

TRIATHLON BC

THE OFFICIAL MAGAZINE OF TRIATHLON BRITISH COLUMBIA

TRAINING SMART:

HOW TO BENEFIT FROM COACHING,
MAKING IT MORE THAN NUMBERS

NORTH SHORE TRI:

ADAPTED YOUTH
(+ RACE'S 30 YEAR HISTORY)

2020 Build

VISION FROM TRIATHLON CANADA

YOUR PATH TO
EDMONTON WTS

OKANAGAN
COLLABORATION:
HOW TWO YOUNG
COACHES ARE NURTURING YOUTH

TRAINING TOGETHER, STAYING TOGETHER

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FRONT COVER: Canadian Desirae Ridenour exits the water at the March 2019 Daman World Triathlon Mixed Relay Series.

Photo credit: Janos M. Schmidt, ITU

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NOTES:

Submit graphics/ads in PDF, EPS, TIFF, JPG.
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.

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.

2020 submission deadline: February 28, 2020

EDITOR'S MESSAGE

Welcome 2019 and another year of racing and training!

We're pleased to bring you stories of collaborative coaching for youth in the Okanagan, new accessibility in events, and share info on new events in the triathlon family - like Aquathlon and SwimRun... they're different in an exciting way. We also share information on the new Western Canada University Series.

We also include articles on when and how to use a coach, how to appreciate the journey of training, and an inspiring story from a couple who races and trains together.

For Age Groupers hoping to qualify for Worlds: there's a new Expression of Interest Process with Triathlon Canada. Learn all about it and the Edmonton WTS 2019 and Edmonton 2020 WTS Grand Final (page 16).

Check out www.tribc.org for more info on races across the province.

Got ideas? Ideas on what you'd like to learn more about? Connect with us at info@tribc.org. The intent of a magazine isn't to share news; it's to publish content that's meaningful to members. Let us know!

Lara Spence
Editor

Canada's Prep for Tokyo 2020

*Eugene Liang, eugene.liang@triathloncanada.com,
High Performance Director, Triathlon Canada*



Eugene Liang, High Performance Director for Triathlon Canada, took some time from his schedule to answer our questions on what Canada is doing in preparation for the Tokyo 2020 Olympics:

How is Canada getting ready?

Both the Olympic and Paralympic programs are keenly aware of the environmental factors that all will face in Tokyo, including high heat, high humidity, water quality. We're preparing by strategically training and racing in environments closely resembling what we anticipate.

We've also secured our staging venue for Tokyo 2020: Miyazaki Prefecture. It is an area of Japan on the east coast of the island of Kyushu, about 1000 km south west from Tokyo. It is an area that hosts an ITU World Cup and has numerous facilities that are conducive to high level training.

With our partners at B2Ten and CSI Pacific, we are confident that we have the programs in place that will help our coaches and athletes make impactful changes that will help us have an advantage in Tokyo.

When are the Triathlon Events in Tokyo?

The Olympic triathlon events will take place in Odaiba Marine Park in Tokyo Bay. The Men's event is on July 27, 2020; the Women's event July 28; and the highly anticipated Olympic debut of the mixed relay on August 1, 2020 - "Super Saturday", a day where 22 other sports also sports have events. The Men's and Women's Paralympic triathlon events will be held on August 29, 30th 2020, respectively.

What lessons were learned from previous Olympic Games?

As High Performance Director, my critical review and analysis of previous Olympic cycles have driven our high performance plan for Tokyo and Paris. The key factors are to ensure that there is a competitive environment within Canada, that athletes are racing at the appropriate levels of competition, and that high performance is clearly defined as podium performances at the World Championships and Major Games. Athletes and coaches must understand what the 'goal posts' are. Those goal posts are set and defined by our competition. By ensuring there are clear targets, a pathway for athletes to pursue, and an even playing field for athletes to compete on is fundamentally what is behind our HP plan.

Our mandate and the Canadian funding model is excellence based. Implementing a HP plan that aligns with this model is essential. The Olympic Games are the pinnacle of athletic performance. Triathlon Canada's philosophy is to compete at these games for a podium position, not just participate. This shift in our community mind-set to be competitive is a major change.

Lastly, the Tokyo Games has added a new event. Additionally, the ITU qualification system has created an opportunity that was not there in previous games to qualify a group of athletes at once. This adds a whole new element to our Olympic qualification.



How were results from 2018 races, as compared to how the team was thinking they would go, in relation to the performance trajectory for Tokyo?

We try not to get too ahead of ourselves. I am also keenly aware of the timelines and progressions of sport. 2018 was year two of my HPD tenure. It is usually the highlight of the honeymoon phase.

We had success in terms of international medals (Commonwealth Games and World Champs) but I am measured in my response to those. Any time there is change within a system, there will be dramatic swings in results for the first two years. What is a more important metric is to see the overall improvement of the system in those two years and ultimately, how performances will be in the critical 3rd and 4th year.

I would say overall, 2018 was successful due to the increased number of athletes we have racing ITU at the entry level competitions (Continental Cups) and showing competitiveness. The strategic effort to put more athletes on start lines and direct them to the appropriate races is working in a sense. We now need these athletes to begin to perform. This is a normal progression: experience then perform.

As for the Tokyo trajectory, we are strategic with what we are focusing on. As we rebuild Triathlon Canada's HP program, we are aware of the long term goals (2024) and what can be achieved in 2020. There are excellent individual performances from some

of our National Team members that show a trajectory in both the Paralympic and Olympic programs. However, to ensure that the 2020 opportunities are maximized, there needs to be a continual push from the 2024 cohort to create that upward pressure that all successful programs have.

Has the introduction of the Relay format changed athlete selection, preparation or strategy?

The relay is seen as an opportunity by many countries, Canada included. However, there is a lack of data due to the format and the ITU qualification system. All countries are trying to figure what is the best strategy to maximize the relay opportunity. What we do know is that the relay affords opportune quota spots and medal opportunities. This is a benefit to the athlete pool. However, the relay also adds an element of consideration because the quota spots are not for specific athletes and the performance data is still very raw, new and incomplete. This creates situations in which many countries have not had to face.

Triathlon Canada sees the opportunities in the relay and continues to adapt accordingly.

When will the Canadian triathlon team for Tokyo be announced?

The Triathlon Canada Triathlon and Paratriathlon teams will be announced in accordance to the requirements of the Canadian Olympic Committee (COC) and Canadian Paralympic Com-

mittee (CPC). Once the ITU qualification cycles are complete, Triathlon Canada will nominate the eligible athletes that have met criteria to the COC and CPC for approval. From there, it will be a joint release based on the COC and CPC timelines.

What is the largest threat to Canadian medals at Tokyo 2020?

Internally our threats are based on time and buy in. Triathlon Canada is undergoing some critical changes that will require time to have an impact. These changes are happening, but because these changes are directly related to our athlete pool, coaching pool and community, these changes really are about culture. They include but are not exclusive to:

- Over training
- Entitlement
- Racing beyond the level of an athlete
- Accountability to stakeholders
- Lack of alignment.

Culture shift in any organization or community takes anywhere between 6-8 years. As the shift is occurring, we have to ensure that the opportunities we are presented with are not missed. That is the biggest threat internally to 2020.

Externally, we face different threats. There are objective threats like environment and race profiles. Additionally, there are systemic threats like culture, funding models, HP identity, etc.

However, threats are threats. All countries face them in their own ways. What we need to do is to ensure that we can identify these threats, address them and have strategies to implement them.

The largest threat, in my opinion, is the ability to implement these strategies. Threats at times can be related back to ourselves (as a community), and to address them requires us to acknowledge our errors and be open to change.

Keep watch of triathloncanada.com for more progress by the national team! See more on the Olympic and Paralympic games at tokyo2020.org.

Coaching Collaboration

How Two Young Coaches in the Okanagan are Developing Top Juniors

Lara Spence, lara@laraspence.com

We love to hear stories of excellence and dedicated energy, and we were thrilled with the opportunity to hear about what two young coaches in the Okanagan are doing with their junior teams. Luke Way and Laura Medcalf work near each other: Luke and his athletes are in Kelowna, and Laura and her athletes are in Vernon, 45 minutes apart. Luke has been selected to several National Team projects to mentor under National Team Coach Jono Hall, and Laura has done the same at a provincial level, mentoring under BC Provincial Coach Kelly Guest and Ontario Provincial Coach Greg Kealey. Here's how Luke and Laura do things:

How are you working together?

Luke: Things have been very collaborative between Laura, myself and Patrick Waters. We help each other out. We visit each other's camps. Coaching has been historically very isolating, with people holding cards close to their chest. Instead, we're working together to create the very best generation of athletes. With the big geography and few athletes up there working at the same high level, it doesn't make sense to be isolated.

Laura: Luke has come and completed Balance Point assessments in Vernon,



Tayla and Luke Ingram (sister + brother) with Coach Luke (right), cross training at Okanagan Half.

and we collaborate on joint workouts occasionally. With small groups, it's really nice to give athletes opportunities to work with their peers, and for us as coaches to network and talk shop. Patrick, Luke, and I also worked together to coach the Zone 2 team for BC Summer Games last year. The three of us maintain a supportive working relationship and stay in contact throughout the season, even though we are doing our own thing, our own way, in our home communities.

When did you start this role?

Luke: I've been with With BPR since 2012 and working with Tri Canada for the last two years.

Laura: I started working specifically with Junior triathletes in 2015. Okanagan Youth/Juniors caught the attention of TriBC and TriCanada around 2016, and my club, the Tri Monsters, became a recognized club on the podium pathway, which launched some support and

mentorship opportunities from Triathlon BC and Triathlon Canada.

What is your official title?

