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FRONT COVER: Masters at the 2015 ITU World Triathlon Grand Final. Photo: Delly Carr/ITU

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## WHAT YOU'LL FIND INSIDE

- 2 READY TO RACE DRAFT LEGAL?
- 4 YOUTH DEVELOPMENT: PROJECT 2024
- 6 CHALLENGE PENTICTON: NEW DISTANCE, NEW COURSE
- 8 OLD DOGS, BIG GOALS, NEW TRICKS
- 10 CHOOSING THE BEST STROKE RATE
- 14 FROM RUST TO IRON: 226 KILOMETRES
- 16 FROM BC: TRIATHLON CANADA'S NEW PRESIDENT
- 18 REVIEW: RIDLEY NOAH SL
- 19 GET TO KNOW THE TRIATHLON BC BOARD
- 24 FINDING COMMUNITY: TRICLUB MORE THAN JUST FITNESS
- 26 VANCOUVER HOSTS 1ST AMERICA'S MASTERS GAMES SEPT 2016

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Through our magazine, Member Update, Twitter feed and Facebook, Triathlon BC now touches over 10,000 athletes. Email [info@tribc.org](mailto:info@tribc.org) for rate card.

### 2016 Advertising Rates\*

Inside front/Inside back cover	\$1300
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Full page	\$600
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1/2 page	\$350
1/3 page	\$300
1/6 page	\$200
Business card	\$100

\*20% discount for purchasing four ads.

### NOTES:

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Submission of an article does not guarantee publication. Space restrictions prevent the publishing of all articles.

### Guidelines for Submission

All submissions should be sent to Triathlon BC at [info@tribc.org](mailto:info@tribc.org).

Articles should not exceed 750 words (except with special permission). Spell-check and grammatical proofing are appreciated. Absolutely no vulgar or obscene language will be permitted.

Photos are invited (JPG, TIFF, EPS, PDF).

Triathlon BC retains the right to:

1. Edit articles to fit space requirements;
2. Edit articles for spelling and grammar;
3. Omit material deemed inappropriate by the editorial board.

2017 submission deadline: February 28, 2017

# Are you Ready to Race Draft Legal?

Lara Spence, Editor, *Triathlon BC Newsmagazine*, [lara@laraspence.com](mailto:lara@laraspence.com)

In July 2014, the ITU (International Triathlon Union) announced that "the 2016 ITU Age Group Sprint World Championships will move from a draft-illegal to draft-legal event." Since then, Sprint Duathlon Worlds, too, have been tapped to move draft-legal.

The year 2016 is now upon us, and, for age group athletes in BC, this is the first time we can race draft legal.

But, don't panic – it's just the Sprints (for now). Standard length (Olympic distance) tris and dus are still draft-illegal at all levels. And, not all Sprint races in BC will turn draft-legal.

## Initial Thoughts

My first reaction was: "Wow, that's a lot of road rash waiting to happen! The oldsters are going to freak out."

I then thought about the young elites and the teenaged Kids of Steel who need to practice draft-legal to build their future. And the late-blooming age-groupers-maybe-going-elite who also need draft-legal practice to make the jump. And the National team coaches who probably would prefer a larger pool of draft-experienced athletes (and coaches) to choose from.

Maybe this wasn't such a bad idea.

Mexico and several countries in Europe have been holding draft-legal age group races for several years so their age groupers will likely celebrate the ITU's decision or just shrug: "About time!"

Many race directors and sport associations across the world point out that draft-legal racing is safe and much more cost effective than non-draft.

When I asked one former pro her thoughts on how age groupers would react to draft-legal, she said, "Of course age groupers in BC will love draft-legal – racing draft-legal is awesome!"



Age Group Sprint Tri + Du Nationals in Canada will be draft legal in 2016, as ITU goes Age Group Sprint Draft-Legal in 2017. TriBC has workshops planned. Will you be ready?

## You Still Have a Choice

It's important to remember that not ALL triathlons in BC or in the ITU series will become draft-legal. Age groupers can choose to race draft-illegal (Olympic distance tri, Ironman) or draft-legal (Sprint, Duathlon). Cross triathlon is already draft-legal. Not all races in BC of sprint distance will be draft-legal. Just the ones that want to be. It will be up to individual race directors.

## How Different Countries are Handling It

Though the 2017 World Sprint and Duathlon will be draft legal, some countries are still holding draft-illegal qualifiers. The US, for example, is holding its Age Group Sprint-Distance National Championships in Omaha in July 2016 draft-illegal. Their Sprint Duathlon qualifier for 2017 is also draft-illegal. In the UK, the 2016 British Triathlon Age Group Sprint Distance Triathlon (being held in May 2016) is draft-illegal. Canada, however, is holding draft-legal qualifiers for the Triathlon World Championship

Sprint Distances (tri and du, draft-legal). 2017 Worlds for Sprint Tri and Du (and Olympic tri) will be held in Rotterdam, Netherlands.

## Swim and Run Get More Important

So, with draft-legal racing at Sprint distance a reality, it may be time to wrap our heads around what changes will occur in training, equipment, and as part of the race experience.

As mentioned on [active.com](http://active.com) by Jim Gourley (see <http://bit.ly/1TikOPx>): "Draft-legal racing is radically different from no-draft racing. Drafting puts riders very close together, requiring them to have quick reflexes, calm nerves, and experience in reading the road and the pack. Small slips can cause big wrecks in draft packs. Furthermore, drafting on the bike means that your position exiting the swim becomes much more important to your finish in a race. Getting left too far behind in T1 can potentially kill your entire race. Likewise, a fast draft pack can hurt athletes who specialize on the bike. A fast runner who can get into a

lead group will have a much easier time staying with his or her competitors if they're able to 'hide' from wind resistance close behind. The stronger cyclist can't make a getaway and winds up helping their competitor into a winning position running out of T2."

### Time to Lose the Tri Bars

To race in a draft legal race, you need to definitely take off the aero bars. No disc wheels. Though in 2014 some thought that clip on bars with plugs may be allowed, in Canada (at the 2016 Sprint Nationals in Ottawa anyway), only traditional drop handlebars (plugged) are permitted and athletes must ride road-style bikes. NO CLIP-ON BARS or AEROBARS OF ANY KIND WILL BE ALLOWED. (<http://ottawatriathlon.ca/age-group-drafting-rules/>)

### Boys with Boys, Girls with Girls

In age group draft legal races, you (as a woman) can draft off other women. Men can only draft other men. You're permitted to draft from athletes in other age groups (as long as they're the same sex as you). (Note: I swear it was listed as "your own age group" at one point, but I'm glad Ottawa revised... that would have been hard to monitor).

### Learn to Draft Clinics This Spring

To help with the success of this draft-legal transition, Triathlon BC has organized several inexpensive "Learn to Draft" Skill Clinics across BC this spring for those scheduled to compete in the 2016 World Sprint or Duathlon World Championships, or for those who are interested in building skills for 2016/2017 and beyond. As Triathlon BC states: "While formal draft legal certification is not required for adults, possessing competent on-bike group riding skills are a prerequisite to a safe and enjoyable experience for all athletes."

These Learn to Draft Skill Clinics will build on each athlete's technical skills, allowing for increased performance (maximizing the draft of another

cyclist) while also maximizing safety. Each Clinic is delivered by a senior level cycling-specific coach. Participants that complete a two-day Clinic and go on to be successfully evaluated will receive a certificate indicating that they possess basic skills to successfully compete in a draft legal environment. The cost for the 8 hours of training is \$25.

#### Victoria Adult Draft Clinic

May 7 - Day 1, 8am to 12pm  
May 14 - Day 2, 8am to 12pm

#### Kelowna Adult Draft Clinic

May 28 - Day 1, 8am to 12pm  
June 4 - Day 2, 8am to 12pm

#### Vancouver Adult Draft Clinic

June 4 - Day 1, 8am to 12pm  
June 11 - Day 2, 8am to 12pm

To register, see <http://www.tribc.org/athlete-development>.

For more on draft-legal racing at Canadian Nationals this year, see <http://ottawatriathlon.ca/age-group-drafting-rules/> For more on the rules and regulations, see [triathlonmagazine.ca](http://triathlonmagazine.ca)'s story at <http://bit.ly/1RhPYHO>.

There are actually no age-group draft-legal races currently scheduled in BC for 2016, but I predict this will change for 2017. There is, however, a draft-legal Youth Junior Series, new this year, as pictured)

Triathlon BC Executive Director Allan Prazsky says: "Draft-legal popularity will be a slow build, as we grow awareness within the community of athletes and race directors alike. I suspect with Ottawa and Edmonton, there will be a gradual introduction to DL style events on the west coast, largely limited by venue restrictions - and the requirement of closed courses."

Draft-legal racing and even discussions about them will certainly be interesting, whether you prefer it or non-drafting.

Lara Spence has been editing and writing for this newsletter for several years. She isn't the best at cornering, but thinks draft-legal triathlons and duathlons could be quite interesting.

PROJECT 2024

# DRAFT LEGAL RACE SERIES

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“ [The Apple] remains, to this day, one of my favorites: held in a wonderful city, with great people and incredible scenery

— Simon Whitfield

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# YOUTH DEVELOPMENT: PROJECT 2024

Allan Prazsky, Executive Director, TriBC, [allan@tribc.org](mailto:allan@tribc.org)

After seeing a gap in development, BC's Project 2024 was born to provide performance pathway athletes, between the ages of 13 and 19, with an opportunity to participate in a competitive, draft-legal environment, with the possibility of spring-boarding onto Triathlon Canada's National Development Team. In its inaugural year, Triathlon BC has designated 4 provincial events as part of a Provincial Race Series. Athletes taking part in the Series collect points towards an overall Triathlon BC Series Championship.

