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FRONT COVER: Matt Sharpe on the bike at the Miyazaki ITU race in 2019.

Photo credit: Tommy Zaferes, ITU

Triathlon BC is the newsmagazine of Triathlon British Columbia. Triathlon BC is a not-for-profit, sport governing body devoted to the promotion of the sport of triathlon in the Province of BC.

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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.

2021 submission deadline: February 28, 2021

EDITOR'S MESSAGE

A challenging spring it has been, and we hope you're thankful for a print publication to give you something new to read and enjoy.

Some pieces in the magazine were started in early February, so some content was edited at the last minute for accuracy regarding the postponement of the Olympics and triathlon events and regular life.

I'm thrilled that some pieces - such as Happy Feet - apply now more than ever. I believe everyone now has time to build consistent fitness and proactive strengthening into their weekly routines - so bring on the rolled towel to strengthen my toes!

Enjoy the read, visualize the summer of being outside, look online for home-based swim training alternatives, do an ab and push up challenge, and help those in your circle of influence that are new to consistent home-based fitness training. Some may come out of this time stronger and with new, better habits and resilience.

So grateful for the caregivers and front line workers and decision makers who are doing their absolute best for everyone.

Thank you to our advertisers and race directors - we will be with you soon!

Lara Spence

Editor

Triathlon BC Newsmagazine

lara@laraspence.com



Message from the Board Chair

The COVID-19 coronavirus has certainly had an impact on everyone's lives in the last month. In some cases, there is confusion with more questions than answers on what we need to do to minimize the effects of this global virus.

I wanted to assure you that Triathlon BC is in regular contact with public health agencies, Triathlon Canada, ViaSport and other pertinent agencies to ensure we are aligned with guidance in monitoring the COVID-19 coronavirus landscape, and are taking the necessary measures to protect the public against this global pandemic.

While it is disappointing to see a delay in our event calendar, our top priority is to ensure the safety of our constituents; athletes, coaches, officials, race directors, volunteers, staff and the friends and families around them, all of whom contribute to this amazing sport. The actions we have, and will be taking over the next while, is to ensure that we are doing our part to keep everyone healthy and safe.

I want to thank all of you for your understanding and cooperation; our commitment is to keep you informed with accurate and timely information.

Yours Sincerely,

Larry Feagan

Board Chair, Triathlon BC



Welcome to Larry Feagan, new Triathlon BC Chair!

Larry Feagan, District Sales Manager Subaru Western Canada, became the Chair of Triathlon BC in June 2019. He has been a Director at Large for Triathlon BC since 2011. He has been very active, involved in many committees, especially the Gala subcommittee. He is dedicated to the growth and well-being of the sport and in his new role has built good rapport with Triathlon Canada and other key partners. We interviewed him over the phone in early April.

TriBC: We hear you're doing Ironman Canada in 2020. Tell us about your triathlon experience.

Larry: Working for Subaru, a big Ironman sponsor, has inspired me to embrace the healthy lifestyle that is part of the Subaru brand. I've done over 50 triathlons since 2007, of various lengths. For Ironman races, I've done seven: five in Penticton, and two in Whistler.

TriBC: How many minutes/hours after the announcement that IMC was returning to Penticton did you decide you were going to enter for 2020?

Larry: In 2018, some close friends were remembering how special Penticton was as an event. We agreed that if Ironman came back to Penticton, we would all sign up. Ironman returned to Penticton so we signed up to create new memories. I received a call 30 minutes after the announcement from my triathlon buddy reminding me of the conversation two years past. It took us less than a minute to commit.

TriBC: How do you find the two races compare?

Larry: I'm an older Clydesdale, so the Ironman Canada Whistler bike course was certainly very challenging, especially the original route with the last 30km riding back south up to Whistler.

Whistler is such a great town, everyone takes care of you, the athletes and businesses. A beautiful place to race and train and visit.