Luke: I wear a few hats. Head coach of Balance Point, Master Bike Fitter at Kelowna Cycle, Applications Consultant at V02 Master (an interesting tool for bluetooth V02 max testing designed by a Canadian athlete/engineer).

Laura: Nothing official, so many roles. I like to think of myself as a Developer of Pathways and Creator of Opportunities. I work for the athletes, for myself, and have a few different contracts and projects with various organizations: Head Coach of the Tri Monsters; founding Director - Vernon Youth Triathlon Society; Race Director - Paradigm Naturopathic Kids Triathlon (Provincial Jr Champs, National Development Series); Coach Developer - NCCP Learning Facilitator and Coach Evaluator, for Triathlon BC & Triathlon

Canada; Head Coach, Zone2, 2016 & 2018 BC Summer Games, and Assistant Coach for 2017 Canada Summer Games. Outside of Triathlon I build pathways and create opportunities with our local swim club as assistant coach, and for women in cycling through Trek and Sun Country Cycle.

What did you do before this coaching role?

Luke: I grew up in Jasper, was into ski racing, did a bit of triathlon dabbling in my late teens. I was a slim boy so realized a career in ski racing wasn't in the cards. I moved to Australia to learn to swim in 2002. Intense. Six days a week. Then came back and went to university in Calgary, getting a BA in Psych, with some courses in Kinesiology. I also studied at the Serrota International Cycling Institute in Boulder Co., and started a great little business of bike fitting and Half Iron/Ironman coaching. In 2008, started working with Dr. Andrew Sellers. He convinced me to make the move to the Okanagan to help build the Balance Point Team. It's been a great mentorship.

Laura: I've been coaching youth/junior athletes for 5 seasons. After a

childhood of competitive swimming, stayed involved with aquatics as a lifeguard/instructor. I started teaching adult learn to swim programs when I was 17, and have been coaching age group triathletes individually and in group environments since 2007. I've left the pool deck a few times for other career opportunities, but I always seem to come back.

Balance Point - Luke, tell us more:

Luke: Dr. Sellers' research, experience and philosophy were different than what I was learning in school. For example, he noted that the creation of lactic acid... lactate... the by product of shuttling sugar... was a misreading of the research. This

got him asking questions. Dr. Sellers created a method for testing athletes that transformed how we define strength and weaknesses. Most people do a V02 max test: go til you explode then use some math. It's kind of interesting to know much oxygen you can absorb, but a V02 max doesn't look at mechanics, nor cardio abilities. The test Dr. Sellers uses takes an hour, and identifies in each athlete a balance point, the threshold above which there's more lactate in system. We use as much technology as we can to assess all the systems... V02 machines to understand respiratory, heart rate and heart rate variability to look at the cardiac system... psychology tests... look at coordination of muscles and how strong they are. Our lab does 3-4 tests a week. We recommend adults get tested once or twice a year. We provide a carefully designed report. We define how training is going to change for you tomorrow. We look at every single ingredient that makes you an athlete and give you one or two focuses at a time to work on for 8-12 weeks.

Which athletes are you working with now?

Luke: I have the honour of helping develop the Balance Point Junior Development Team. These kids are doing so well for Canada: Brock Hoel, Keagan Ingram, Tayla Ingram, Lincoln Hoel, and James Needham. Eugene Liang of Triathlon Canada has given us lots of support.

Laura: I have between 25-35 athletes per season, including a Jr Squad of 7. This year we are working closely with Triathlon BC, and the Project 2024 Provincial team. Braden Kersey, Annika Ariano (Braden & Annika both 2018 BC Junior Champions), Trevor Laupland (Kamloops) and Brody Wright all represent the Tri Monsters on the Project 2024 Team. Teammasters are Natalya Ariano, Jack Screen, and Max Angove (Kamloops), all BC Summer Games Alumni.

Photo by KelownaNow



Right: Annika Ariano, athlete in Vernon;
above: Coach Laura at a swim workout.

(Continued next page)

When/where/how long per week do you spend with your groups?

Luke: We foster a group training environment where the team can share support, education and motivation. The time in training every week depends on how long they have been in the sport and their age. I myself run 11-15 sessions per week. I also provide athletic assessments and bike fits individually to each athlete. Our method of training is based off of these athletic assessments. From these objective markers we can then educate the athlete about their strengths and also how we can measurably improve. Armed with this information, every athlete gets a unique training focus to their plan.

Laura: They are all totally different, with different schedules, and have various supporting coaches and clubs, so I support each athlete in whatever individual capacity they need. We have 2-5 group sessions per week depending on the season. Most of the athletes have earned a spare block at school so I add groups and one-one sessions when possible during the school day. We use TrainingPeaks as a communication & tracking tool, and most of them do a mix of training with our group, other groups (track, ski, & swim clubs), and on their own.

Is there a difference in coaching styles when dealing with adult athletes and the up and coming Juniors?

Luke: I would not separate the two groups by age when trying to define them. The common characteristic of the development squad would be a love of excellence and working daily toward improved performance. It's simpler with school age kids in a way. They have no excuses (whereas adults try a few excuses). Kids can be just as focused as adults. In our club, we talk to everyone as if they are adults and treat them as mature individuals.

Laura: I talk a lot more about the future, pathways, and potential outcomes when discussing training choices with the Juniors, that's the biggest



Balance Point Juniors out for a ride April 2019 ride with Coach Luke.

difference. They are still learning that their outcomes are a result of their day to day, and season to season choices and behaviours, and so drawing those links are important. Decisions with Juniors are made with more regard for a longer term outcome.

How is a Junior season developed?

Luke: Most of our squad are on a long term development plan that's based on their individual progress. Their races are planned and timed appropriately, but their season of training is not pre planned. We break the season into phases. Each phase will last until the current training stops yielding positive results or until new limitations are found. After which, the training is adjusted accordingly. Such as, did their bodies respond to achieve the goals we wanted in the respiratory system?

Laura: It's about looking back at the last 1-2 seasons we've had, identifying opportunities and mistakes, then looking ahead at goals and priorities for the coming season, and then balancing those immediate goals with their long term development plan, which might have a 4-6 year horizon. It's an ongoing, dynamic process, and no two athletes are the same.

Luke, What's the deal with the Respiratory System?

Luke: We've had great results just by teaching people - youth and adults - how to breathe properly, to intake and process more oxygen. It's interesting because not everyone focuses on this. We teach them to use their leg muscles but then not how to use their diaphragm. We also spend a lot of time ensuring athletes can manage their temperature.

What considerations are made for young athletes, pertaining to training hours and the need to focus on scholastic endeavors?

Luke: Of course family and school come first. But on top of this, our training is very much about measuring how recovered the athletes are at any given time during the week. Because we closely monitor this readiness, we can adjust the training to ensure the athletes is always improving.

Laura: A healthy dose of respect and appreciation for other endeavors is needed, and having the awareness of what is happening in their lives outside of sport is crucial. I feel that training hard through school exams, or insisting athletes choose between training and a band trip, for example,

is a sure way to lose athletes. These athletes are fast, and dedicated, smart, and they train hard, but they are still kids. They want to go on field trips and have fun and do kid things.

What has been your biggest challenge to date?

Luke: Securing the funding required to properly support the athletes. It has been so great to have the support from Mission Group (a Kelowna based company) the past two years.

Laura: Four years ago, the challenge was figuring out how I was going to coach this age group, how to provide them social training environments, and build networks and support systems. There's no manual, and figuring out things like appropriate weekly volumes and intensities, and ebb and flow with the individual sport seasons was all new. I spent a lot of time learning and seeking advice and mentorships, and I'm grateful for all of those. It took me a long time to learn, that I just had to figure it out, and use best judgement to do what I thought was right for them.

What has been your biggest success?

Luke: I feel very proud of the environment we have created around the love of the sport, daily progress, and informed decision making. I had the opportunity to be the coach lead for the Elite National and Mix team relay in Florida last year, and we won a medal!

Laura: I'm really proud to now be able to offer access to a complete pathway of triathlon in Vernon. Our first cohort of TriMonsters, who were 13 when we started, will graduate high school this spring and leave for university in the fall. Juniors leaving the Tri Monster program are ready for varsity training, or PSO or NSO programs in Victoria, or anywhere they want to go. Vernon youth can now participate in triathlon as a 3yr old splash n dasher, or an elite level Junior racing CAMTRI, and those opportunities did not exist 3 years ago here, now it's a pathway, an option.

What will be your biggest challenge, gearing up for this season?

Luke: For myself, and many clubs across the country, I think a challenge is inspiring and recruiting more females into the sport. There is an opportunity in Canadian triathlon for more women. I think we need a larger base of those with elite focus.

Laura: My biggest challenge over the next 1-2 years will be narrowing my scope, and not burning myself out, so I can keep providing the opportunities that I am. Figuring out how to recruit and make best use of assistant coaches, maybe hire and train a new race director, and move past the 'creation' stages and towards sustainability will be the challenge.

What was your first thought on mixed relay?

Luke: First thought was, that sounds exciting!! Now, I am super excited about the added tactics and strategy of the event. The Canadian men are looking really great for the Tokyo trajectory. It will be important for all of them to get some heat training. We find that it takes six weeks to adapt to heat with structured exposure (fan/no fans, different clothing, replicating race temperature). We've found that after 3-4 weeks, your body does get used to it.

Laura: Love it! Love the emphasis on short/fast racing. I think the variety of events included gives more athletes potential to follow the sport to higher levels.

Where do you see yourself in 5 or 10 years?

Luke: I see myself moving toward the same goal of helping develop the nation's best triathletes, and I am excited to keep progressing the science of how we can achieve this.

Laura: I really like what I do, the people I get to interact with, and I'm excited to see how things evolve and continue to morph, as always seems to happen.

