for the men's and women's events at the Youth Olympic Games. Video of the draw is available at [http://www.youtube.com/watch?v=OqEiqrdh\\_zs](http://www.youtube.com/watch?v=OqEiqrdh_zs)>. A complete list of the start numbers is on available at [www.triathlon.org](http://www.triathlon.org) (Click to see [Women's Start List](#) / [Men's Start List](#)).

The triathlon competitions, which have the women slated to compete on August 15th followed by the men's race on August 16th, will take place in Singapore's East Coast Park and consist of a 750-metre, open-water swim; a 20-kilometre bike; and a five-kilometre run.

In addition to the individual races, A four-athlete mixed relay triathlon will take place on August 19, marking the first time the format has been featured at a major Games. Teams will be made up of two women and two men from each continent. Each of the four participants in the relay will compete a 250-metre swim, 7K bike and 1.7K run before tagging a team member to begin the next segment.

For ticket and event information, [www.singapore2010.sg](http://www.singapore2010.sg)

Triathlon Canada is the governing body for triathlon in the country. Recognized as an Olympic medal sport since 2000, Triathlon Canada's mandate is to promote, foster, organize and develop the sport of triathlon, and its related disciplines, in Canada. For more information on Triathlon Canada, please visit us at [www.triathloncanada.com](http://www.triathloncanada.com) on the Internet.

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