Penticton, well, it gets in your heart. The whole community takes the athletes in. You can be getting gas in Merritt and already people are asking you about the race if they see bikes on your car. It's great (from what I remember!) to have spectators cheering along the whole course, especially residents on their front lawn. Penticton athletes and businesses are great at supporting Ironman. I love the history too. I think about all the people that have ridden these streets before me, who have raced in this lake. Ground breakers, they're the people who formed the sport, a lot of special people. It gives the race a unique feel.

TriBC: How is your training going, as of April 2020?

Larry: I'm training as if the race is going ahead. I'm working from home at the moment, so am able to use the time I previously spent driving from Langley to Richmond for training. I'm behind on swimming as pools are closed, I am planning to set up bands in the backyard like has been circulating in a Dave Scott video. Will be doing some open water swimming when things warm up.

My biggest concern, like all age groups, is getting enough training. And,

in my case, shedding a few pounds.

TriBC: What are you looking forward to the most in training, on race day, and after the race?

Larry: I look forward to getting my Dad-bod back in shape. I look forward to seeing everyone new to Penticton and the past warriors on race day. Sharing the experience on the course and racing with my friends once again. I'll really be looking forward to a cold beer (maybe 2 or 3) and pizza!

TriBC: What are you looking least forward to in training, and on race day?

Larry: Ha, flat tires when 50 km from home. Those are frustrating! Looking least forward to putting my body in tight stupid shorts on race day, and the night before with no sleep.

TriBC: What's your message to readers with regards to the triathlon race season in May and beyond?

Larry: We are monitoring things every day. Triathlon BC is fully transparent and will let people know what we find out as soon as we can. We know it has been a disappointment to racers and race directors in March and April. Safety is the first priority and the sport will comply with the health authority and the BC government directions to COVID 19.

Triathlon Family:

Matt and Barb Sharpe

Lara Spence, lara@laraspence.com

I had the privilege to chat with Canadian National Team member Matt Sharpe this spring, who was (pre COVID-19/March 2020), training in the Algarve region of Portugal. I also spoke with his mom, Barb, who lives in Victoria.

Here's some of the story of this inspiring mother and son team.

Matt's Early Years

Matt was born and lived in Campbell River until he was 14. He started swimming when he was nine and did his first triathlon at age 10: the Comox-Valley TriKids race.

Matt's main focus was swimming, and he then wanted to take triathlon more seriously around age 14. He was attending Brentwood College at Mill Bay on Vancouver Island. He started connecting with other kids at North Van and Vancouver Island races. He started coming down to swim at the Commonwealth pool with Neil Harvey and Island Swimming. He started coming to Victoria to train with Patrick Kelly and an older group of triathletes. And Kelly Guest, another important youth coach.

When Matt was 15, he competed at the BC Summer Games. It was a formative experience: "Being able to compete at the BC games was great. I was able to compete against other athletes from around the province and discover other people who shared my passion. A few of us continued through junior racing together and created lasting memories. Triathlon has been huge in shaping who I am. I believe it can be a part of a healthy lifestyle whether high performance or recreational. I love sharing my

passion with the next generation and hope to inspire them to integrate sports into their lives."

In grade 11 and 12, Matt attended Claremont Secondary in Victoria, which was developing a sports academy, giving credit and time off for training. The current iteration is the Canadian Sport School at the Pacific Sports Institute.

Family Support

This whole time, mom Barb Sharpe was very involved in Matt's transportation and training. "Matt did a lot of travel with Pat Kelly's junior athletes," recalls Barb.