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Vernon Tri Monsters mixing rest and fun on bike ride; right, Brock Hoel of Kelowna in race effort (Brock's photo: Lorne White, *KelownaNow*)



Photo by Lorne White, *KelownaNow*



Ritchie Grimes crosses the finish line into a big hug from his mom Jenny at the 2017 North Shore Tri.

NORTH SHORE TRIATHLON:

30 Years Young, and Always Evolving — including a Youth Adaptive Category

Lara Spence, lara@laraspence.com

2019 marks the 30th annual North Shore Triathlon, held at Ron Andrews pool and area in North Vancouver. Not only has this race been a fixture on the May long weekend for many athletes across the decades, but its pool swim and looped run and bike have made it perfect for adding new types of racing, such as Kids of Steel (added pre-2000), youth-U23 with draft level (added in 2016), and, also in 2016, an adaptive category in Kids of Steel.

We believe the North Shore triathlon was the first races in BC with an adaptive category for youth.

We spoke with Nick Lyne, President of the North Shore Tri Club:

"This will be the third year we have

offered an adaptive wave in the race. I was first contacted by Dr. Shannon Kelly who asked if her son, who is on the spectrum, could race. I, too, have a son who is diagnosed on the spectrum. My initial thought was no way, can't be done. But I sat on it for a day or two and I realized that our race (pool swim, out and back bike and simple run) was really the best positioned of any local race to make this work.

The more I thought about it, the more I realized we could make it work. I took the idea to our committee with a preliminary plan and they were all supportive. We decided to have a limit of 10 kids in this category, as it does impact the course.

The first year we had 4 kids: 2 with CP and 2 with Autism. In 2017, we had 6 register and 4 race.

The biggest task we have is understanding the wide range of abilities of kids racing. I meet with each parent before the race to assess and determine what level of support is required. Each athlete is permitted a support person every step of the way.

One of the most amazing parts of having all children participate is that the kids in adaptive category is that they race alongside all the other kids, so they really are in the race, not just a separate event. It's been incredibly powerful to see the joy this has brought.

As for marketing, we don't do that much. I have worked with the Canuck Autism Network and they helped form the pilot but I am scared if we market too much the demand will exceed capacity and I won't want to say no on this. We also do an annual article in the North Shore News.

Another thing we do, for the broader race, is offer 2 free clinics (6 weeks and 2 weeks before the race) where we cover basic training (6 week one) and race day (2 week one) to make it easier for first time triathletes.

We're extremely proud of our race history! Thirty years is a long time! One can always touch base with Mick Maquire for some race history to add.

We are happy to support elites, and added the draft-legal events to give young athletes more opportunities to practice drafting if the national team is their goal.

One of the things that we love about our race is that it is 100% volunteer run. No one makes a penny and I think that 30 years of that sort of commitment across many people is pretty special!

The 2019 North Shore triathlon takes place May 20, 2019. Volunteers can sign up at volunteers@northshoretriathlon.ca.

For spectators and racers, the swim course is slightly different this year: athletes will swim 444 metres instead of 740 metres. The swim process will remain very similar to past years except the pool will have six lanes (up from five). The team hopes this will provide swimmers with a better experience. The bike course remains the same at 17.6km and the run course 5km. In addition to the Kids of Steel adaptive category, there's also a Kids of Steel category (under 15), Adult, Junior, and Draft Legal (Youth/Junior/U23) categories to race in. There's also relay options for Kids of Steel, Adults, and Juniors. Athletes save extra day of race fees if they are TriathlonBC members.



SwimRun

'It's More than a Race, It's an Adventure'

Marcia Jansen, marciajansen71@gmail.com, Salt Spring Island, SwimRun enthusiast

In SwimRun, there are several swim and run legs. Shoes are required so you have to swim in them or carry them.

It must have been a strange sight for early morning hikers and dog walkers on the trails of Thetis Lake Provincial Park: a bunch of men and women running with swim caps and goggles, carrying paddles or even fins, dashing in and out of the water in between runs. Welcome to SwimRun, a new adventurous endurance sport that has its roots in Sweden but is growing fast in the rest of Europe and North America.

Twenty-five participants got together on Thetis Lake beach last year in August for the first SwimRun on Vancouver Island, organized by Rob Dibden. Dibden, a long time triathlete, coach and organizer from Victoria, heard of the sport for the first time when one of his Human Powered Racing athletes Sophia Chadwick started training for the Ötillö in Sweden. Chadwick had signed up for this iconic race after she read about Pippa Middleton – Kate Middleton's

younger sister – finishing the Ötillö in 2015.

Ötillö – island to island in Swedish – is recognized as one of the toughest one-day races in the world. It all started in 2002 with a drunken bet between Anders Malm, the owner of hotel Utö Vårdshus, his friend Janne Lindberg, and some of his staff. They challenged each other to swim between, and run over the islands in the Stockholm archipelago; from Utö to Sandhamn. It was the kick-off of the famous Ötillö – island to island – that led to an official race in 2006. Today the Ötillö (with a total of 10 km open water swimming and 65 kilometers of trail running over 26 islands in total) is internationally recognized as the SwimRun world championship.

"I hadn't heard of Ötillö until Sophia came back with stories about her adventure in Sweden," says Dibden. "I got curious, it sounded

(Continued on page 23)

Sharing Passion, Training, and 27 Grandchildren

Ryan Parton, ryan@ryanparton.ca

Meet Jack and Kim Campbell — the Comox Valley's Iron Couple

There isn't an age-group triathlete alive who isn't acutely aware of the incredible toll training, racing and competing can have on a relationship. (If you're the first, just Google "divorce by triathlon" to get an idea.) And so when we see a couple like Jack and Kim Campbell, two people so obviously in love, so supportive of each other's triathlon goals and so enviably squeezing every last drop of joy out of the lives they lead, we can't help but be awed.

With eight Ironman and six Ironman 70.3 finishes between them, plus countless shorter distances and even a couple of world championships, Jack and Kim have a special relationship that's the envy of other triathlon couples. Like all unions, however, theirs required compromise.

"When Jack decided he was going to do triathlons with me I had very mixed feelings," says Kim, recalling the day in 2011 when Jack decided to convert his passion for running and adventure racing into a shared love of multisport. "I kind of felt that triathlon was my sport and I didn't want to compete with him. ... But I decided to not be so competitive and change my inside voice to 'he's strong and has lots of testosterone; my strong man!'"

As they began training for longer and longer races, Kim lowered her expectations about house tidiness and yard work, and Jack became comfortable running at a Z1 pace so they could enjoy their runs together. Eventually, they began setting out on their run loop in opposite directions so they didn't have to match pace, meeting about midway for a quick kiss on the beach before Jack would run home to prepare breakfast.



Above: Jack blazes across the finish line at the 2018 Ironman 70.3 World Championships in Nelson Mandela Bay, South Africa last September. Right: Kim celebrates her finish at Ironman Canada 2016 in Whistler.

The biggest benefits of all those little compromises are the mutual encouragement and familial support of their triathlon goals. When asked to pick highlights, neither Kim nor Jack immediately offers personal bests, impressive results or even breathtaking race venues. Jack's favourite moment was crossing the finish line alongside Kim during his first full Ironman, in Whistler 2016. For Kim, it was the simple fact that so many of her children (she has 13 — #NotATypo) made it out to support her during that same race.

Which isn't to say that their age group racing careers have been without highlights. In 2017, Kim placed fourth in her division at Ironman Whistler. Jack qualified for and competed in the sprint race at the 2015 ITU World Tri-



athlon Grand Final in Chicago, suffering a puncture at the start of the bike segment and completing the entire ride on a deflated front tire on his 60th birthday. Then there's their most recent joint accomplishment, competing together at the Ironman 70.3 World Championship in South Africa. They'd qualified for the event in Taupo, New Zealand just a week after completing the grueling 243-km Coast to Coast race across the South Island.

Kim's Journey into Triathlon

Though Jack and Kim Campbell are both longtime residents of Vancouver Island's Comox Valley, they didn't actually meet until about 2006. Their friendship and eventual love was forged running the rugged, rainforested trails of Cumberland, and they were

married a few years later around the same time Kim tried her first triathlon.

"It was actually my 50th birthday," she recalls. "I wanted to do something fun; I had a whack of kids and a \$25 garage sale bike and I thought, 'well I'm a runner so I could probably bike.' So I signed up for the Cowichan Challenge and that was it. I was in love."

Though Kim says she trains and races for the sheer joy of feeling nature in every breath, stride and pedal stroke, she's also fuelled by an undeniable competitive streak that she does her best to hide. Unsurprisingly, then, Kim soon set her sights on an event that would rival the accomplishments of her husband, who had already run 100-km ultra marathons and even qualified for the 100th running of the Boston Marathon. She was going to finish an Ironman, a goal she quickly achieved in Penticton in 2010.

"I didn't ever do anything in a small way," she shrugs. "I mean, who has 13 children, right? And who home-schools 13 children?"

For Jack, who had completed a couple of sprint triathlons years earlier, it was supporting Kim through that first Ironman that sparked his own re-entry into triathlon. Over the following few years he raced several more sprint triathlons on Vancouver Island, including the Cowichan Challenge and the Subaru Shawnigan Lake Triathlon, where he qualified in 2014 for the world championships in Chicago. His jump to Ironman, that breakthrough race in 2016 where he crossed the finish line hand-in-hand with Kim, remains his fondest triathlon memory. For Kim, however, who had already achieved several Ironman finishes and cultivated a healthy competitive streak by that time, the feelings were mixed.

"He was so happy with our time and I was so upset," she says, (only) half joking. "It took me probably a year to get over it. I'm just too competitive!"