## Where does the Series fit in Canada's Long Term Athlete Development spectrum?

Young athletes participating in Triathlon BC's Race Series have self-identified as being more committed and serious about sport. At this stage of development (*Train to Train*), athletes are ready to consolidate basic skills and focus more time on training and

physical development over competition, a critical step to top performers. For more advanced racers that have selected to pursue triathlon (*Train to Compete*) with the hope of competing abroad, the Series serves as a spring board to Triathlon Canada's National Series.

## What does "draft-legal" mean?

During a draft-legal triathlon, athletes

draft, or 'tuck in' behind other athletes to save energy. This is often referred to as riding in a "pack" or "peloton." Under International Triathlon Union's (ITU) age group regulations, drafting would normally result in a penalty, however, in a draft legal environment, there is no penalty for drafting. Drafting in triathlon adds another dimension to race tactics and skill, and is seen at the International World Triathlon Series and Olympic level.

## Do I need draft legal Certification prior to competing?

Yes! Triathlon BC hosts a series of draft legal workshops each year, where athletes can have their skills fine-tuned and evaluated. Upon successful evaluation, an athlete earns a draft legal certificate, and is placed on a list of eligible athletes. Upcoming Drafting Clinics are listed below:

April 23 - Kelowna

April 30 - Victoria

May 7 - Vancouver

## What is the purpose of the Race Series?

Because the Junior, Under-23, and Senior World Championships all are draft-legal events, Triathlon BC Race Series events provide young athletes with an opportunity to develop the skills necessary for international-caliber racing as they progress through the developmental pipeline.

## What events are in the 2016 Race Series?

The 2016 race Series consists of 4 marque events, each offering unique challenges, though all events within the Series will offer a draft legal event, a first for BC racers!

Race 1 – North Shore Triathlon, May 23

Race 2 – Vernon Kids of Steel, June 25

Race 3 – Kelowna Apple, August 20

Race 4 – Vancouver Triathlon, September 5

## What are the race distances and format?

Triathlon BC's Race Series events are Super Sprint Triathlons, comprised of a 400 meter swim, a 10 kilometer bike, and a 2.5 kilometer run. The swim can start in a pool or have a beach start. The bike and run courses are typically (but not always!) multi-lap. As with any triathlon, dis-

tances may vary slightly from venue to venue to accommodate the specific needs of each course.

## Why are these events so short?

In order to build a competitive atmosphere with a critical mass of draft legal athletes, Triathlon BC's Race Series events combine the usual elements of a triathlon with the dynamics and required skill level of draft-legal racing. These events also must respect Triathlon Canada's age-appropriate distance regulations. With two distinct age groups racing in the Series, super sprint distances must be followed.

## How old must I be to compete?

Triathlon BC's Race Series is open to eligible\* Youth athletes (age 13 and 15) and Junior athletes (aged 16 to 19) as of December 31st of the competition year. \*Eligible - must have draft certification.

## Do I need to be on a High Performance Team to compete?

No. While there are several development Clubs that focus on preparing Youth and Junior athletes for the rigours of competition, being a member of such a club is not required.

## How do I register for these events?

Registration is handled directly by the event organizer/race director. Because

many Triathlon BC Race Series events are held in conjunction with age group races, be certain you are registering for the Race Series event. Contact the event organizer if you have a registration question.

## Do I need a Triathlon BC membership to compete?

Yes. All Race Series athletes must hold a Triathlon BC, or an affiliate Provincial membership *AND* provide confirmation of draft legal certification prior to competition.

## What type of bike do I need in order to participate?

Triathlon BC Race Series athletes must compete on a traditional road bike. *Triathlon, TT or mountain bikes are not eligible for competition.*

## Can parents assist their children in the transition area?

No. Because Series events are oriented to performance, no outside assistance is permitted. Parents and coaches are not allowed inside the transition area before, during, or after the event.

## How do Series points ranking work?

Triathlon BC Race Series points are provided to the top 20 male and female athletes in the Youth and Junior categories. The best 3 of 4 finishes will be calculated, with an overall male and female champion being awarded in the Youth and Junior category. Finish Points are distributed according to the following breakdown:

1st - 25pts, 2nd - 20pts, 3rd - 18pts, 4th - 16 pts, 5th - 14pts, 6th - 12pts, 7th - 10pts, 8th - 8pts, 9th - 7pts, 10th - 6pts, 11th - 5pts, 12th - 4 pts, 13th - 3pts, 14th - 2pts, 15th through 20th - 1pt.

## What's the next step for graduates of the Provincial Race Series?

Young racers looking to test their skills and fitness can go on to compete in Triathlon Canada's National Race Series, where Canada's best youth and junior racers compete!



Draft-Legal: What Your Bike Should Look Like (Age Groupers, Project 2024)

Longer than a half,  
but shorter than an  
Ironman, here's the  
plan for the 2016  
Challenge Penticton  
long course tri, also  
home to 2017 ITU  
World Festival.



## CHALLENGE PENTICTON: New Distance, New Course

Lara Spence, Editor, [lara@laraspence.com](mailto:lara@laraspence.com)

In today's "go for it" world of crowd funding and support for new ideas via social media, previously immovable obstacles seem more easily broken down, change and flux is constant, and a "Why Not?" attitude reigns supreme.

Pick a new race distance and course after 33 years to shake things up and let the triathlon-loving city of Penticton continue to shine? "Why Not?"

Hold an Aqua-bike at the same time as a National Long Course triathlon? (same swim, same bike, no run, offering a different experience and more opportunity!) "Why Not?"

Relays? "Why Not?"

Put Penticton forward to host the Inaugural International Triathlon Union (ITU) Multisport World Championship Festival (including LD Triathlon, Cross (off road) Triathlon, draft-legal Duathlon, Aquathlon while throwing in some swank wine tasting and tourism experiences during the week to keep the tri-companions entertained? "Why not?"

### What are specifics on the Long Distance tri?

Longer than a half, but shorter than an Ironman, here's the plan for the 2016 Challenge Penticton long course tri:

**3km swim** - The swim course will now consist of two 1.5km loops in Okanagan Lake starting and finishing on the beach near Rotary Park – the same location as previous Challenge races.

**120km bike** - Similar to that of the Axel Mercyx Gran Fondo, north out Highway 97 to the turnaround, back along 97, then through town, and out along Skaha Lake to Okanagan Falls. In contrast to the Ironman Penticton bike route, the Challenge Penticton 120km will go in a reverse direction along McLean Creek Road.

**30km run** - 2 laps from Lakeshore Drive along the channel and out to Skaha lake and back.

According to the website ([www.challenge-penticton.com/maps](http://www.challenge-penticton.com/maps)), "all courses are pending Ministry of Transport and City of Penticton approval and may still have slight

modifications...it's the organizers goal to maintain a safe, fair, scenic, yet challenging bike course that showcases the surrounding region and an exciting, spectator friendly run course, ending in the Athletes Village stadium-style finish, introduced at the 2015 event."

### Why did Challenge choose this length?

Michael Brown, Executive Director for Challenge Penticton, says the decision to change the course from Ironman length to Long Distance (shorter) occurred when he was notified his bid for the ITU World Championship Multisport Festival was successful and the inaugural ten day event would be held in August 2017. The team realized that providing athletes a chance to race the course in 2016 as well as qualify as Canadians was exactly what the race desired. The city has remained steadfast for their support in the events.

"We knew we'd give Canadians (and other athletes) the chance to race a similar course for long distance World Championships in 2017".

"When we realized we'd have the opportunity to put in a successful bid for the ITU Long Course World Festival, we were absolutely elated. First we celebrated and then we immediately got to work. We knew that it was an honour to host the first ever ITU World Championship Multisport Festival and it would require an extraordinary amount of legwork. We found out we'd been successful in late 2015 and since then have been working to assemble a first class team of people to put on the event."

### **What races are part of the Challenge Penticton Festival for 2016?**

There are several days of events, which will make for an exciting week for spectators and racers alike:

**Wednesday August 24:** Duathlon Nationals at 7 am (10K run | 40K bike | 5K run); \$110 until May 31.

**Thursday August 25:** Aquathlon Nationals 4 pm start (1km swim, 5km run; \$70 til May 31) with the Family Fun Run at 5:30pm.

**Friday August 26:** Cross Triathlon Nationals 7 am (1.5km swim, 35km bike, 8km run; \$130 til May 31); pasta party 6pm; downtown street dance 7:30pm. The Cross Nationals will have the swim in Lake Okanagan, the bike on the Kettle Valley trail and three blind mice trail system, and the run along the shoreline. "We expect 200 men and 100 women in that race," says Michael.

**Sunday August 28:** Pro Men 6:30am, Pro Women 6:35 am, Age Group Men 6:45 am, Age Group Women 7 am, \$575 (\$775 relay) til May 31. An Aqua-Bike will be held this day too on the same course, but athletes will just finish after the swim and bike (\$450 until May 31). Brown predicts the Aqua-Bike will be contested by 100 athletes and the LD age group triathlon about 750 men and 500 women.

"We expect the number of Canadian men and women racing the LD

triathlon to be increased dramatically as compared to the LD race in Sweden in 2015 where there were close to 75 Canadians. That's close to 500 Canadians in the key age groups. We know 25 will qualify for Worlds in each age group and we don't expect much of a roll down. If you don't plan on attending a qualifying race you may not be racing at the Worlds in 2017."

### **Who can race for Canada at the ITU Worlds 2017 in Penticton?**

To race for Canada at the ITU Age Group Worlds in LD Tri, Aquathlon, Du, or Cross, you need to qualify at a qualifying race. For Canadians, this is Challenge Penticton 2016 or others (see [http://www.triathloncanada.com/en/athletes/agegroup/itu\\_ag\\_team/worlds/qualification\\_2017/](http://www.triathloncanada.com/en/athletes/agegroup/itu_ag_team/worlds/qualification_2017/)) Or, if you've previously raced for Triathlon Canada (age group or performance) and have a good reason why you couldn't race at a qualifying race, you can apply to race (extra \$150 fee) during the Open Registration (see [http://www.triathloncanada.com/en/athletes/agegroup/itu\\_ag\\_team/worlds/](http://www.triathloncanada.com/en/athletes/agegroup/itu_ag_team/worlds/)) . Usually, 10 athletes per age group qualify at Nationals and it can roll down. According to the Triathlon Canada website, Triathlon Canada can send up to 20 athletes in each age group, or up to 25 when the race is being held in Canada.