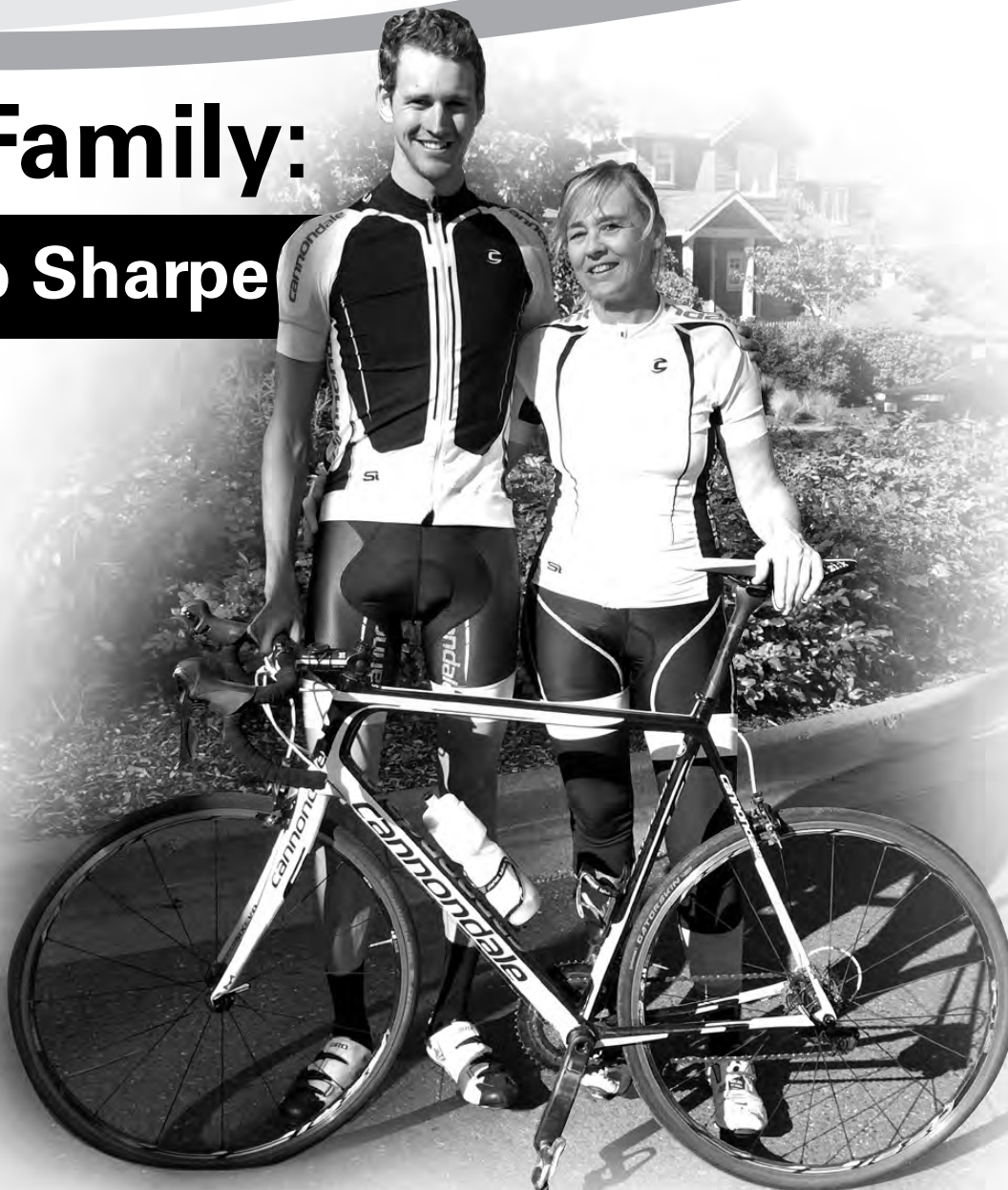
Barb continued to get more involved. She was the Team Manager for the 2006 BC Summer Games in Kamloops and the 2009 Canada Summer Games in PEI. She was an advocate for high performance sport, a fundraiser, a driver and a cheer squad.

Barb also gave many hours of her time as a board member for Triathlon BC, serving 2009 - 2011, and 2019-present.

Her husband, Jim is also an accomplished triathlete and huge supporter of Matt.

Why Not Race, Says Barb?

Barb herself was a competitive swimmer as a teen in Duncan, BC. She also did cross country running. While Matt was training, it was convenient



to get a swim or run in too: "Half the time I was at the pool anyway, so it wasn't a stretch to get in a workout."

Barb's first race was the Sooke Sprint Tri in April 2010.

She competed for Canada as an Age Grouper at the 2012 ITU Worlds in Auckland, NZ.