Jack, decidedly less competitive than his wife, says he's perfectly fine with the fact that he's never beaten Kim in a full Ironman (though he has the



edge in shorter races and pure running events).

"I'm just not into the long haul training," he confesses. "I don't mind long distance events, but the training doesn't appeal to me as much as it should. When it comes to following a full Ironman training plan, I don't do all the work. So I'm probably not as quick or as strong as I could be, but I'm OK with that."

Fuelled by Passion

Though Kim's top priority is her 27 grandchildren and she obviously loves training and racing with her husband, within her rages an equally strong passion for encouraging other women to enter the sport and achieve their highest levels of success in triathlon. This nurturing instinct is perhaps best illustrated by another of her favourite anecdotes, this one from last summer's Ironman Canada.

Battling a painful intestinal infection, Kim nonetheless lined up alongside 1,400 of her closest friends on the shore of Alta Lake in Whistler. She held her own during the swim ("I love water and I just won't let any negative emotions take that joy away from me"), but it took everything she had to finish the bike. Stubbornly determined to complete the race, she set out on the run barely able to stand upright, telling herself she could simply walk the entire marathon. And that's when she found joy in the unlikelyst of moments.

"I was having so much fun because I kept meeting all these other sick people, and I had everything in my little fanny pack for anybody who was hav-

ing tummy issues or whatever," she beams. "I was looking after everyone and it just felt so rewarding — I want to be a mom to everybody!"

"I love the joy of pushing yourself and accomplishing things you never thought were possible, and I just want to encourage other women to go out and try it," she adds. "You don't have to be the best, you just have to have fun."

The Road Ahead

Despite their busy schedules (Kim is a health care aide and Jack a full-time maintenance professional with North Island College), the couple continues to make time to train, compete and inspire in triathlon. They returned to New Zealand for Ironman 70.3 Taupo just before this issue went to press (true to form, they also plan to race a 51-km ultra marathon a week later), and they're registered for another 70.3 in Santa Rosa, California in July.

As is her way, Kim once again has her sights set on another big goal: qualifying for Kona by the time she's 65. Jack, in his characteristically laid-back way, is less aggressive in his triathlon goals.

"I just have fun doing them," he says with typical modesty. "If I can finish top 10 in my age category that's a bonus. Who knows, maybe by the time I'm 70 or 75, I might be the only one in my age category — maybe then I'll finish in the top three!"

Ryan Parton is an avid triathlete and race director of PACE Multisport Dodge City X, for which Jack is seriously considering registering to increase his chances of qualifying for another world championship event.



Whether you are a new athlete or veteran looking for the performance edge, jumping into a training program without consideration of your individual physiology (e.g., women are NOT small men) is like getting into a vehicle that may be missing a few pieces.

Do You Need a Coach?

Tenille Hoogland, BA, Cert Nutrition, tenille@triwholehealth.com

My name is Tenille and I coach triathletes, endurance athletes and people who want to be able to swim in the lake, hike a trail or ride a bike, just like they did when they were a kid. I didn't plan to write an article about coaching. I planned to write about the fact that female physiology matters in training. But really all individual differences matter in training! This article is about understanding what training is and how coaching and technology might maximize your results.

To train is to undertake a deliberate process to achieve specific goals by improving one's skills and capacity in order to perform or accomplish a certain action. Individualized training follows an initial process of assessment of your specific sport goals, training, history, physiology, schedule, lifestyle and other life goals. Technology provides powerful tools that can aid design, implementation, tracking, progress refinement and inform recovery for both first time and veteran athletes.

Whether you are a new athlete or veteran looking for the performance edge, jumping into a training program

without consideration of your individual physiology (e.g., women are NOT small men) is like getting into a vehicle that may be missing a few pieces, hoping the directions are accurate for your point of departure and that you have enough gas to reach your destination. We all know that training load needs to be managed. Understanding how to use some basic tools to track your level of effort and recovery is a great place to start.

We used to only measure heart rate, speed or pace. If advanced, you measured power on the bike and had heart rate training zones. Now wearables and analytics provide everyday athletes with a mountain of data: heart rate variability, vertical oscillation, stroke rate/length, ground contact time, body temperature and acceleration... Pedals measure power phase and platform centre offset. Women can use luteinizing hormone strips to accurately time training cycle to hormone levels. We can track training load, quality of recovery and skill dynamics through analytics. Calculating training zones

is more than a simple percentage of functional threshold power. We can now target athlete energy system strengths/weaknesses and match them to course requirements. Paying attention to this myriad of data, can assist in avoiding injury.

The challenge for athletes and coaches is deciding what data matters and how to apply it. Here are some steps to manage the technological world of athlete wearables:

- 1. Identify your goals.** This is perhaps obvious. But what specifically are you targeting: a personal best; consistent training; being injury-free; crossing-the-line; or qualifying for Kona! Individualized training is project management, so you might consider your goals using the "be SMART" principle: Specific, Measurable, Achievable, Realistic, and Timely.
- 2. Have a plan and be ready to adjust.** The internet gives athletes access to countless generic training plans to get you to the start line. They provide

the recipe to follow and just like in baking, sometimes the recipe works and sometimes it is missing something but you just don't know what! Off-the-shelf solutions miss the art and the science of coaching. The plan may not work for your schedule, for how your body works or take into account your current conditioning. As you implement the plan knowing how to adjust it to your needs can be difficult. Most triathletes are not short on determination, rather we are masters of "pushing through" and hard work. This may not be the best plan.

3. **Choose your tools.** Technology provides information about a physiological state and measures and tracks performance against goals. Because swim dynamics are being tested on elites and not yet mainstream, the best tools for swimming remain a stopwatch, trained coaches' eye and an underwater video camera. Bike power meters are becoming accessible to everyday athletes. Using power to understand the dynamics of your energy system, muscle fibre phenotype (fast-twitch and slow-twitch) and race demands transforms how one trains. Because no two people are alike, constructing workouts based on individual power profiles is the only way to maximize your use of time. For running there is a wide range of data available from power to specific running dynamics. Which tools are right for you depends on your running history, form and goals. In general, heart rate monitors provide valuable insight into how you are responding to training. They have however, limited use on their own. Recovery, the "fourth component" of triathlon, is where we make performance gains and avoid injury. Collecting and understanding all data is essential to optimize appropriate recovery.
4. **Use your tools.** Unless you are trying to create the perception

among your competition that "my cool watch gives me an edge" (lol) there is no point in having the tools if you or your coach has no interest in using them to obtain your goals.

In research looking at how to coach masters athletes there were three critical components: explain the purpose; individualize the experience; and make it fun and social. If you are looking to exercise, have no particular goals, you may benefit from coach review to avoid injury. If you have clearly defined goals, are keenly interested in technology, data analysis, and objective in its interpretation and application to yourself and your own program, you may not need a coach. If you feel that you might benefit from having a coach, find one that pursues excellence in both the art and science of their profession. Science provides the data. The art is the informed interpretation and evalu-

ation of that data. Great coaching is found at the intersection of science and art- causing the delicate balance between attack, adaptation, recovery, maintenance and motivation.

Have a safe, fun filled season!

Tenille Hoogland, BA (Psych), Coach/Owner of Tri Whole Health Coaching Inc. is committed to empowering others to fulfill their athletic aspirations using the latest technologies and translating evidence-based science into performance altering individualized programs and experiences.

Tenille has led Age Group Team Canada to International Triathlon Union (ITU) World Championship events, organized IRONMAN events, worked as senior planner for the 2010 Olympic and Paralympic Winter Games Federal Secretariat, and has coached athletes worldwide. From 2007 to 2013, Tenille was a sponsored professional triathlete earning titles in both short distance (ITU Pan-American Cup Champion) and long distance triathlon (2 x 70.3 IRONMAN Champion). Tenille is happiest when hiking local mountains with her husband and son. For more, visit www.triwholehealth.com.

Choose tools and share data with your coach. The best tools for swimming remain a stopwatch, trained coaches' eye and an underwater video camera... For running, heart rate monitors provide valuable insight into how you are responding to training...





Photo by Sitka Creative

Dodge City X - Year 2 - and Cross Provincials!

Lara Spence, lara@laraspence.com, Editor, TriathlonBC

Last year, we ran a piece on PACE Multisport Dodge City X, a cross triathlon in its first year. The race went well (despite some rain - read below). This year, Dodge City X was named Cross Provincials, scheduled for September 7, 2019. I took some time to speak with Ryan Parton, race organizer.

How the Race Got Started

"In January 2017, Vicki Lundine, Triathlon BC Board member, mentioned to me it might be nice to have an off road triathlon in Cumberland, given the great trails around there," said Ryan. "Though I said 'sure' my next thought was, 'I have no idea what I am doing!'"

Flash forward to September 2018, inaugural race day. Looking back, Ryan says the race was just what he needed. He was moving away from his writing career and wanted new challenges; something that build on his values around health, the outdoors and recreation. Originally from Selkirk, Manitoba, Ryan took the "scenic route" through school at Concordia, and had

moved to Vancouver Island for its healthy, forested lifestyle.

"From my writing work in town, I already had good relationships within the business community," says Ryan. "That helped with getting the word out, gathering sponsors, getting athletes interested."

Things progressed nicely through planning, sponsorships, route creation, volunteer sign up, athlete sign up, and more. Race day arrived. Things were ready. The only hitch was the weather. Only the week before, the biggest concern was air quality because of the forest fires. But, on race day, the big surprise was rain. And wind. And it was cold. "It was warmer in the lake than in the air," recalls



Photo by ROAM Media

Dodge City X medals

Ryan. "Everyone said they were happy, and looked happy, even though racers and volunteers did have that slight appearance of drowned rats."