It's expected that competition for Canadians hoping to qualify for Worlds in Penticton in 2017 could be higher than previous Nationals given that the qualifier and World events are both in Penticton. Roll downs in some age groups in LD triathlon can go quite far down when the ITU Worlds are in distant places like New Zealand or China. Costs to race in an ITU event in far away countries can be expensive, but when you have an opportunity to race in your home country you need to take it.

Brown estimates the most competitive age groups for ITU World Qualifying in

Long Distance tri will be Male 35-39, 40-44 and Female 30-35 and 40-44.

### **What is an Aquathon?**

Swim/run. At Challenge Penticton 2016, it'll be 1km swim and 5km run. Brown expects 150 men and 100 women to do this event across the various age groups. Many athletes use this as a warm up for the big weekend races, providing those not familiar with Penticton the ability to check out the race venue (check in process, washrooms) and shake the cobwebs out.

### **What is Cross Triathlon?**

Introduced into ITU competition in 2011 in Extremadura, Spain and with this year's ITU Cross Worlds in the Snowy Mountains NSW, Australia in November 2016, cross triathlon combines swimming, mountain biking and trail running.

### **What other goodies are planned?**

In addition to the Family Fun Run, the Street Dance, there will also be the Wine, Women and Sport mixer featuring Silken Laumann and Sara Gross and the week ending with the awards presentations and epic After Party on Sunday night. The pasta dinner (Friday) will be at the official hotel The Lakeside Resort and has a maximum capacity of 800.

For more on Challenge Penticton, see [www.challenge-penticton.com](http://www.challenge-penticton.com) and <https://www.facebook.com/ChallengePenticton/?fref=ts>. Volunteer at <http://challenge-penticton.com/volunteers/>.

For info on the pending ITU World Long Course Triathlon (and first ever World Championship Festival including Du, Cross and Aquathon) for 2017, see [www.penticton2017.com](http://www.penticton2017.com). The locations for Olympic and Sprint distance ITU Worlds for 2017 are still being determined. Find out how to qualify for Canada in these races on [www.triathloncanada.com](http://www.triathloncanada.com).

# OLD DOGS, BIG GOALS, NEW TRICKS: Goal Crushing for Older Athletes

*Jasper Blake, Head Coach B78 Coaching,  
Ironman Champion*

With the first gathering of the Americas Masters Games in Vancouver this summer and many other high profile and competitive age-group races to choose from this year in BC, I was asked to comment on aging and racing and if I had any tips for us “old dogs.”

Age is not an excuse for being void of ambition. In fact, the pursuit of anything that takes time, energy and passion may be one of the secrets to retaining a high quality of life. The fountain of youth can be found in the act of engaging in things that challenge us physically and mentally.

Thankfully we live in a time where age is celebrated in sport. Triathlon, in particular, embraces different age groups and provides a space for them to thrive. The athletes competing into their 70s, 80s and sometimes 90s are some of the most respected and celebrated at an event and rightfully so. These athletes remind us that striving for something, putting yourself on the line and being physically vigorous is not just for kids.

Youth has its benefits without question, but sometimes we break down new barriers and crush goals into our later years simply because we have refined our approach. There are no shortcuts to experience and self-awareness. You have to live to get there, and this is the primary reason why many athletes start to thrive later in life.

There are several key aspects that give older athletes an advantage over their younger counterparts. Mental approach, focused training, attention to detail and recovery, clear goals and objectives, a deeper understanding of priorities and commitment, financial freedom and technology all play a part in the ability for older athletes to excel.



## Older Athletes Have a Balanced Perspective

Our mental approach often becomes rooted more deeply in a productive state when we age. We experience some of life's greatest mental challenges early in life. Body and brain chemistry change rapidly when we are young and we are highly emotional beings. Small things can seem big and big things can become overwhelming. There is often a significant lack of perspective when we are young. Watch children fight over a favourite toy and you will witness that early perspective first hand.

The same shifts in perspective exist all the way through life. Consider the boyfriend or girlfriend who broke up with you in high school – it seemed a big deal then; not so much when you are 40. That devastating race performance you had when you were 20 seems trivial when you are 30. The job you lost when you were 40: a big deal then, not so much when you are 80. Mentally speaking, younger athletes can be more

susceptible to large swings in their emotional state. As we age, these things tend to smooth out. Often we begin to care less about what others think and we realize that poor performances are not the end of the world.

Perhaps most importantly there is often a shift in perspective that places more value in the *process* than the *outcome*. This perspective alone takes some of the pressure off of the outcome and puts more joy back into the equation and each training experience, which can lead to more success. We also gain the ability to move on quickly after poor performances.

## Older Athletes Have Thicker Skins

Older athletes are likely to listen to constructive feedback and training advice from coaches and peers instead of thinking they have it all figured out. I'm not suggesting younger athletes don't do this, but, perhaps the wisdom and life experience of an older athlete

can provide a more receptive mind. I myself can attest to the fact that it may have been more efficient to take the advice of some of my coaches and peers instead of living through some ugly moments to gain my own version of this perspective and wisdom. I spent the better part of two decades training and competing in triathlon and there are definitely things I could have done differently.

## Older Athletes Have Greater Focus

Age usually brings more "life" responsibility. Jobs, kids and family commitments usually make time a precious commodity later in life. This can often lead to a heightened sense of focus when you are training. You may only be able to commit 1-2 hours per day, which can result in a great deal more focus, more on point work and less junk mileage. Older athletes often discover that they accomplish more while doing less.

Age can bring more clarity around the things you actually want in life and this translates to more clarity around your goals and objectives as they pertain to sport. Experience teaches us to weed through the minutia and get to the point of what we actually want to accomplish. Having more clearly defined goals and objectives means the energy we put towards something has a high level of specificity and is usually more productive.

Age often teaches us to prioritize our lives more effectively. It helps us truly understand the meaning of the word *commitment*. As we age, we will probably be less inclined to go to a raging house party the night before a race. In fact, we may not even be invited to raging house parties anymore, which indirectly leads to more effective recovery and better results.

## Older Athletes Can Throw Money at it

Financially speaking we are usually a bit better off in our latter years, particularly as we head into retirement.

We may no longer have a mortgage to pay off, car payments may not exist and we may be down a few dependents. If you are in this position, you may find yourself with some extra money, which you can use to improve your equipment, go on camps, hire a good coach and take care of your recovery needs more effectively. Finances can be a hard burden for younger athletes and can add to the stress and pressure of competitive situations.

## Older Athletes Didn't Have Aero Helmets

Technology has come a long way, especially in the sport of triathlon, and can be a boost to older athletes, especially those returning to competition. Bike and wheel designs have evolved immensely in the last two decades. We used to ride bikes -- now we ride rocket ships disguised as bikes. We wear helmets that slice through the wind. We have physiological monitors that can detect all kinds of metrics allowing us to fine tune our approach. These technological goodies are a huge win for any athlete and can provide a dramatic potential speed (and fun!) improvement for athletes who competed many years ago and are making a return to competition. Techie toys, too, add to daily training joy and that too leads to success, as outlined earlier.

## Aging: What to Watch Out for

When we age, there are definitely some obvious factors that work against us physically. Decreased hormone production and a loss of muscle mass are unavoidable truths the deeper we get into our lives. Recovery takes longer. Strength and speed are harder to build. But youthfulness can be found in the pursuit of physical and mental challenges. Old dogs can and still do crush big goals by refining their approach and being mentally more resilient.

Probably the biggest thing that I've noticed with age is that I do more with less. Time is far more precious now that I have a business and a family. The time I have for fitness is far more focused and on point now than in the years where I had 40 hours in a week to do the work. Granted, it's hard to reach the same fitness levels with significantly less time, but it's still possible to make huge fitness gains on about a quarter of the time. This has been a great realization for me as a coach because most of the athletes we work with at B78 have a great deal on their plate.

Jasper Blake is head coach for B78 coaching. B78 specializes in coaching and programming for triathlon, running, cycling, mountain biking and xterra. Our team of coaches is comprised of an amazing group of coach/athletes with incredible expertise. We currently work with over 60 athletes worldwide ranging from beginner to those ranked best in the world. For more, see [www.b78.is](http://www.b78.is) or find them on Twitter + Instagram at @b78coaching or on Facebook at B78coaching.



Old dogs can and still do crush big goals by refining their approach and being mentally more resilient. Probably the biggest thing that I've noticed with age is that I do more with less.



# 6 Questions to Help You Choose the Best Stroke Rate for Swimming

Peter Scott, Sea Hiker Head Coach, [info@seahiker.com](mailto:info@seahiker.com)

**I**t's very likely that you need to modify your stroke rate to swim much more efficiently, faster, and get more out of your training.

How fast do you move your arms when you swim? What's your stroke rate?

Did you know that swimming with a higher stroke rate can actually slow you down? Did you also know that too slow a stroke rate is also inefficient and slow?

Questions like these can be confusing, even for experience triathletes, especially when you're in the pool trying to get your workout in.

## Should You Swim Like Alistair Brownlee?

There's a school of thought that you should generally try to swim at a higher stroke rate. In our experience working with both new and experienced triathletes, it's rarely that simple.

Elite triathletes are usually held up as proof of a higher stroke rate being best. Elite triathletes and Olympic swimmers swim at stroke rates between 75-110 strokes per minute (SPM), with the highest stroke rates coming from shorter pool races. Most recreational

triathletes simply cannot maintain that kind of stroke rate for more than a minute. Nor do they possess the technique to make it work. Trying to imitate your triathlon heroes can have a disastrous effect and even lead to injury.