She typically does 3-4 sprint races a year. "I'm comfortable with that distance," she says.

Her next race was planned to be the sprint race at the Kelowna Apple.

"I love watching Matt race, and I miss not seeing him for long parts of the year when he's travelling the world training and racing," she says.

Breakout Year

Matt had a breakout year in 2018/19, where he matured physically and coaching, age and focus combined to bring great results.

Matt recalls: "2018 was a great year for me on the back of a solid 2017. Each year I get a little better in terms of nutrition, recovery and the little things. There is also the compounding effect of year after year of consistent training and racing. My coach, Jono Hall, has done a great job developing me over the years and has allowed me to continue to improve my performances."

Matt's Prep for Tokyo

From December 2019 until this February, Matt was in Phoenix training, then was scheduled to go on to Portugal, race in Abu Dhabi, return back to Phoenix before arriving back in Victoria.

COVID-19 Brought Everyone Home

Matt's goals are to maintain his Olympic ranking and earn Canada a second spot on the Olympic start line. He planned to race WTS Abu Dhabi, Yokohama, Montreal and Hamburg as well as 2020 World Cup events in Australia, Florida and Mexico. We'll see how that plays out with races as they are rescheduled.



Triathlon over the years. Other page: Matt and Barb summer 2015. This page, Matt in 2002 at his first race in Courtenay, Matt and Barb at Kelowna Apple Tri in 2011 (both raced), and Matt at 2019 Daman World Triathlon Abu Dhabi. (photo: Janos Schmidt)

"In December 2019, I was fortunate enough to be able to attend an Olympic preparation summit put on by the Canadian Olympic Committee," recalls Matt. "It gave us the opportunity to see first-hand how the preparations for Team Canada are progressing and I was very impressed with what I saw. I feel I am in good form and I am looking forward to taking advantage of that as we build towards Tokyo."

Thoughts on Mixed Relay

As of right now, Canada does not have a place on the Olympic start line for mixed relay. Matt comments, "We certainly have our work cut out for us if we want to have a team in Tokyo. The best athletes over the Olympic and Sprint distance are also the best over the relay distance."

Thoughts for a Younger Self

"I would certainly have a lot of feedback for my young self! Looking back I could have made better decisions around training and injuries. One or two workouts really don't matter as much as putting together consistent work and making it to the start line. Better to be on the start line at 80% fitness and have the opportunity to compete and learn than hurt yourself in the process and not give yourself the chance to race."

We wish you vast amounts of good luck and good health in your training and future racing, Barb and Matt!

Matt Sharpe is grateful to be supported by Deloitte Canada's Victoria office, The Running Room and CLIF Bar. You can follow Matt on Twitter @mdshrp and mdsharpe1 on Instagram.



IRONMAN Canada's Return to Penticton!

Lara Spence, Editor, lara@laraspence.com

After being held in Whistler for the last seven years (since 2013), IRONMAN Canada is returning to Penticton. The race was held in Penticton from 1983-2012.

We were happy to get in touch with Susie Ernsting, Race Director, for her thoughts on the race.

TriBC: What is the course? Will it be the same as in 2003?

Susie: The swim is nearly the same. Because the Penticton Lakeside Resort has built a new tower, we can't have the transition area as in previous years in Rotary Park. The swim start will be the same, by the Peach in Rotary Lake Park. But the swim to bike transition will now be at Okanagan Lake Park, slightly east of the Lakeside Resort.

The bike course will be one loop, with the classic Richter Pass and Yellow Lake climbs. Some small sections have changed because of road surface quality as well as athlete safety.

The run course is being finalized. It will have more than 1 loop, so is different from the old course. There has been massive development along the old run course. Closing the roads on the old course would inconvenience a lot of people, and we want the race to be safe for our 3,000 competitors. A few things had to change to accommodate greater athlete numbers and changes in the city. Once announced, the course information will be available at: <https://www.ironman.com/im-canada>



Penticton's Janelle Morrison closes in on the finish line at the final 2012 Ironman Canada race in Penticton.