"I am grateful for all the enthusiastic volunteers. We got comments about how much they loved the event. The community really came together. In

the end, there were 100 volunteers and 114 racers. Not a bad ratio.” Ryan predicts the race will have 175 entrants this year, because the race is provincials (male and female winners of each age group in the Standard Event will be crowned BC Provincial Cross Triathlon Champion) and there is one Team Canada qualifying spot per age group for the 2020 ITU World Multisport Championships in Almere, Netherlands.

“I’m happy to be part of offering PACE Multisport Dodge City X on Vancouver Island. There’s not a mammoth selection of cross triathlon races to choose from, so the more races that get added to the calendar, the more options for athletes. So, with ours, there’s also Squamish (June 23), Victoria (July 7) and Whistler (June 9). It’s great to be part of the energy in this new triathlon sport experience.”

Come for the Race, Stay for the Weekend

The Village of Cumberland has been known as Dodge City for decades. Some take the name as a slur; others consider it an affectionate term that captures the village’s unique charm. Unlike other Comox Valley communities, Cumberland has managed to retain some of its Old West ambiance, and that’s a large part of its appeal. And even though you won’t see any gunslingers these days, you could still make a U-turn on the main drag on a Saturday afternoon.

Athletes and families will be happy with the community feel in Cumberland. There’s lots of arts and culture and even a few places to stay, such as the Riding Fool Hostel, just a few blocks from Race Central. If Cumberland is tight, you could also choose to stay a 12 min drive away (from race site) in Courtenay, which has both hotels and AirBnBs.

Race Experience

A portion of the race occurs on land bought and protected by the Cumberland Community Forest Society, which is also the beneficiary of the events’

beer garden, featuring local brews from Cumberland Brewing Company

For snacks, Dodge City X is pleased to be offering Hornby Organic energy bars (!), and famous Cumberland Bakery donuts.

In Village park – T2 – there will be chiro treatments, a rolling (therapy) tent, the beer garden, music, and a podium/loudspeaker area where athletes will find out about prizes and awards.

The race starts at the beach at Comox Lake with the 1.5km swim. The 23km ride goes 1.7km on the road, then ducks off into Cumberland’s legendary singletrack. Riders will spread out along this part. Next, climbing: the trail is steep but wide, then continues along a technical single track that’s less steep. To get an idea of the route, look at “Dodge City X” in TrailForks – the mountain bike route will be very similar to last year.

Says Ryan: “The bike course has a decent amount of climbing and a whole lot of technical singletrack. It’s hard – don’t kid yourself – you’ll earn your beer.”

Then the fun part: bomb down single track. The trails are blue square (intermediate). There’s no huge rock faces or cliffs, though there may be spots where some riders walk.

The run is all single track, 1-2 loops depending on the race length you choose (standard is 9.5km), and athletes will be rewarded with a view of the Salish Sea before running downhill through the temperate rainforest. “It’s a beautiful course,” gushes Ryan. “Streams alongside you; fireweed blooming; everything from fast and flowy to rooty and gnarly. Cumberland is home to over 100km of world-class single track, and we’re thrilled to showcase some of it in this event.”

For more on Dodge City X, and if you want to chat trail running or mountain biking in Cumberland at any time, email Ryan Parton ryan@steamdonkeyracing.com. For more on the race, see www.dodgecityx.ca.



Photo by ROAM Media



Photo by Derek Vinge



Photo by ROAM Media



Photo by Vicki Lundine



Paths to Edmonton ITU 2019 + Edmonton ITU Worlds Grand Final 2020

Lara Spence, lara@laraspence.com
Editor, TriathlonBC

Many consider Edmonton to be Canada's Triathlon City.

The ITU must think it's pretty good, as they've awarded ITU Worlds Grand Final to Edmonton three times in the last 19 years.

For those in BC and Alberta, we are fortunate to have such a great race venue and supportive city so close by. Though many enjoy travelling to Europe or Asia for a race, it's nice sometimes to have an international stage set in our own backyard. It definitely saves on travel costs!

Edmonton previously held the Grand Final in 2014 and 2001. The 2014 Grand Final won the prestigious CSTA (Canadian Sport Tourism Alliance) International Sport Event of the Year award.

"Racing in Edmonton is special, and we can say that not just because we live here," says ITU Edmonton General Manager Stephen Bourdeau. "Very rarely do you attend a World Championship event where the entire city is backing the event. We literally paint



the city with flags and buses and banners, and athletes spill out into all the major centres. The backing of the city and the race experience we can provide for athletes (especially small surprises, delights, and attention to detail) is second to none. For Canadians especially, Edmonton is a very accessible trip with a new International airport and a host of in-country flights. Hospitality in the city is at a high level, and locals are very familiar with Edmonton being anointed "Canada's Triathlon City". They take pride in hosting the sporting events that come to town.



About the ITU World Grand Final Edmonton 2020

Edmonton 2020 is the World Championships and Grand Final for Sprint and Standard distances only.

In 2020, the World Championships will be at the 2020 ITU Multisport World Champ Festival in Almere, Netherlands. Multisport champs includes Aquathlon, Aquabike, Cross, Duathlon and Long Distance.

Both events will have different qualifying races.

Edmonton 2020 has been branded "Do North 2020" with the idea that athletes from around the globe will be able to experience the best of the Great White North (aka Canada) in Edmonton.

The race, which will be held in August 2020, will feature a beautiful and central race course. Athletes swim in Hawrelak Park, bike in and around the University area (including some breathtaking hills) and run in the area as well. The entire race course is central and incredibly spectator friendly, including food and drink options, many viewing points, and access to see portions of all three aspects of the sport.

The race is expecting 80 elites (very likely including most of the roster that will have just raced in Tokyo 2020), 50 juniors and 3,000 Age Group athletes.

WTS Edmonton 2019: Test the Route, Qualify for 2020

Edmonton is hosting an ITU race on the same course this summer, July 20-21, 2019. The 2019 Race weekend includes try a tri, sprint, standard, and team events.

There will also be a World Triathlon Series Sprint and a Mixed team relay event for Elites. A bonus that you can also watch some of the best triathletes in the world racing, while on your own race weekend.

This race is a great chance to recon the courses for 2020 as well as get to know Edmonton a bit better.

There are also qualifying spots up for grabs in all Age Groups (2 spots per Sprint age group; 3 spots per Standard age group) for next year's worlds. There are other races to qualify at to; a list is included further down.

So, you want to race at Worlds...

If you're hoping to qualify for Worlds 2020 (at any race, not just Edmonton WTS), you must register your intent to qualify.

This is a new requirement from Triathlon Canada. Don't be discouraged, though; it's simple.

Before you race, register at a qualifying race you've registered in, ensure you're a member of your provincial body, and register your intent to qualify before the race (registration link will work 3 months before the qualifying race) at ccnbikes.com (search for EOI - Expression of Interest).

Race hard and grab your spot.

If you don't, try again at another race (you'll need to submit a specific EOI again) or you can wait to see if you get a roll down spot.

Says Triathlon Canada, "We are offering an opportunity to claim an unclaimed spot for those athletes who do not automatically qualify based on the age adjusted results. Athletes will need to submit an online Expression

of Interest for the event they wish to claim a roll down spot in PRIOR to the event race date. Athletes will be charged \$20 to submit their EOI which will be treated as a deposit for those who are successful in obtaining a spot and will be deducted from their Team Management Fee once confirmed. The \$20 fee is non-refundable for athletes who are unsuccessful in obtaining a spot. However, it may be applied to a charity entry. Successful athletes will be notified by Triathlon Canada directly."

Learn more on Edmonton Grand Final 2020 at donorth2020.com. For more on 2019 Edmonton TWS, see edmonton.com.triathlon.org.

For list of races in Canada to qualify for 2020 World events: tinyurl.com/2019qualify.



Photos by Wagner Araujo/ITU Media

Jessica Toumela



Mario Mola



Vicky Holland



Endurance Sport Success in a Numbers-Driven Culture

Christine Fletcher, Head Coach & Founder of Brite Coaching

Here's your workout for the day: "8x1km, work-down." You, the athlete, asks, "work-down?" Coach says, "yup, work-down. See what you can do."

How would you go about interpreting this workout? How would you go about executing this workout? Are you and your coach in sync with the intention of the workout? Can you get after it or do you need more guidance?

Let's take the same workout format but this time the instructions are: "8x1km with #8 being as fast or faster than #1." This prescription may pose pace management considerations and clarification of the term "fast".

And finally, a third example of the same format: "8x1km - even pacing for each kilometer. Find fast flow.

Short rest. Shut it down after 8." To some athletes, this might read like a foreign language. Where are pace targets and recovery intervals? What if you feel you can do 10 reps? How will you explain flow on Strava?

Since the respective outcome of each session above tells a story, defining whether a workout was successful or not is a complex formula especially when we live in a culture driven by metrics, social media and more is better. We like to reference faster paces, more watts, and higher volume as true measures of progress worth reporting. We fail to give credit to softer parameters such as flow, recovery, feel or mechanical efficiency. While metrics offer a very small piece of the puzzle, they give little insight into the human side of effort.

So what is the secret to finding success in training when we sidestep the data to bond more with feeling, intention, and purpose? How does one report on these parameters? What role does the coach have to articulate intention, mind-set and theme of a workout? Athletes that take the time to reflect on a wider view of training objectives will discover that good workouts are often a result of intention and effort vs. winning Strava segments and Training Peaks color coding and medals.