## Or Should I Swim with "Long Strokes?"

On the other hand, there is often a misunderstanding of the coaching philosophy of "long strokes" where some triathletes slow down their strokes so much that they almost stop their arms from moving to glide as far as possible. Longer strokes doesn't refer to taking *longer* to complete a stroke – it refers to how far you travel through the water on each stroke, which depends on a great many technical and physical factors. "Long Strokes" are compatible with a high stroke rate.

The "Long strokes" philosophy usually comes with an emphasis on starting with a lower stroke rate first to learn better technique. This is appealing and beneficial to newer triathletes who want to finish their races and have energy left over.

## The Debate Rages On

Because there is no solution that works for all swimmers, as each athlete will have their own best areas for improvement, we feel it's more useful to help each person understand the limiting technique or missed training opportunity that they should address first.

So here's a list of six questions to ask yourself to help you how you should modify your stroke rate to see positive changes in your performance.

Check out our website for an example of swimmers at different stroke rates and paces with our videos on stroke rate: [www.seahiker.com/blog/stroke-rates/](http://www.seahiker.com/blog/stroke-rates/)

## Beginners-New Triathletes

### 1. Do You Always Start Off Fast and Then Slow Down Dramatically?

Often when we meet new swimmers who have good fitness, they can swim 50m-100m with great speed. But after a 1500m practice, they'll find themselves at the back of the pack. Their stroke efficiency falls apart quickly.

What to work on first: Simply learn what stroke rate and swim pace you need to swim repeats of 50m-100m initially with a consistent pace. It should feel too slow at first - and then by the end of a longer set, let's say 6 x 100m or 10 x 50m with a reasonable rest interval, you'll still feel comfortable. Consistency is the most helpful guide for newer triathletes. Whether it's your swimming pace, stroke rate or heart rate, a smooth, consistent swim is gold for making faster progress. Start there first.

## **2. Do You Have to Stop Swimming Often to Catch Your Breath?**

If you can't yet swim 400m non-stop, definitely don't try to adopt a "high" stroke rate. Not being able to settle into an aerobic swim for 10-15 minutes is usually a sign of bad breathing habits or an inefficient stroke - or both.

What to work on first: You should spend much of your time swimming in the 40-55 SPM range. While 45 SPM, for example, may feel more like a drill-type swim (and it might feel easier with fins on), it will help you correct important fundamentals like balance, posture and timing. Your main goal here is to breathe easily for longer and longer distances. When you're starting out, effective and easier breathing is the key to enjoying your triathlon training - and seeing results.

## **3. Do You Only Have One Swimming Speed?**

If you find it hard to swim faster, you might very well be tempted to increase your stroke rate. But if you've been struggling to go faster, even a faster stroke rate won't work - at least for a triathlon swim.

When a faster stroke rate doesn't help your speed, it usually means that you're slipping on your catch & pull or letting drag slow you down because of poor body position. With those two obstacles, taking more strokes per minute just makes things worse.

What to work on first: Learn the technique for swimming faster by first

## **How can you determine your stroke rate?**

Swim 100-200m without stopping. For best results, do a set of three repetitions with 15-20 seconds of rest in between each one.

Have someone count your stroke over 15 seconds at least 4-5 times during each swim with a stopwatch. Write down each stroke rate per 15 seconds. You can also video tape your swims and do the same kind of "spot checking." Multiply your strokes by 4 to get your strokes per minute (SPM) count.

You can also use a smart watch or swim training watch - they normally have that feature.

Usually, coaches and triathletes express their stroke rates as each individual arm stroke. Some swim coaches will talk about the whole stroke cycle of two arm strokes as one "stroke." Just make sure you know what you're measuring.

swimming slow enough to master the technique you'll need for holding a faster pace. Along with a review of the fundamentals, improving your catch & pull, stroke timing, hip rotation & weight shifts, and kicking for stability are all worth exploring.

Focus on seeing how much faster you can get without dramatically changing your stroke rate. You may be surprised to see how much faster you can go.

What to work on first: Your first step will be challenging and fun. Practice swimming at different stroke rates by feel or with a Tempo Trainer metronome. Swimming at a new stroke cadence is a skill like any other and it takes practice.

Here's a simple, fun and challenging set that you can do:

3 x 100m [:15] @ 50 SPM

3 x 100m [:15] @ 53 SPM

3 x 100m [:15] @ 57 SPM

3 x 100m [:15] 60 SPM

3 x 100m [:15] 63 SPM

Rest 1-2 minutes between each set of 3 x 100.

**Step 1:** Your first goal is to simply settle into the stroke rate for each 3 x 100. Can you relax more, improve your form, and swim a bit faster while holding that same tempo as you repeat each one three times? You may shift the starting and ending point of the tempo settings to suit your own level (starting lower or higher).

**Step 2:** Try it in reverse, starting

(Continued next page)

## **Experienced Triathletes**

### **4. Are You Relaxed and Comfortable - But at a Performance Plateau? (Intermediate-Advanced)**

Trying a higher stroke rate is indeed an important step in learning to swim faster. If you are comfortable swimming your target distance, see regular improvements in your stroke technique from month to month, feel comfortable with your breathing, and yet feel that you've hit a plateau for a season or more, work on gradually boosting your stroke rate (and the fitness and skills to go with it).

# VANCOUVER 2016



## NEW...

**SUNDAY, JULY 10TH, 2016**



**A spectacular event in downtown Vancouver**

Distances: 5i50 Individual & Relay, Aquabike

The **Subaru 5i50 Vancouver Triathlon** is a truly urban race that takes place in the heart of downtown Vancouver. With stunning views of the North Shore Mountains, sparkling oceans and the rain forest of Stanley Park; this is not an event to miss!

**SUNDAY, AUGUST 7TH, 2016**

**An empowering event for women**

Distances: Sprint Individual & Relay



The **Subaru Iron Girl Vancouver Women's Triathlon** aspires to bring women of all ages together as a community by offering a supportive, energetic, and empowering environment to females pursuing a healthy and active lifestyle. Taking place at the magnificent Spanish Banks Beaches, this event is one of the most beautiful urban triathlons you will ever experience.

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with the higher stroke rate. Does your stroke technique and fitness allow you to start right away at a higher stroke rate?

**Level Up:** When this becomes easy, you can narrow it down to the range closer to what you'd like to be racing at, perhaps only a 6-8 SPM spread over 3-4 steps. Try to descend by 3-4 seconds on each 100m swim while holding that stroke rate.

This progression alone gives you a ton of practice at swimming at a new stroke rate while also swimming with good technique.

You'll know when you've found a more efficient stroke rate when breathing isn't that hard and you can hold a consistent pace. Keep in mind that a higher stroke rate will initially depend on both fitness and skill to hold. With practice you should be able to stick with it.

### **5. Do You Have a Sense of What Feels Right?**

Next time you're in a mall or on the street, have a look at how people walk. Some walk with short crisp strides at a high "step" rate. Other have longer loping strides. Some walk fast as if

their lives depended on it, lunging forward off each leg; while others are slow, no matter what happens (even when crossing the street when the hand is flashing).

People tend to have a natural rhythm that they really prefer over everything else. When you have a strong preference, the only question remains as to whether you are seeing any improvement. If not, consider trying something new. We've seen triathletes get faster usually by slowing down their stroke rate for a few months to improve stroke mechanics. Other times we help swimmers gradually build up their stroke rate by 3-5 SPM for a more efficient swim and better pacing.

## **All Levels**

### **6. Do you have recurring injuries?**

A swimmer who swims at 80 strokes per minute risks irritating the shoulder, no matter what their fitness level. Many triathletes and open water swimmers who prefer higher stroke rates risk ending up with shoulder overuse injuries.

We would advise the majority of

triathletes to explore speed, efficiency and endurance with a stroke rate in the range of 45-65 strokes per minute. Given the wide range of fitness & skill levels, racing goals, medical history, physiology, and temperaments, there's no way we could ever recommend one ideal stroke rate for everyone. You can swim very fast while staying within this range. And if you find you can excel at stroke rate above 65-70 SPM, then you probably don't need to read this article.

When you are new to triathlon, your first goal should be to feel comfortable in the water swimming while swimming smart practices and also in open water. Once you have that experience, whether it takes you only one season or several of them, you have a great foundation to build skill, speed and endurance – and try a new stroke rate.

Your shoulders, neck and spine are precious for swimming, among other things. Keep them safe with gradual shifts of stroke tempo when the time is right.

Visit the Sea Hiker Swimming Blog to see some video examples of swimmer at different stroke rates and speeds: [www.seahiker.com/blog/stroke-rates](http://www.seahiker.com/blog/stroke-rates).

Focus on seeing how much faster you can get without dramatically changing your stroke rate. You may be surprised to see how much faster you can go.



## FROM RUST TO IRON:

# The Road to 226 Kilometres

*Aly Couch alyson.couch@gmail.com*

To this day I can't exactly pinpoint why it was that I really wanted to do an Ironman. At the time, I really hadn't been on a bike much since being a kid, my idea of swimming was floating on an air mattress, and running just wasn't in my genes. So, the idea of completing 226 kilometers of swimming, biking and running all in one go, seemed like an odd choice. Needless to say, I was determined to do it, and off I went, like an eager kid, hopping in with both feet and never looking back.

The plan was to do the Penticton Challenge Half in the first year and double the distance at Ironman Canada in Whistler the second year. I wanted to allow myself time to adjust to the demands of the sport, and without much experience in any of the disciplines, I had a lot to learn.

The ensuing two years of training and racing were incredibly challenging, yet incredibly rewarding. There were times when the end goal seemed insurmountable and there were times when I was on top of the world. But that is the beast of Ironman, you never know what will be thrown your way.