(Western News file photo)

TriBC: What was your journey to become the IRONMAN Canada race director?

Susie: My husband Mark and I have been working for IRONMAN for several years. In 2012, I was race director for the Subaru Vancouver Triathlon, subsequently purchased by the IRONMAN brand. In the years that followed, I was called upon as IRONMAN Event Support Crew, helping out at Victoria 70.3 or at other race's venue support or in emergency command centre. I was race director for the 2017 Penticton MultiSport Championships, which gave me an opportunity to be part of the fabulous Penticton community. Christine Cogger did a great job with IRONMAN Canada Whistler. Christine lives in Pemberton. She is happy to be staying closer to home and has lots of opportunities there for event management. I was very happy to be asked to be race director for the 2020 IRONMAN Canada. Big shoes to fill!

TriBC: You're race director also for the Kelowna Apple Triathlon. How do you manage your time and where is "home"?

Susie: We live in North Vancouver full time with our two small kids. I commute to Penticton and Kelowna once a month, and make use of video calls and email as needed. The whole crew will be on hand in Penticton as of August 24, 2020, in preparation for the race!

TriBC: I did the race last in 2000. What things will be different, in addition to the run course?

Susie: Some things will be the same, and some different. The larger number of racers has meant some changes for sure. For 2020, we have 3000 athletes vs. the 1800 which was more typical in the early 2000s. Athletes are more informed, more connected (with FB groups and so on), and have more specific dietary preferences. Our Welcome Ceremony will not be a pasta dinner. That would be too challenging for meal planning and numbers. We have an idea in mind with restaurant vouchers, which have been used in Whistler and other IM races, with good feedback. This allows athletes to be more flexible on pre-race dinner timing, ingredients, and be with their family.

A new addition will be the Saturday 8am Subaru IRONKIDS Triathlon. Not just kids run as in the past. Registration is available now through the event website. The finish line is the same as is being used in the race. The focus is fun, having kids being exposed to the sport. I've heard rumors of the underpants run being planned, but our team is not involved with this.

There's things happening re: Kona qualifying and CO-VID-19, so watch the triathlon news and our website for those details.

We're busy planning all sorts of on-course entertainment.

As compared to the early days of IRONMAN Canada, spectators in 2020 will have access to more information about how racers are doing. Not only do spectators have easy-to-access athlete tracking information, but IRONMAN Canada will also have live coverage on Facebook Live.

TriBC: Fire plan?

Susie: Summer fires and athlete safety are definitely top of mind. We have some course backup options should we not be able to use the planned course. I have been told that this winter we have an epic snow pack, so we hope that will keep the fire risk lower than in years past.

TriBC: How long did it take Ironman Canada 2020 to sell out?

Susie: It was exciting - the race sold out in less than 24 hours. We hope that we live up to expectations, and we get full registrations in years to come. Those who volunteer get a jump on regular online registration for 2021, and I know of volunteers coming from as far away as France to volunteer then sign up.

For more on IRONMAN Canada Penticton, see <https://www.ironman.com/im-canada>.

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Lift, Fuel + Recover:

Rethinking how to train in menopause

Tenille Hoogland, Founder, Element Sports Coaching, info@elementsportscoaching.com

In a Google search of “menopause,” the words *aging, cardiovascular disease, hot flashes, abdominal fat, loss of bone density, poor sleep and irritability* come up; no wonder it has a bad rap. The UBC Centre of Menstrual Cycle and Ovulation Research reframes menopause positively as “the time when we finally integrate the experiences of our lives into something that is meaningful for ourselves, our families and our communities.”

Scientifically, menopause is a one-day celebration after a full year without a menstrual cycle. Postmenopause is the period after that one day. During postmenopause, women have very low levels of both estrogen and progesterone. Perimenopause, the period leading to menopause, is the time that estrogen and progesterone are on a downward trajectory with large up-swings of estrogen within that period. It is largely the general reduction of hormones and estrogen swings that cause the symptoms associated with perimenopause and menopause.