Would it surprise you to learn that a good workout doesn't always mean completing the workout as exactly written? Or exceeding the prescription? Or that training is a form of practice? Good workouts are the results of taking hold of the intention

and giving best efforts relative to the prescription. Maybe read that sentence again...good workouts are the results of taking hold of the intention and giving best efforts relative to the prescription. Athletes often bump against a wall before they understand that failing a workout helped them eventually succeed. In simplistic terms: Interpretation and objectives matter. Process matters.

The thing about making a practice of training (aka: living) is that your practice spills over into everything you do, whether you're racing or giving a presentation or writing or coaching or running or operating or working in a spreadsheet or parenting. Workout greatness doesn't come from a few heroic efforts. It comes from showing up and being good enough day in and day out over a long period of time. This mind-set lessens the risk of injury—emotional and physical—since there isn't a perceived need to put forth heroic efforts every day. The result is more consistent performance that compounds over time. Research shows that sustainable progress, in everything from diet to fitness to creativity, isn't about being consistently great; it's about being great at being consistent. It's about being good enough over and over again. This is why showing up at workouts and taking a long view are two really important inputs to growth and great performance.

Focus on the process more than results.

Big goals serve as a wonderful motivational tool. But oftentimes we place far too much emphasis on whether or not we achieve a specific goal and not enough emphasis on executing the incremental steps along the way. Adopting a process mind-set means that you set a goal, figure out the steps to achieving that goal that are within your control, and then mostly forget about the goal and focus on nailing the steps instead. It also says that you should judge yourself less on whether or not you accomplished

your goal and more on whether or not you executed the process along the way.

A process mind-set ensures that your self-worth never hinges on events that are outside of your control (e.g., you get a flat tire in your first big bike race) and thus increases your stamina and ability to bounce back from failure—something that in and of

itself is key to long-term success. It also helps keep your passions "harmonious," or driven predominantly by intrinsic motivation, versus "obsessive," which is all about external results and validation. Whereas harmonious passion is linked to sustainable performance and life satisfaction, obsessive passion is linked to anxiety and burnout.

The following 10 markers of success will help you connect with what matters most in the conscious absence of external validation:

1. Know the purpose of training sessions and set intentions.
2. Reference feel & cognitive alertness in conjunction with metrics.
3. Consider recovery as a marker of sustainability.
4. Acknowledge unconscious competence when training.
5. Honour your ability to train day after day, week after week, year after year.
6. Glorify progress by long-term health and enjoyment in the sport.
7. Use a well-developed and honed library of efforts in everything you do.
8. Test boundaries and respect your limits.
9. Know Thy Self.
10. Own failure, take risk, be playful, develop community, connect to feel.



Photo by Alexander Redl

Far too often we operate in a time or performance framework. We judge training session based on whether we swam, rode or ran faster than was written on the paper. How we operate and define success has a direct impact on how we operate in all areas of our lives. Embrace process of being the best athlete you can be on the day and in the moment. Let go of fear of failing and judgement. Find your greatness in everything, including sometimes, numbers.

Brite Coaching is a Canadian-based coaching company helping and empowering endurance athletes of all abilities to reach their athletic potential. We specialize in helping athletes holistically prepare for multi-sport pursuits, ultra-running events, stage-based cycling, road racing and mountain biking with consideration to their abundant lives, families, careers and passion for athleticism. Find out more at www.brite.coach.

Heather Jackson - Q&A

Argon team writer

Following her big win at IRONMAN Lake Placid in 2018, Heather Jackson visited Argon 18's Montreal office. It was a great opportunity to sit down with her for a talk about triathlon as she was entering the last leg of her preparation for the 2018 IRONMAN World Championship in Hawaii.

What is the key for successful transitions?

HJ: I think the key is to practise it as much as you train and go into transition knowing exactly what you're about to do. You approach it the same way you would the swim, the bike or the run. You keep in your head exactly what you're going to do and just concentrate as much during transition as you do during the other three disciplines. Treat it as another discipline, really.

When you got started in triathlon, what aspect did you find most difficult to master?

HJ: (Laugh) I think the most difficult aspect to master has been the swim and I still haven't! It's still a huge work in progress. I think if someone doesn't grow up swimming and is into triathlon now, it's so difficult to learn. It's so technical... You're out of your element in water, so you have to figure out how to breathe effectively, which we're not created to do. It's not natural in the water. Just learning how to do that and then put yourself in a race environment where you're surrounded by thousands of people and, you know, you're still trying to breathe and survive.

How do you manage competitors, swimming so close to each other?

HJ: If you're not comfortable with that, it can freak you out! And again, you're out of your element. Trying to stay above the water, you're combining survival with a sport, I guess. Trying to master that can be daunting.

What is the longest distance you have ever raced?

HJ: The longest is a full Ironman!

What motivates you on tougher days?

HJ: I think, on the toughest days, I just try to keep in mind the people that can't do what I get to do. Right now, I have a couple of people who always pop into my head like the guy that married us, Wattie and me, he has cancer and he's in his early 40s. He would give anything to get out there... On the days where I don't want to go for a run, I think to myself that I *get* to go for this one. There are so many people out there, for many reasons, if they are sick or injured, that can't go out and run, bike or swim. It's almost a disservice to them to think I don't want to do an easy run when they would do anything to do it. I usually try to think of that.

What are your tricks to get past the pain during a race?

HJ: I try to think that if I'm hurting, my competitors are hurting more. It motivates me a little bit more, and it gets me fired up to push even more.

What is your favourite E-119 Tri+ feature?

HJ: It's hard to name only one! (Laugh) Everything! I think it's a perfect triathlon bike. It's light, but it's aero; you can climb and still be super aero on flat. It responds to rollers and it's got everything you need for triathlons with the bento box. It's just really well thought out for our sport. For me it's huge that a company wants to be in the sport and make products meant for that. The bike is incredible.

What is the best advice you ever received?

HJ: I think the best advice I received... It was phrased differently but it's really "at the end of the day, no one gives a ****!" (Laugh) Meaning that, you know, we can get wrapped up in training. Sometimes a session goes horribly, and you

struggle to hit your numbers. If you're having a bad race it can come off as if everyone is disappointed, but at the end of the day no one really cares. You still have your friends, your family, everyone still supports you, whether you do well or not, if you have a first place or a tenth place. It's a sport, don't take it too seriously mentally. You're still going home to your loved ones, you still have your friends, and it's not the end of the world.

What are your sources of inspiration?

HJ: I'm probably one of the luckiest triathletes in the world. I have everything. I don't have to work; my husband gives me more support than anyone out there and I have it all. I just have to race and be my best. There are thousands of triathletes out there who work ten-hour days and still get out of bed at 5am in the morning to go swimming and then go off work to train. I can't imagine that. It's a huge inspiration to me that people are still doing that! I always try to do it for them, for the people that have so much more going on.

Are there other athletes that you admire? Who inspired you to get into the sport?

HJ: My parents got me into this sport. My mom was a Phys Ed teacher. She got me into every sport I did. It's huge! My parents gave me more support growing up, making it possible for me to do anything I wanted. I wouldn't be here without them. They drove me to thousands of hockey games, soccer games... I attribute so much to them. It's funny because growing up my role models were hockey players and soccer players...! (Laugh) Coming into triathlon though, I think my favourite was Natascha Badmann, she always has a smile on her face, she's very gracious! And she was a *uber* biker! AND she couldn't swim, and still won Kona so...! (Laugh) HUGE inspiration! :)

It's a sport, don't take it too seriously mentally. You're still going home to your loved ones, you still have your friends, and it's not the end of the world



SwimRun

(Continued from page 9)

like an inspiring event. And the more I learned about SwimRun, the more convinced I was that this was a perfect addition to the events we already host in Victoria. We are always looking for alternative events and this is a race that appeals to active people. Not necessarily triathletes but also adventure racers - and we have a lot of them in Victoria. SwimRun is more than just a race, it's an adventure."

Dibden checked out several locations in and around Victoria but found the perfect spot close to his home: Thetis Lake. "A lot of SwimRuns take place in the ocean, in cold water. So I looked at the Gulf Islands, but there are a lot of commercial marine routes so it wouldn't be easy to stage a race there. Thetis Lake is a popular location for open water swims in Victoria and there is an extended trail system where I run regularly. I thought it was the perfect location for a SwimRun."

With his choice for Thetis Lake, Dibden made the race particularly accessible for beginners. "I wanted to give as many athletes to experience this new event", says Dibden. "The Ötillö is a point to point race, but we stay close to Thetis Lake where all the swim legs take place and the start and finish is in the same place. In the Ötillö and other races where you have to swim in the ocean, you have to participate in teams of two persons for safety reasons. Our race is a bit less intimidating so you can do our race - even the long course - solo, or in a team. It also helps that the water temperature of Thetis Lake in August isn't that cold, so you don't have to buy a SwimRun wetsuit to do this race. It all makes it easier to come out and try out this new race format."

SwimRun Victoria will be back: August 11th, 2019. "It worked out pretty well, people had fun. We had so many positive reactions, so we definitely continue with this race. I am already looking ahead as well and would love to take SwimRun in Victoria to a next level. I am thinking about an Urban Race, there are a lot of waterways downtown Victoria, or a point to point race with ocean swims in the future. But before we're taking that step, we want perfect this race first."

The Game and the Rules

SwimRun is not the same as aquathlon where athletes swim first before they start the run leg. In SwimRun, there are several swim and run legs and shoes are required so you have to swim in them. To make that easier, you're allowed to use a pull buoy and paddles and even fins (not longer than 15 centimeters measured from the end of the toes to the end of the fin). The catch here is that you have to finish with all the gear you started the race with.

Wetsuits are mandatory in cold water SwimRun races. You can use an old wetsuit and cut off the legs so you can run in it, or buy a SwimRun wetsuit with short or long sleeves and short legs. SwimRun wetsuits have zippers in the front so you can strip it down and won't overheat while running in them.