In my first year of training I learned a lot about the sport; from clip in pedals, to gels, salt sticks and hydration, to race belts, chaffing cream and Strava, to bento boxes, tempos, time trials, and almost more importantly, time management. Under the guidance of

a coach and with a training group, we worked out twice a day, six days a week. Some weeks, I trained almost as many hours as I worked. It was a grind, but I quickly fell in love with every part of the sport and every challenge it hurled my way. In this first year I also learned that sometimes things don't always go according to plan and some challenges are harder than others.

In the second week of August, after months of dedication and miles upon miles of eating, sleeping, and breathing triathlon, I hit my first major roadblock when I was admitted to hospital with Viral Meningitis. My race in Penticton would never happen. I was in peak physical condition, yet I was crippled to a rigid hospital bed, fragile and aching with severe head pain for four days. The next month would be an

uphill battle of trying to get back to a feeling of normalcy. Numbness and tingling plagued my lower back and legs, headaches and fatigue sidelined me to the couch or bed most days, and life seemed to move in slow motion. I worried that my road to Ironman was over. But with each passing week I made incredible progress. In particular, the pool became a great source for healing and recovery. The cool water would subside the tingling in my legs and the weightlessness was gentle on my still fragile body. In less than a month I would go from bedridden, to walking, to swimming, to running. Three months later, without any lingering side effects from the virus, I was back into training and signing on the dotted line for Ironman. The doctors said my recovery was remarkable. I had dodged a bullet.



In year number two I went into the training season feeling cautious, but I also had a new appreciation, relentless determination and little bit of redemption in my eyes. With a year of experience to build upon I had the recipe for a solid year. It was hard to adjust back into the grind but with time I was in my happy place and rocking the workouts. In the first three months I was knocking minutes off my run times, feeling more at ease in the water, and sporting a new time trial bike. The feeling was good and I was confident that any setbacks I faced in the summer were behind me. Unfortunately, though, the universe had other plans for me in the first week of March when I tore my MCL while playing ice hockey. This was a crushing blow. In that moment, all I could think about was how every day, every week away from training would be detrimental to my goal. It would be another long haul of recovery and patience to get myself back on course. I would agonize through water running, light spinning, and the dreaded elliptical. Swimming was the only thing that kept me sane. Despite having a pull buoy strapped to my legs by a rubber band, I felt free. As the weeks went on I became stronger and more driven and more determined than before. Eight weeks later I had eased back into a full training schedule, and I was never so grateful for all the puke-worthy, heart pumping, muscle aching workouts. Two months after that, I would finally step foot on the



I would agonize through water running, light spinning, and the dreaded elliptical. Swimming was the only thing that kept me sane. Despite having a pull buoy strapped to my legs by a rubber band, I felt free.

start line of my first half Ironman and even cross the finish line. For the first time since finishing a triathlon, I did what every athlete should do - first or last: celebrate! I worked hard to get to there and I overcame some significant challenges and, that was worth celebrating. Running through the finish arch, I flexed my arms in triumph and tears streamed down my cheeks. If you had seen me, you would have thought I won the race. It was a mixed bag of emotions that overwhelmed me with grace, gratefulness and one giant, grinning face.

Almost two months later, it was the full Ironman: the race I had been dreaming about, obsessing over, and otherwise been committed to for the past two years.

On the quiet morning of July 26, 2015, while I sat on a bumpy school bus en route to the swim start I couldn't help but reflect back on the roller coaster ride that got me there. From blisters

to shin splints, displaced ribs, and heat stroke, to personal bests, hell climbs, hill climbs, one bout of Meningitis and one torn MCL, I was finally the victor and finally at my destiny.

The bone chilling cold on race day in Whistler was one of the most physically and mentally tough challenges I've ever endured on a race course. My teeth chattered incessantly against one another, my fingers became too numb to grasp my water bottle, and all I kept saying to myself was, "it can't be like this all day." I thought Ironman was hard enough without the elements of Mother Nature whipping me in the face. It was brutal. Aside from the weather, my race was tactically executed almost perfectly to plan. I was nailing my pacing and feeling incredible, until I made a costly error.

At about 150 kilometres into the bike, just outside Pemberton, in an indecisive moment at an aid station, I reached for a bottle across my handlebars and ended up cranking my front wheel completely sideways. Faster than I could realize what happened, my head and shoulder slammed down hard against the concrete. Frantically, I hopped back up, shaking, and still straddling my bike. All I could hear was people around me saying, "she hit her head really hard." They were right, I had double vision and my head was pounding. Fortunately, a medic was nearby and was able to rinse the gravel from my shoulder, bandage it up and check me for any signs of a concussion. Luckily, I checked out fine, and faster than she could give me a thumbs up

(Continued on page 23)



# Meet BC's Les Pereira: New TriCanada President

It is an honor and a privilege to be elected to build on the rich history of triathlon in Canada and to be given the opportunity to guide a new era for our sport.

My personal journey began in 1998 with Pacific Spirit Triathlon Club staring up wide eyed at Swim Director Tracey Shelley's coaching direction. Eighteen years later I apparently still don't rotate my hips enough. After several years of racing I stepped up to the position of Bike Director and then President of the club. A year after stepping down, I was elected to the Board of Triathlon BC under the excellent leadership of Sue Ironside. After three years as Coaching Director and piloting both the Introduction to Competition and Community Coaching Streams and with Sue's mentorship, I was elected to the Triathlon BC Presidency.

Five years as President of TriBC proved very rewarding and will always be a source of great pride for me. Working in partnership with Executive Director Allan Prazsky, our sport came to be rated number one in performance by SportBC. Having participated in Triathlon Canada's Governance review, the next logical step was to run and be elected to the new streamlined board. Finally, last January after the Past President resigned, the Board elected me to the Presidency.

January 2015,  
Vancouver's  
Les Pereira was  
elected President  
of Triathlon Canada.  
TriCan offices were  
recently moved to  
BC. Les has had  
triathlon in his life  
since 1998.



First and foremost my goal as President is to work with our talented and dedicated team of staff and board members to strengthen the communication and collaboration with all of the provinces, clubs and members in all race categories who are core to our success across the country. Triathlon Canada invested early in the Long Term Athlete Development model and I truly believe an Olympic or Paralympic triathlete can be born in all communities across the country if they are given access to the opportunities to swim, bike and run. It will be a huge priority for not only myself, but our Board,



  
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to introduce more youth in all corners of the country to our great sport in an effort to significantly grow our participation numbers, and ultimately, develop the nation's next Olympic and Paralympic champions.

Obviously the high-performance program is core to Triathlon Canada. It will be a huge priority to not only introduce more youth to our sport, but guide them through the athlete development pathway with a focus on excellence to ultimately to Canada back on the Olympic, and Paralympic, triathlon podiums.

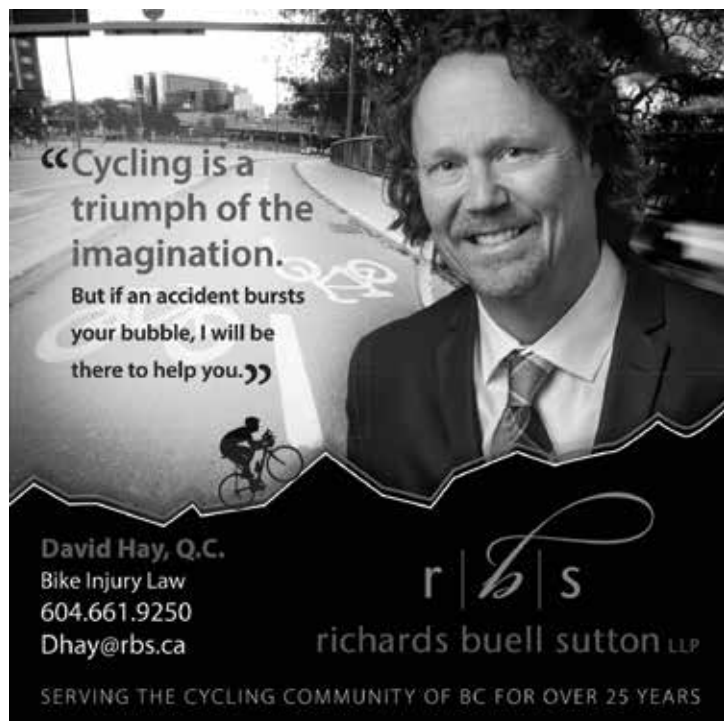
I still race at all distances and officiate at provincial races, so I'm sure I'll see many of you out in the water or out on the road.

This will be a challenging Olympic year with much focus on the high performance side in the lead up to Rio. The new races in Ottawa and Montreal promise excellent growth and promise to join Edmonton as world class events. The ITU Multisport festival coming to Penticton is a fantastic opportunity for our local community, and the America's Master's Games will help focus attention on Vancouver once again.

I do have a full time job. The TriCan presidency, while my current passion, is a volunteer position. At present, it requires up to several hours a day, but that is largely due to bringing myself up to speed.

My personal race slate has to be somewhat flexible this year for obvious reasons, but I am training hard and will definitely race.

Having the TriCan head office in Victoria makes it very convenient for me as I regularly do business there and am there several times a year regardless. Looking forward to help grow the success of our sport in 2016 and beyond!



**“Cycling is a triumph of the imagination. But if an accident bursts your bubble, I will be there to help you.”**

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B.C. OWNED  
AND OPERATED

# Ridley Noah SL

Allan Prazsky, Executive Director,  
Triathlon BC (and a guy who likes bikes),  
allan@tribc.org.

Having ridden Ridley's ridiculously light Helium SL for most of the 2015 season, I was - in all honesty - somewhat hesitant to move over to the Noah SL. Plying most of my trade in the hills, how would the additional weight (however small) translate?

Taking delivery of the Noah SL shortly before pushing off to the sun-drenched shores of Hawaii's Big Island, home of Ironman's World Championships, I didn't have much time to acclimatize to the new rig and its very different geometry and latest aero design philosophies (claimed to save 7% of wind resistance over more traditional, round-tubed designs).