Scientific research in exercise physiology and nutrition for *active* women at different stages of life is almost non-existent or is at initial stages of inquiry. Most research completed on menopause with respect to exercise is done using the general population. This research is conclusive: completing at least 150 minutes of moderate to high intensity exercise per week increases cardiorespiratory fitness and decreases cardiovascular risk in postmenopausal women. Exercise training also effectively decreases body fat percentage and attenuates the decline in lean body mass (i.e., muscle). Triathletes, in most cases, are not considered general population. For many, 150 minutes is the first day or two of training in a week.

So how do we consider menopause in the application of training programs?

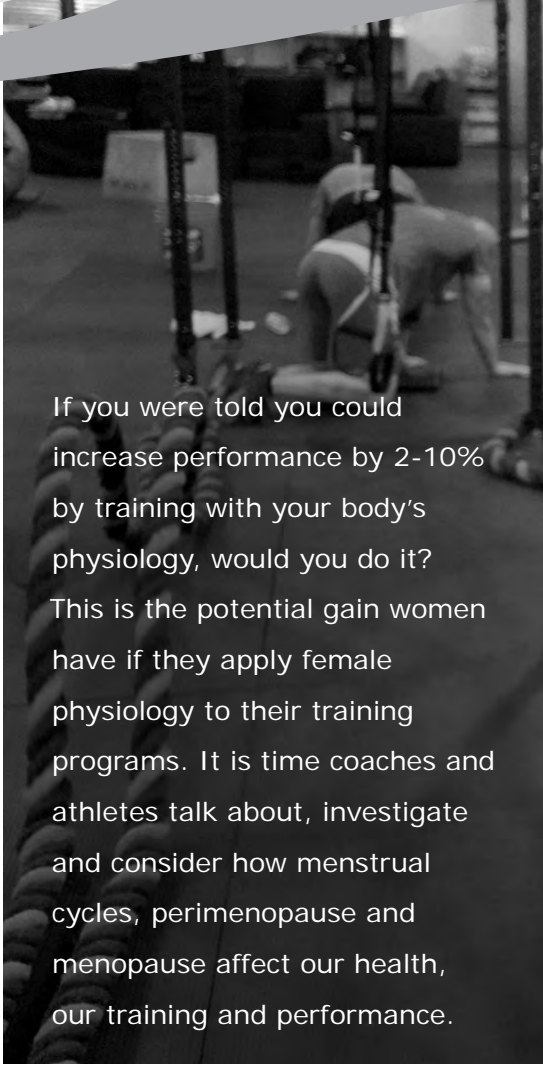
We learn from leaders in the field such as Dr. Stacy Sims (author of *ROAR*) who uses her in-depth understanding of hormones, exercise physiology and nutrition and proposes new training applications. If you are somewhere along the menopause spectrum, here are three training applications Dr. Sims and others recommend supporting health and getting to the start line injury-free, fit and fast(er).

1. Hit the Gym

Estrogen is an ergogenic (performance enhancing) aid for women. This is because it supports lean muscle mass development and bone mass density and facilitates post-exercise muscle repair. During menopause, when estrogen is very low, women can have an acute and rapid decrease in lean muscle mass and strength and experience detriments to their bone health. And, while in general weight-bearing exercise supports bone health, your usual running routine will not provide enough strain to minimize loss. A program that has a high strain load, high strain rate, rapid strain reversal and unusual frequency distributions is proven to counteract muscle and bone density loss. In other words, it is recommended that you get to the gym, learn how to lift weights safely and progress to lifting heavier weights. Do high intensity and dynamic movements. And, because bone health is site-specific, target exercises to all areas of the body.