In a lot of SwimRuns, you can only start in teams of two. Each team has to stay together (a maximum of 5 or 10 meters) throughout the whole race. In the swim, you can use a rope to stay together. All teams and solo participants must carry a small first aid kit and a whistle.

Photo by Alexandra Gorn on Unsplash



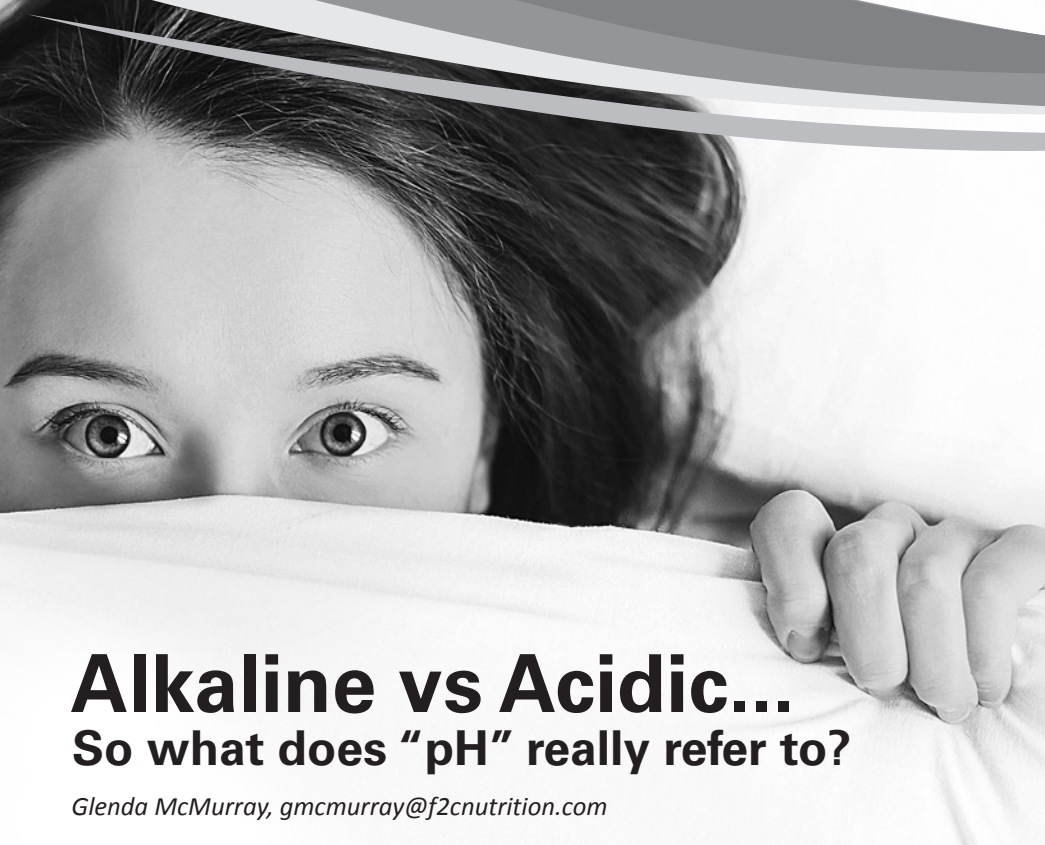
Your body's blood pH should be between 7.365 and 7.45, but that balance certainly changes given a diet based too heavily in predominantly acidic or predominantly alkaline foods. It also changes due to stress, immune reactions, and any other process that deprives cells of oxygen. When the pH is not balanced, it negatively affects our energy levels, stamina, strength and immune system. In turn, this will affect athlete performance, performance in the gym, mental clarity, resistance to colds and even fatigue and overall mood.

To put it in perspective, the pH scale runs from 0 to 14, with 7 being neutral. Actually, pure water has a pH of 7. Foods above 7 are alkaline, and foods below 7 are acidic. An alkaline state is much more beneficial than the alternative.

- lack of sleep
- stress
- tough workouts
- high protein meals
- pre-workout supplements
- intense training schedule
- coffee (or three)
- wine, beer or alcohol
- dairy consumption
- missed servings of fruits or vegetables
- not enough time in a day

How many of those apply to you?

For most people, the majority of the bullet points, if not all, are a staple in their week. What do they have in



Alkaline vs Acidic...

So what does "pH" really refer to?

Glenda McMurray, gmcmmurray@f2cnutrition.com

PH is the level of acidity or alkalinity in a substance at any given time, and there's an acidic/alkaline balance that has to exist for certain metabolic processes to take place, especially in our own bodies.

common? They cause your body to exist in an acidic state with a pH level that is not meant for optimal function. Combine that with occasional junk food, shortened sleep cycle, an intense training schedule, your protein addiction and you've created an acidic dump site.

Where do you think a majority of your diet sits on the pH scale?

Acidic forming foods

Acidic foods include refined sugar, peanuts, wheat flour, white flour, beef, shell fish, cheese and dairy, processed foods, beer, and soft drinks.

Basically the majority of the typical Canadian diet!

What happens when we consume an acidic diet?

First and foremost, disease THRIVES in an acidic state and are less likely to live in an alkaline state. When we consume a predominantly acidic diet, we run the risk of acidosis. The body becomes too acidic and as a result, is forced to utilize its own alkaline mineral resources to maintain livable pH levels.

These minerals include sodium, potassium, magnesium and calcium – your body is literally stripping itself of these minerals just to establish balance, neutralize the over abundance of acid, and safely remove it from the body! As a result of acidosis, you may start to experience a build-up of acid in the cells, which then decreases energy production in those cells.

Decreased energy production leads to an inability of the body to repair damaged cells and detoxify heavy metals, and you become more susceptible to both chronic fatigue as well as an increased incidence of disease.

To make it simple, if you drink one can of soda it takes 32 250ml glasses of water to neutralize it. So just imagine what happens if you don't drink enough water!

Now your body has to neutralize the soda so what does it do? Well, since calcium is high in pH, it pulls it from your bones if you aren't eating enough mineral rich food. This may lead to decreased bone density, osteoporosis, and/or arthritis.

What can you do about it?

First, don't panic! It's not too late to change our ways and establish the consistent homeostasis that keeps us healthy! We need to focus on maintaining a proper balance, and to do that, it's suggested that at least 60% of your diet be of alkaline-producing foods.

However if you're already in the midst of experiencing acidosis, a corrective diet will consist of 80% alkaline foods until a better balance is achieved. In addition to healthy eating consider adding a daily greens supplement such as F2C Pharma-Greens as that will greatly improve your alkalinity.

Alkaline Forming Foods

Some examples of alkaline forming fruits are lemons, oranges, cherries, dates, figs, nectarines, pears, watermelon, apples, bananas, and avocados.

Some examples of alkaline forming vegetables are jicama, kale, sweet potatoes, cabbage, cauliflower, celery, bell peppers, beets, eggplant, cucumber, lettuces, mushrooms, squashes (including pumpkin), greens, and most herbs and spices.

Instead of heavy condiments and sauces, use alkaline options such as ginger and garlic in your cooking!

Eliminate anything out of a can or a box, including most of the options in the freezer aisle. Do that, and you'll be eliminating a lot of acidic forming foods from your diet.

The acidic/alkaline balance is connected in the food choices we make every day. Knowing you can supplement with Pharma-Greens and knowing which foods are acidic (there are many lists online, some better than others), you can influence your homeostasis balance. Take the time to make this knowledge a priority, and your body will certainly thank you for it, especially in the long run!

For more on F2C Nutrition, see f2cnutrition.com.



Aquathlon:

Underdog or Protagonist of the Multisport World?

R. Lorin Inglis, Race Director, Lake Windermere Aquathlon Society

If you look up the word *aquathlon* online, you will likely come across two very distinct definitions of the sport. One refers to an underwater wrestling event created in the former USSR in the 1980s. Outfitted with fins, mask and ankle ribbons, two daring opponents who are comfortable holding their breath, descend to the bottom of a pool and grapple for 30 seconds. Aside from the speedos, this does not conjure up the images of aquathlon most readers are used to.

The other and more commonly known definition sees aquathlon as an endurance multisport event involving swimming and running. Aquathlon combines the Latin word “aqua”, meaning water to the Greek word “athlon” for contest. So which definition is correct? With the root words taken to mean “water-contest”, it seems they both are. You can breathe easily: Aquathlon wrestling has not gained much popularity outside of Europe, so no need to double check your event details if you have added an aquathlon to your summer race itinerary. The binding thread of both uses of the word aquathlon is that it conveys the

notion of a struggle in the water. Endurance sports are a challenge – and that is perhaps the reason many of us take part in them.

Challenging yourself can come in many different forms. So why register for an aquathlon? Why not stick generally to sports which have names that are easier to pronounce? (On a side note, just to clarify, “aquathlon” can be pronounced with or without the “l.” So, if you are announcing to your non endurance racing friends, who undoubtedly think you are a tad bit strange for wanting to do this type of thing in the first place, that you are doing an aquathlon—rest assured, although it is awkward, you are saying it correctly!)

The first compelling reason to compete in aquathlon is the beautiful simplicity of it. Purists of sport love this aspect because it eliminates the need for mechanical assistance and is all about unaided human propulsion. All swimming and running requires is a pair of goggles, shoes and a strong heart. This opens the door for many athletes who may have considered triathlon but were hesitant or unable to commit to purchasing a bicycle. Cycling is a fan-

Purists of sport love this aspect because it eliminates the need for mechanical assistance and is all about unaided human propulsion. All swimming and running requires is a pair of goggles, shoes and a strong heart.

tastic low impact sport, however the price tag on some new triathlon bikes has the potential to raise an eyebrow on even the most seasoned enthusiast. Sticking to basics makes aquathlon a great entry point for newcomers to the sport of triathlon.