Before we talk about the ride quality, let's start with a quick walk around. The Noah SL comes draped with Shimano's top level groupset, mechanical Dura-Ace. While not quite as sophisticated as its electrically-charged sibling, the DA9000 groupset offers consistent, lightening fast shifts, incredibly powerful brakes mounted in their traditional location (where god intended them to be!), and among the stiffest crank arms on the planet. Similarly, the Zipp 60 wheelset (kissing cousin of the 404s), with its 58mm dimpled, hybrid toroidal carbon rim and aluminum braking surface offers superior reliability and low maintenance, hassle-free mileage.



Enough about Shimano's venerable 9000 group and Zipp's fancy deep section go fast wheels, you guys are here to read about the Noah SL!

Up front, the Noah SL features Ridley's unique F-Splitfork. Each fork leg is divided into two airfoil-shaped elements with a small gap running down the middle, intended to improve airflow, bettering aerodynamic performance by directing turbulent air away from the rotating front wheel. The fork crown is neatly integrated into the head tube and downtube, with a small lip extension at the top trailing edge of the fork, similar to what a few Pinarello models are sporting of late.

Concentrating on improved aerodynamics over extreme weight loss, the Noah SL's aerodynamically shaped, camtail downtube has two narrow grooves running down its leading edge, said to channel air more efficiently across its surface. The sculpted downtube culminates in an oversize, beefy bottom bracket utilizing a pressfit 30 bb, adding stiffness to an already impressive design.

The seat tube neatly wraps around the rear wheel, reducing drag and again, increasing efficiency. Sprouting from the seat tube is an aero-shaped seat post with two channels running the length of the post, similar to the aforementioned downtube in design. The Noah SL's seat stays extend

midway up the seat tube, shaped with aerodynamics in mind, reducing frontal area as well limiting the amount of material required.

Having logged over 700km on the Noah SL, many in anger on long climbs (Kohala Mountain Road), on windy, gentle rollers (Queen K!), on desolate stretches under full gas (Akoni Pule Highway) and in frenzied sprints, I can say that the handling of the Noah SL is decidedly racey; quick and razor sharp with impressive feedback, capable of carving just about any arc you throw at it.

Did I feel 7% faster on the wind-chiseled Noah SL over the balloon-light Helium SL? It's hard to quantify aerodynamic efficiency. However, rolling at 45km/h and throwing down an attack sees a very quick reaction and a brisk increase in tempo. The stiffness of the package offers exceptional get up and go, without any buzzy harshness normally associated with aero bikes. Bumps, vibrations and bigger potholes are nicely absorbed, always offering confident feedback every step of the way, without beating you up in the process. For those looking for a race ready bike that's just as capable racing a hair-raising pro-level criterium on cobbles as it is rolling effortlessly long training miles with your closest buddies, the Ridley Noah SL, with its sleek design ethos and top, worry-free components, deserves to be on everyone's shopping list.



# Get to Know the Triathlon BC Board

## Duncan Wood (Chair)

Duncan has been involved in triathlon/duathlon for more than 20 years. In 2003, Duncan was the National Duathlon Champion. He is also a five time National Triathlon and Duathlon Team member. Duncan hopes to represent Canada in Triathlon on the world stage once again. Duncan has been a Triathlon BC board member since 2009, elected Chair in 2013. Professionally, Duncan is the Operations Manager for an Environmental Consulting company, a certified Project Management Professional and Professional Agrologist.



## Keith Iwasaki (Secretary)

Keith has been involved with triathlon since 2001, racing ("participating in") distances from Sprint to Ironman. Currently the track coach for the Pacific Spirit Triathlon Club, he has also been their Run Director and Vice President.

Keith has served as Secretary for Triathlon BC since 20015, including work with Technical and Sanctioning Committees.

Officiating since 2001, he is currently a Continental Technical Official with the ITU. Some of Keith's notable race assignments have included Race Referee for the Canadian National Championships, WTS Edmonton race, assistant Technical Delegate for World Championships and officiating at the Pan American Games. Keith has been nominated by Triathlon Canada to officiate at both the 2014 Commonwealth Games and 2016 Paralympic Games.



## Faith Wells (Treasurer)

Faith is a CGA/CPA and has worked in senior positions in several industries such as organic foods, interior design, entertainment, architecture, and biotech. Faith is current Controller/Vice President Administration at SierraSil.

Faith has volunteered as the Treasurer for Triathlon BC since 2008 and also volunteers with the Women's Hospital Auxiliary, the CGA Audit Committee and as CGA Ambassador. Faith has helped to bring TriBC from a completely manual system (hand written cheques) to a fully functional computerized business system. Faith and the Triathlon BC team are continuously looking for ways to streamline the business process. Faith is currently more involved in marathons than triathlons right now. She will be running the Berlin Marathon in September and possibly entering the America's Masters Games this summer in the triathlon.



## Vicki Lundine (Director at Large)

Vicki has always been involved in sports: swimming instructor, life guard, or ski instructor. For over 30 years Vicki acted as a teacher, initially teaching special needs students and also working as a career counsellor. In 1993 Vicki got her first taste of triathlon, and volunteered at races in which her husband competed. After volunteering for a number of years Vicki decided to become an Official. She has officiated in Mexico, Australia, New Zealand, England and Canada. In her leisure time Vicki runs and bikes on a regular basis in a non-competitive environment. Vicki



enjoys officiating because it gives her an opportunity to be involved with a healthy and enthusiastic group of individuals. She feels that encouraging individuals to take officiating training helps ensure races are safe and fair for every participant.

## Troyce Beglaw (Director)

Troyce is Triathlon BC's current Sanctioning Director, elected to the Triathlon BC Board of Directors in 2014. He has been involved in Field of Play operations as an official for over 24 years, the last 12 years as a triathlon official. Troyce enjoys the opportunity to ensure safety and fairness at all levels of competition and ability, from children learning new skills to seasoned professionals. Troyce has the responsibility of ensuring all Triathlon BC sanctioned events are safe and fair for every participant. Troyce works as a Electrical/Instrumentation Technician with Fortis BC.



## Larry Feagan (Director at Large)

Larry has been Director at Large for Triathlon BC since 2013 and enjoys work on the Annual Athlete Gala. His position at Subaru Canada provides experience in marketing, promotions, advertising, business development, and financial analysis, all which help him as Director. With the encouragement of Subaru Canada, Ironman and Lifesport Coaching, Larry participated in approximately 50 triathlons in Western Canada, including 7 Canadian Ironmans since 2007.



(Continued on page 20)

## **Biggi Weishedel (Director at Large)**

Biggi joined the Triathlon BC Board in 2015. She started triathlon while living in New Zealand, and has since become a seasoned long-course triathlete. With many races under her belt, Biggi understands the ins and outs of the sport and is passionate about growing triathlon in BC and Canada. As a marketing professor and professional, she has also held marketing director positions for the Kelowna Apple Triathlon and the Across the Lake Swim in Kelowna. Her interest in e-commerce will benefit the online presence of TriBC and future promotions. Biggi lives and trains in Kelowna. When Biggi isn't running or teaching marketing, she enjoys skate skiing, backcountry ski touring, open water swimming and travelling.



## **Kirk Lewis (Director at Large)**

Kirk believes that the corner stones of an effective director are leadership and the ability to develop workable solutions. He has always viewed triathlon as a people's sport, meaning everybody can try it. The commitment it takes to train in three distinct disciplines and to maintain that focus for 5 to 8 months, balancing family and work is truly as testament to a person's character; courage, honesty, dedication and their ability to overcome those challenges for him, is truly inspirational. Kirk is a NCCP Certified Competition Coach, Triathlon Official and a Learning Facilitator for Triathlon Canada.



## **Robbie Jacobs (Director at Large)**

Born in South Africa, Robbie was involved



in surfing, swimming, surf lifesaving as a child. He moved to Vancouver in 1990 and started coaching. In 2011, after turning 50, Robbie decided that it was time to get fit. After watching Team Hoyt finish an Ironman, it was time to get serious. Robbie completed his first Ironman in 2013 in 12hrs46. Robbie has completed all distances of triathlon and appreciates the encouragement, support of members in his triathlon club. Robbie also volunteers with KidSport Richmond and Steveston Athletic Association on the Richmond Sports Council.

## **Andrew Armstrong (Technical Director)**

Andrew Armstrong was born in Birmingham, England and immigrated to Montreal in 1960. After 40 years of distinguished service with the Canadian Coast Guard, ending as Director, Fleet Operations and responsible for the national co-ordination of Maritime Security for the Vancouver 2010 games, he retired in 2010.



Andrew began officiating triathlon with Triathlon Ontario in 1994, and at national and international levels in 1995. Currently he holds the designation of ITU Continental Technical Official and has been the Technical Coordinator for TriBC since 2012. Andrew has served on the Triathlon Ontario and Triathlon Canada Board of Directors.

Andrew has served as the National Team Manager for the Canadian team six times. His first senior officiating role was as the Head Referee at the World Duathlon Champs in Calais, France in 2000. Andrew worked as a Technical Official at every Canada Games Triathlon. Andrew was recently appointed Technical Delegate, 2016 ITU Oklahoma Long Distance Triathlon Worlds, and served as ITO at the Pan American Games in Toronto. Andrew was selected as a TO for the first ever Para-triathlon at the Paralympic Games in Rio. Andrew teaches Yoga for the City of Surrey.

## **Emily Vickery (Program Coordinator)**

Emily has been with Triathlon BC since 2011 and holds a degree in Sport and Fitness Leadership from Camosun College. Her main duties at Triathlon BC include management of the membership database, acting as the Provincial Advisor for the BC Summer Games, assisting with the facilitation of NCCP Triathlon Clinics, managing ViaSport's BC Sport Participation Grant Program, attending provincial championship races and overseeing Triathlon BC's Annual Athlete Gala. Emily is a PTO Level 1 Official who enjoys helping at triathlons. She helped the current board develop the Triathlon BC Strategic Plan for 2016-2019 and is very excited about the strategic goals for the organization.



## **Allan Prazsky (Executive Director)**

Allan has been with Triathlon BC since 2007 and is responsible for strategic and executive management. Allan's proficiency in communication, decision making, finance, governance and planning skills have been helpful in ensuring the growth of Triathlon throughout BC. Allan grew up a cyclist, turning his first cranks in 1978, going on to compete in North America and Europe. Allan has retired from competitive cycling but can still be found on his bike on a semi-regular basis. He is an elected individual of the Commonwealth Games Association of Canada, an MEC Ambassador, and the former Technical Director of the Cypress Challenge, an event raising over \$1 million for pancreatic cancer research.



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*Silken Laumann*

**Mercury Rising:** Community found in local triathlon clubs. It's nice to know, in a time where we can be so independent, that the most joy and the most success comes from being in community.

## I was Looking to Get in Shape and I Found Community

I was looking to get in better shape and enjoy a new athletic challenge when I joined a triathlon group two years ago. Little did I know I was going to become a part of a supportive community that I now look forward to meeting with on a regular basis.

The group was called Mercury Rising Triathlon (MRT), and although there were some professional triathletes, most of the athletes were enthusiastic age groupers looking to do their first triathlon or had been doing triathlon for years. They wore heart rate monitors, had cadence meters and power output meters on their bikes, they did single spinning drills and over-gear sprints... I definitely was on a learning curve.

In the pool, it was all pretty intimidating. Huge clocks flanked the decks, and you started on green top, or red bottom, or whatever... I really wasn't sure what it all meant. Paddles, pull buoys, one arm drills, bilateral breathing--most practices I was just happy to still be breathing at the end, considering the water I swallowed. My coach, Clint, was surprisingly patient considering he was

managing four lanes of swimmers, the fastest being good contenders to win an Ironman, the slowest lane including people like me who still thought you did front crawl with straight arms.

Masters Athletes, I had heard, took themselves very seriously, but mostly, everyone was happy to help one another. I learned to cycle and swim, not just through the coaches, but through the other athletes. They helped me set up my bike for spin class, change my first flat tire, and explained that huge, daunting clock at the pool. I started to feel I was being 'shown the ropes' so to speak and therefore accepted into this new community.

I have always participated in individual sport--running, x country skiing, and, of course, rowing. Rowing was also an individual sport, but the training was almost always done in a group. In swimming, you develop this connection with people in your lane, all of you are trying really hard to make the times, and if you start to slow down too much, you ask the person behind you to go ahead of you. There is interaction

and codependency. It's hard to have a great swim if other people in your lane aren't also pushing hard. Getting through a challenging set together is a mutual accomplishment. The bike is no different, you ride the hills together, you take the pace up or down together, you take breaks for food together. You work with other people to get the best ride possible.

Two years ago I knew one person in the group, now I know over forty riders and swimmers. I train with them, and feel connected to them through the work we do together. In the two years I have been there, people have lost jobs, one woman lost her husband, and another went through a breakup, yet another was diagnosed with cancer. We don't spend huge amounts of time talking about our lives and our challenges, but we have an idea of what is going on in each our lives, and we support each other. That is what a community does; they support one another, cheer for one another, and lift one another up. We all have families and social lives outside our club, but

this club is another kind of support, another kind of connection that plays an important role in our lives. I joined Mercury Rising to get in better shape and learn to swim; but in essence, I joined a community.

It's interesting to think about the ways we are connected in community. Sometimes it is through our kids, and the Saturday mornings spent on the soccer field together with frozen feet while watching our kids. Sometimes the connection is even looser, people we see every week while running the same trail, people we say hello to when we get our morning coffee, or when we stop every Wednesday night at our local library. These connections are different than friendships, but they are also important. I belong to multiple communities, but for people who are more isolated, these meetings can be a lifeline.

My triathlon group makes staying fit and sporty way more fun. They keep up the intensity of my workouts, while exposing me to a group of people outside my normal circle. I respect and enjoy all of them. I recognize that we rely on one another for a good workout, we rely on each other's competitiveness to up the intensity of a session, we rely on each other's consistency to make the club a club. If half the people stopped showing up, everybody would feel it, and it wouldn't be as much fun. I can only reach my individual goal of competing in the Aqua Bike Challenge race this year if the others in my group also have their goals. We are dependent on one another. Connection to community is a foundational element to living a good life.

We are not built for isolation. A hundred years ago, everyone was dependent on one another--for food, for water, to build their houses, to look after their children. It's nice to know, in a time where we can be so independent, that the most joy and the most success comes from being in community.

Silken Laumann of Victoria, BC, is known across Canada as rower and public speaker. We welcome her to triathlon! Reprinted from <http://www.silkenlaumann.com/blog>.

## FROM RUST TO IRON: The Road to 226 Kilometres

(Continued from page 15)

to continue, I was back on my bike with the finish line still on my mind. If Ironman has taught me one thing, it's that you start what you finish, no matter how hard it is, or how much it hurts... you find a way to get it done.

Once I finished the bike leg, I was very grateful to park the wheels and get back to the safety of my own two feet. But my new challenge was figuring out how I was going to run a full marathon. Previous to that day, the furthest I had ever run was 23 kilometers, so I literally didn't know if I was going to make it. By about the 15 kilometre mark, and almost 200 kilometres into the race, I had to start to thinking of survival mode. My upbeat vibe and smile was slowly fading and I mindlessly stared at the ground ahead of me. Even as I passed the 23 kilometre mark, I didn't feel like celebrating the distance. By this point, everything was hurting. My toes were tingling as blisters started to form and my knees were screaming out in pain with each pounding step. As I crossed the road and looked up, I saw my dad. He was beaming with pride as he asked how I was doing. All I could muster out was that I was in pain. In a sympathetic yet encouraging tone, he told me he knew how I felt but I was almost home. I was so grateful for his words and I didn't feel so alone in that moment. Then another kilometre up the road I saw my mom sitting on the corner of Lorimer and Blackbomb Way, practically shivering in the cold while she waited for me. As I ran past her smiling face and wild enthusiastic cheering, a smile spread across my face.

As I hit the final two kilometres I saw my training partners, some who had already finished and some who had just come to cheer us on. They were yelling my name, and again, the tears almost started to stream. Leaving them in the distance, I continued on the longest two kilometres of my life. I could hear the announcer proclaiming Ironman finishers, yet my journey was not quite done. At one point I thought I saw my turn into the finish chute, but I looked up to see my brother, waving at me to keep going around the other corner – I was still not there.

As I finally came to the last turn of the course, I knew I was home free. To summarize what that finish chute symbolized to me would almost be another story in itself. I took that neon trucker hat off my head, turned it backwards and kicked up my cadence towards the awaiting finish line. I was overcome with emotion as I saw glimpses of my friends and family rocking neon yellow 'Team Couch' shirts as they hung over the fence with their hands awaiting a high five. Triathlon might be an individual support, but the behind-the-scenes support from those people was what made my journey that much more possible and worthwhile. I'll never forget everything they did to help get me to that moment.

Once my foot crossed the finish line, I heard the words I had been longing to hear for almost two years: "You are an Ironman!" On July 26, 2015, I finished my first Ironman in 13 hours 27 minutes. I claimed my title and no one can ever take that away from me. I poured my heart and soul into crossing that line, and even when there were days I never thought continuing on was possible, I did. I'll never be able to duplicate that feeling of crossing the Ironman finish line for the first time, but I will forever cherish it, learn from it and take it with me back in Whistler for round number two in 2016.



## Triathlon CANADA

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RACE 1 JUNE 25 2016

### XTERRA 'MINE' OVER MATTER Milton, ON

Canadian Multisport Qualifying Event  
5 x Cross Triathlon Qualifying Spots



Presented by Element Racing  
Race Director: James Kowalewski  
Website: [elementracing.ca](http://elementracing.ca)

RACE 2 JULY 3 2016

### GREAT WHITE NORTH TRIATHLON Stony Plains, AB

Canadian Multisport Qualifying Event  
5 x Long Distance Triathlon Qualifying Spots  
5 x Standard Distance Duathlon Qualifying Spots



Presented by GWN  
Race Director: Michael Brown  
Website: [gwntriathlon.com](http://gwntriathlon.com)

RACE 3 JULY 10 2016

### CHALLENGE ST. ANDREWS St. Andrews, NB

Canadian Multisport Qualifying Event  
5 x Long Distance Triathlon Qualifying Spots



Presented by Challenge St Andrews  
Race Director: Tressa Bevington  
Website: [challenge-standrews.com](http://challenge-standrews.com)



RACE 4 JULY 10 2016

## **XTERRA VICTORIA** Victoria, BC

Canadian Multisport Qualifying Event  
5 x Cross Triathlon Qualifying Spots



Presented by **Xterra Victoria**  
Race Director: **Monique Moore**  
Website: [xterravictoria.ca](http://xterravictoria.ca)

RACE 5 JULY 16-17 2016

## **GRAVENHURST TRIATHLON** Gravenhurst, ON

Canadian Multisport Qualifying Event  
2 x Standard Distance Duathlon Qualifying Spots

**MultiSport Canada**

Presented by **Multisport Canada**  
Race Director: **John Salt**  
Website: [multisportcanada.com](http://multisportcanada.com)

RACE 6 AUGUST 24-28 2016

## **VALLEY FIRST CHALLENGE PENTICTON** Penticton, BC

2016 Canadian Multisport Championships  
10 x Long Distance Triathlon Qualifying Spots  
10 x Cross Triathlon Qualifying Spots  
10 x Standard Distance Duathlon Qualifying Spots  
10 x Aquathlon Qualifying Spots



Presented by **2016 Canadian Multisport Festival**  
Race Director: **Michael Brown**  
Website: [challenge-penticton.com](http://challenge-penticton.com)