The joy of participation is not limited to the challenge. Sensation pays a huge part in endurance sports. Arguably no other activity provides a more direct access to a transcendent experience than swimming and running. They are without doubt two of the most intense cardiovascular workouts available; whether induced through the body’s chemical processes, or by the physiological rewards generated by the mastery of the will, aquathlon has the potential to exhilarate the senses.

Often aquathlons are held in pools over the winter months in northern latitudes. This is a fantastic way to stay sharp over the winter and gage where your fitness has progressed to under race conditions. It has long been a technique of triathletes to use the method of periodization when training, which essentially means to do specific types of workouts at specific times

throughout the year. Usually these blocks are followed by a "race like effort" test meant to gather baseline data on all the hard work being put in. These indoor races are great for this and it keeps the motivation up to have mid-winter goals. However, aquathlons are not limited to training workouts in the pool and on the track.

Open water is perhaps one of the most challenging aspects of outdoor multi-sport. Aquathlon as an endurance sport was born from the life guarding competitions of the 1960s. Competitors would dash to the water from the beach and back out again in the format run, swim, run. This was a way to roll fitness and skills development into a fun and exciting afternoon at the beach. This is all great, but aside from the life guarding community not all of us are innately comfortable in water where the conditions are variable and, well... open! Stepping into new waters can be intimidating. Depth, currents, temperature, waves and aquatic life can all add to an anxiety of leaving the shore. You may have known a swimming instructor who upon the mention of open water shuddered at the thought, lest a lake weed should meet with his or her toes. Name a body of water and likely someone has swum in it; from the English Channel to the Southern Ocean in the Antarctic. Although impressive, these are not good waters for beginners! Heading to a calm, relatively warm lake with little or no current and bringing along a well thought out plan is a better place to begin. Overcoming potential fears about open water can give a wonderful feeling of empowerment. Events which include open water are challenging - but it's important to remember the environment is somewhat controlled. Race directors, when choosing swim locations consider all the above and have done some of the homework for you. Experienced open water swimmers know that any swim begins with knowledge of the conditions they will encounter such as temperature, currents... (or ice burgs, in the case of Antarctic swimmers like Lewis Pugh!)



Athletes at ITU World Aquathlon Penticton (photos ITU, both pages); far left, Lake Invermere.

Having a plan, swimming with others and an having the company of an aid boat are all best practices of those who venture into lakes and oceans.

Assuming you have now put to rest a seemingly lackluster fear of lake weeds touching the feet, you might be thinking this whole swimming in open water thing is a good idea. You are correct. Swimming in open water can be a wonderful experience! In aquathlon, your open water swim is going to be followed by running rather than biking and depending on the format, you may have already run a portion of the race prior to your swim.

Transition from swimming directly to running is a little different than from swim to bike. Cycling does not tax the cardiovascular system as hard as running does. When you exit the water in an aquathlon, it is important to find the pace that works for you and one you can maintain. It's tempting to want to push at the beginning of the run, as the thrill of the transition can exhilarate you. But it is important to hold back a little bit and find the pace and rhythm which will allow you to have a strong finish and avoid producing too much lactate for your body to deal with. This scenario makes for a very uncomfortable run, so if your competitive, sometimes maintaining pace even when being passed by other

runners is the mark of mental tenacity. Sticking to what you have trained for is good practice. Of course, there is value in training for adaptability as well.

If you show up to a race expecting to wear a wet suit and the water temperature doesn't allow for it, the ability to change the plan and have a good swim with or without a suit is an asset. Likewise, when running, having trained in a diversity of conditions, such as elevation, temperature and wind is going to prepare you for whatever happens on the big day. Taking an open approach to training will produce a more well-rounded athlete!

If you are at the point in the year where you are looking around and thinking about the races you might like to take part in, adding an aquathlon onto the roster is a great idea. Triathletes starting out with their first race will find value in this easily accessible yet challenging format. Old pros with years of starts will appreciate new challenge and opportunity for diversified competition.

Aquathlon as an endurance sport is widely known today in its various adaptations of distance, format and venue. There is something for everyone. Aquathlon is an ITU sanctioned sport and events are held around the world including the upcoming 2019 San Diego World Beach Games and the 2020 ITU World Multisport Championships in Almere, Netherlands.

This year is an exciting time for aquathlon. The Lake Windermere Aquathlon Society is hosting its first event, which combines open water swimming in one of BC's most pristine lakes with a trail run through the wooded hills of the Colombia Valley. This event will offer one male and one female qualifying spot in each age group to represent Canada at the 2020 ITU World Multisport Championships. Scheduled for August 3-4th 2019, and using the format swim-run, this event has something for everyone, including a youth race, relay and trail run only option for non-swimmers. Learn more at www.lakewindaqua.com.



WESTERN CANADIAN UNIVERSITY TRIATHLON CIRCUIT New for 2019!

When Anna Bennett came to work on her Masters in Chemistry at UBC, she thought she'd continue her triathlon racing in Canada within a collegiate triathlon circuit at her former school in the UK. Excited to wear UBC colours and represent her school, she found instead that there were University categories in BC's races – and very few in Canada – and certainly no inter-university circuit.

Anna brought her idea to the UBC Thunderbirds Triathlon Sports Club, a group of 20 athletes who were one of 13 competitive teams that make up the Thunderbird Sport Clubs (Alpine Skiing, Cycling, Equestrian, Men's Lacrosse, Nordic Skiing, Quidditch, Sailing, Synchronized Swimming, Tennis, Triathlon, Ultimate). These clubs were formed in 2015, a middle layer between recreational clubs (there is a UBC triathlon club, with 42 members) and Varsity teams (there is no Varsity triathlon

team). Thunderbird Sport Clubs are comprised and governed by full-time student-athletes who have been given designation as official representatives of the school in their respective sports. Following a "pay to play" type model, each sport club determines its dues based on expenses related to: competition registration fees, facility or venue rentals, travel related costs, apparel, equipment, and coaches. However, Clubs receive some financial support from the University for coaching, National Championships, and competitive enhancement.

Anna worked through 2017 on the idea of a series, finished her degree, and then handed the reins over to Adam Guthrie, aged 19, who then became head of the Thunderbirds Triathlon Sport Club and continued to build on her vision of a collegiate triathlon circuit in Canada. Adam teamed up with Triathlon BC, Alberta and Saskatchewan and representa-



Members of UBC Thunderbirds Triathlon Sport Club racing at March 2019 UBC Tri, the first race in the 2019 Western Canadian University Triathlon Circuit.

tives from the Universities of Victoria, Alberta, Calgary and Regina to make the circuit happen.

The series – now known as the *Western Canadian University Triathlon Circuit* - formed with the goal of having university athletes compete against each other at already existing races, but within a university-athlete-specific category. Having elite university athletes race together at one time would provide foster ties between the schools, growing the triathlon community while enjoying and a more competitive environment.

For Adam and the committee, the challenge was to find races prepared to host a separate collegiate event, create a series and series rules that were affordable and realistic, and get university teams to participate.

The first race to have a university category was the UBC Triathlon, held March 9, 2019. There were 26 athletes in the collegiate category, representing UBC and UVic, 12 female, 14 male. Adam himself, though busy with the logistics of maintaining the circuit presence and running his team on race day, competed himself, placing 3rd in 20-24 and 5th overall.

How the Circuit Will Work

For 2019, each member from the UBC TSC Triathlon Team is encouraged to race in two races of the newly formed

(and expanding) series. Realizing that these athletes are students first – with student travel budgets and busy summer work and/or school schedules – it wouldn't be realistic to expect athletes at all these universities to do all the races. Between extensive team fundraising and support from UBC, the team plans to send most of its athletes to one of the races. To qualify for the series, athletes must do two races.

Says Guthrie, "The main goal for this year was to grow interest and participation from a number of different schools and universities. Now we're focused on growing the idea and support around a Western Canadian University Triathlon Circuit (WCUTC) and having fun racing people of similar ages, abilities and mind sets."

The 2019 Western Canadian University Triathlon Circuit consists of three races:

1. UBC Triathlon Duathlon - Vancouver, BC - March 9th 2019
2. Living Sky Triathlon - Pike Lake, SK - June 22nd-23rd 2019
3. WTS Edmonton - Edmonton, AB - July 20th-21st 2019.

Student athletes will be ranked based on their best two races. A minimum of two races must be completed. Thus far, teams from UVic, UBC, U of A, University of Calgary, University of Saskatchewan plan to compete.

The Goal for 2019 is to have a 5+-race series.

Says Adam: "Over the next few years, we dream of seeing the WCUTC expand to increase the number of races, and number of competitors modelling the elite World Triathlon Series races. We are striving to see the series consist of 5+ races over the season spread between Western Canadian provinces in sprint and standard distances over draft and non-draft courses."

Student athletes at any race in the series must obtain full TriBC, Alberta Triathlon Association or Triathlon Saskatchewan membership. For more, see tinyurl.com/wcutc.

About the UBC Triathlon Sport Club

Typically, 10 workout sessions per week are scheduled, including group swims, independent swims, group rides, track run, brick/spin workouts, core/stretching and weight training.

Members come from all different academic and athletic backgrounds, but are united by our love for swim-bike-run and our drive to achieve our full potential in sports and elsewhere.

For more information on the Western Canadian University Triathlon Circuit or the UBC Triathlon Sport Club, email Adam Guthrie, triathlon.sc@ubc.ca.



UBC Thunderbirds Triathlon Sport Club: motivated student-athletes pursuing high performance in the sport of triathlon while attending school full-time at the University of British Columbia.



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