RACE 7 AUGUST 27 2016

## **XTERRA SLEEPING GIANT** Thunder Bay, ON

Canadian Multisport Qualifying Event  
5 x Cross Triathlon Qualifying Spots



Presented by **Sleeping Giant Xterra**  
Race Directors: **Gordon Ryan**  
& **James Kowalewski**  
Website: [elementracing.ca](http://elementracing.ca)

RACE 8 SEPTEMBER 2-4 2016

## **WORLD TRIATHLON SERIES EDMONTON** Edmonton, AB

2016 Canadian Sprint Duathlon Championships  
10 x Sprint Distance (Draft Legal) Duathlon Qualifying Spots  
3 x Standard Distance Duathlon Qualifying Spots  
5 x Aquathlon Qualifying Spots



Presented by **ITU World Triathlon Edmonton**  
Communication Manager: **Christina Collins**  
Website: [edmonton.triathlon.org](http://edmonton.triathlon.org)

RACE 9 SEPTEMBER 10-11 2016

## **TRIATHLON ESPRIT DE MONTRÉAL** Montreal, QC

Canadian Multisport Qualifying Event  
5 x Long Distance Triathlon Qualifying Spots  
5 x Standard Distance Duathlon Qualifying Spots  
5 x Sprint Distance (Draft-Legal) Duathlon Qualifying Spots



Presented by **Esprit Triathlon**  
Race Director: **Danny McCann**  
Website: [esprittriathlon.com](http://esprittriathlon.com)

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3. Ensure you are a member of your Provincial Triathlon Organization and register for the ITU World Championships at [www.triathloncanada.com](http://www.triathloncanada.com) in your age category.

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Registration immediately on-line upon earning your spot!

### **Stage 2: Roll-down Qualification**

Registration is available October 15 - October 31, 1200PST

### **Stage 3: Open Registration**

Registration is available on November 15, 1200PST

4. Prepare to represent Canada at 2017 ITU Multisport World Championships in Penticton, British Columbia in August 2017!

Triathlon Canada may nominate up to 25 males and 25 females in each age category that starts at 16-19 years and progresses in five year blocks. Your age category is your age on December 31 of 2017.

Any events above the standard distance have a minimum age requirement of 18 years. For full details on qualification Rules see our website:

**[www.triathloncanada.com](http://www.triathloncanada.com)**

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# AMERICAS MASTERS GAMES TRIATHLON:



## Sprint + Standard Fri Sept 2 in Vancouver

*Lara Spence, Editor, Triathlon BC, [lara@laraspence.com](mailto:lara@laraspence.com)*

**I**t's going to be a busy and sporty summer in Vancouver this summer.

The reason?

The inaugural America's Masters Games are coming, August 26-Sept 4, 2016. Drawing up to 10,000 athletes over the age of 30 to Vancouver from around the globe, the Americas Masters Games offers age group competition in over 24 sports.

### Why was this event created?

With the global success of the World Masters Games, held approximately every four years in summer (the 1st was 1985 Toronto, 1989 Aalborg Denmark, 1994 Brisbane and more - see [https://en.wikipedia.org/wiki/World\\_Masters\\_Games](https://en.wikipedia.org/wiki/World_Masters_Games)) and then winter (2010 Bled, Slovenia; 2015 Quebec City), Europe decided to try hosting a European Masters Games in 2008 (Malmo, Sweden). Athletes from any country could compete in the European Masters Games, but, by creating an event with a guaranteed European base, it would build loyalty and anticipation among athletes who wanted to compete in Europe. European games were held also in 2011 (Lignano Sabbiadoro, Italy) and 2015 (Nice, France).

The European Masters Games were so successful that the World Masters Games organization decided to



extend the regional model to North, Central, and South America. The result: the Americas Masters Games! This inaugural year is being held in Vancouver, BC.

### Who can compete?

Any athlete (of Master's Age, which is 30 in most sports, or 25 in diving and swimming; 27 in rowing) can compete in the World Masters Games, the European Masters Games, and the Americas Masters Games. There are no qualifiers to compete, no address checks, and there is no requirement to wear an official national team uniform. Each event has its own website.

### Which events are being held at the Americas Masters Games in Vancouver?

There are 24 sports being contested at the Americas Masters Games in Vancouver, between August 26 and September 4, 2016.

Many sports have multiple events. Athletics, for example, includes men's and women's 100m, 200m, 400m, 800m, half marathon, hurdles, pole vault and many more! Age groups in most sports run in 5 year groupings (for athletics, age groups are 35-39, 40-44, right up to 95-99 and 100+).

At the games, there will both a Sprint and Standard distance triathlon, both

being held on the morning of Friday, September 2, with age groups 30-34, up to 85-89, then 90+. Ages in all sports will be determined as of your age December 31, 2016.

### How much?

Registration for your first sport at the Americas Masters Games is \$225 CAD, with each additional sport being \$75. This means triathletes could do the Sprint or Standard length triathlon in Vancouver, and then toss in 3 cycling events (road race, hill climb and time trial) for \$75. Or 5 Swim events, or 6 Athletics events. See the website for an explanation of the number of events you can do in a particular sport. Each registration includes tickets to the opening and closing ceremonies.

### Where will the Americas Masters Games triathlons be held?

The Americas Masters Games triathlons will be held at Jericho beach, with cycling in the Point Grey community.

### How fast do I need to be?

Based on my research, I'd say you should be "fast" but also not scared to throw your name in the hat if you're fit and want an amazing experience racing with athletes of your age from across the world.

Just for fun, I went looking for sample times at other Worlds/European Masters games.

Unfortunately, there was no triathlon or cycling held at the most recent European Masters Games in Nice in 2015 because of inclement weather. Results for other sports are at <https://registration.emg-nice2015.fr/en/results>.

At the 2013 Turino Italy World Masters Games, there were 33 finishers in the Women's sprint triathlon with times ranging from 1:10 to 2:00 with the bulk in 1:20-1:35 range. (A women 70+ did 1:48!) See the full list at <http://bit.ly/1OY1elb>.

In the Men's sprint triathlon at the 2013 Turino 2013 World Master's Game, there were 128 finishers. Times ranged from 57:51 to 1:52, with the bulk in 1:10-1:30 range, including some 60+ guys running 17:27 for 5km. See the full list at <http://bit.ly/1LNIIFX>.

You can see results for all sports at <http://bit.ly/21U4RoS> (note the userid and password on that web page).

No World or European Masters games has ever held a Standard length triathlon, so no counts or predicted times are available.

### How will the race experience at the Americas Masters Games compare to an ITU Age Group Race?

In comparing participant counts between the previous World Master Games vs. an ITU age group sprint triathlon, I suspect there will be less

people in the race at the Americas Masters in Vancouver than one would expect at an ITU race. (This could be good!)

For example, at the 2013 ITU Age Group Sprint in Chicago, the Men's **45-49 age group** had 65 finishers ranging from 1:02 to 2:13, with the majority in the 1:20-1:35 range. There were 420 finishers across all age group men in that sprint race. Compare that to 128 at the Turino World Masters.

In the Women's **45-49 age group** Sprint triathlon in Chicago, there were 33 finishers, with times ranging 1:17 to 2:40 with most 1:26-1:55. All together, there were 342 female age groupers in that race. (<http://chicago.triathlon.org/results/results>)

For BC-based age group triathletes over 30 not wanting to travel too far, the Vancouver Americas Masters Games triathlons offer the benefit of good competition (the fast are still fast), but with the advantage of no qualifying costs or races, no uniform cost, and (likely?) less people in your race and age group as compared to a typical ITU age group race.

Plus you can conveniently and cost-effectively race and watch high-level competition in 23 other widely different sports.

With all the athletes around (think international triathletes, runners, and rowers mixing it up with rugby, basketball and hockey players!) for nine day in so many age groups, it will certainly be one global age group athlete party!

Speaking of party, there will be over 2500 volunteers needed for the event. You can sign up at the site following. There will also be a Health and Wellness expo.

For more information, go to [www.americasmastersgames2016.com](http://www.americasmastersgames2016.com) or speak to Randy Clegg, PR, 604-647-7427, [rclegg@amgames2016.com](mailto:rclegg@amgames2016.com). Follow at @AMGames2016 (Tw/FB).





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## 2016 Events

### **HPR Youth Triathlon West Shore**

**Sunday, May 22nd**

In it's second year, the HPR Youth Triathlon West Shore is the first race in the 3 race Vancouver Island Triathlon Youth Series.

### **Victoria Youth Triathlon**

**Sunday, June 5th**

Victoria's Premier Youth Triathlon. The second event in the Vancouver Island Youth Series. Featuring the "School Challenge".

### **Triathlon of Compassion**

**Sunday, June 26th**

In support of the Victoria Sexual Assault Centre. In addition to the adult sprint race there is a full slate of Kids of Steel distances for the youth aged 6 – 15. The third and final race in the Vancouver Island Youth Series.

### **XTERRA Trail Run**

**Saturday, July 9th**

Qualify for the XTERRA Trail Running World Championship.

### **XTERRA Victoria**

**Sunday, July 10th**

Presented by Hopkins Prosthodontics

Qualify for the XTERRA World Championship in Maui at one of the most fun and challenging courses on the XTERRA World Tour.

### **The Metchosin Triathlon**

**Sunday, August 7th**

The Metchosin Triathlon at Matheson Lake is a great sprint race for newbies and veterans alike. The 2016 race will once again double as the Vancouver Island Triathlon Club Championship.

### **The Goose Relay and Ultra**

**Sunday, September 11th**

Five runners/ Five 10k segments from Victoria to Sooke Potholes along the Galloping Goose Regional Trail. Or take on the entire route solo in the Ultra.

### **Victoria Aquathlon Series**

**May to August**

The last Wednesday of each month from May to August at Thetis Lake Park. Athletes will swim in Thetis Lake and run on the surrounding trails in this fun multisport event.

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