2. Fuel your Training

With the reduction of estrogen, women face several nutritional changes: impaired insulin sensitivity; reduced fat burning capacity and lessened reactivity to protein consumption to repair/synthesize muscle. If nutrition is not considered, athletes may not be able



If you were told you could increase performance by 2-10% by training with your body's physiology, would you do it? This is the potential gain women have if they apply female physiology to their training programs. It is time coaches and athletes talk about, investigate and consider how menstrual cycles, perimenopause and menopause affect our health, our training and performance.

to sustain efforts or maintain/build muscle mass. What to do? Ensure you fuel *before* and *after* your training effort. If you are planning to train with intensity or for an aerobic ride longer than 75 minutes, be sure to eat carbohydrates beforehand! Postmenopausal women should consume 40 grams of protein within 30 minutes of training. Whey protein is an excellent choice as it has the highest level of the amino acid leucine. Leucine, a component of whey, communicates with the brain to shut down the breakdown of muscle tissue and signal repair and growth. If you have sensitivity to whey, you can choose quinoa or hemp seed proteins and add fermented branched-chain amino acid. Ideally you have 2.5-3 grams of leucine.

3. Recover Properly

We know sleep is critical for performance, recovery, metabolic processes and injury prevention. This is largely because during non-rapid eye movement, a period in our sleep cycle,



Photo by Inspired Horizons Digital Marketing on Unsplash

95% of daily growth hormone (GH) is released. GH plays an important role in muscle growth and repair. Unfortunately, there is significant decline of circulating GH as one ages. This decline is particularly dramatic in menopausal women due to the lack of estrogen. Progesterone, also at low levels in menopause, plays an important sedative effect.

Here are some suggestions for how you can improve your sleep:

- Choose a bedtime that provides you with minimum of 8 hours sleep. The best sleep is at the end of your sleep cycle, so try not to short-change the end.
- Wind down before bedtime. Limit anxiety provoking activities 90 minutes before bedtime.
- Avoid using a computer or viewing any device with blue light before sleep – e.g., mobile phone or laptop surfing. If you must, consider purchasing blue light glasses.

- Minimize or avoid caffeine intake after 12pm.
- Where you sleep and how you sleep matters. Try to have a cool, dark, quiet and comfortable location.

A few nutritional strategies for better sleep (from *Roar* by Stacy Sims):

- Avoid alcohol and caffeine to mitigate onset of hot flashes and support clearing of estrogen.
- Consume cold tart cherry juice concentrate 30 minutes prior to sleeping: tart cherry juice is high in sleep-promoting chemical melatonin and has anti-inflammatory properties.
- Consider valerian extract (tea or capsule) before sleeping. Valerian extract has been shown to help women fall asleep faster.
- Black Cohosh: Black cohosh has been studied as an alternative to menopausal hormone therapy and for alleviation of hot flashes, which can interrupt sleep.

Should none of these suggestions improve sleep, don't despair. Positive research results are being found with the application of progesterone therapy. Talk to your doctor about this option and if it is right for you.

Different training strategies are needed at different times of life and for different sexes. Understanding and applying female physiology to your training, nutrition and recovery can impact your overall health and performance. Be sure to ask your coach or seek expert advice.

Tenille Hoogland is the founder of Element Sports Coaching. ESC specializes in the application of female physiology to individualized training programs. ESC believes that the foundation of human performance, in any pursuit, is one's health. Mindset, nutrition, training and recovery are the cornerstones. For each of these elements, Element Sports Coaching works for and with the athlete, applying evidence-based science and technology, and analyzing and interpreting the data at the individual level to understand how to elevate athlete's personal performance. See elementsportscoaching.com.

TAKE ME TO THE MOUNTAINS: BC's New Cross Tri Series

Lara Spence, Editor, lara@laraspence.com

We are blessed with great weather, great people and great terrain in this province. And great opportunities, such as the expansion/evolution of triathlon to include cross (aka off-road) triathlon.

To keep people motivated and encourage participation through racing months, there's also a new Cross Triathlon Race Series in BC. We had the opportunity to get details from race directors of the series in early March, 2020.

Unfortunately, due to COVID-19, the series launch has been postponed to 2021. This also includes workshops and skill clinics with Cross pro Karstan Madsen.

However, to keep us dreaming of the trails and setting goals for new accomplishments, we wanted to include the details of the Cross series.

We learned the Squamish Cross Triathlon was not happening this year. This was decided pre-COVID-19.

What is Cross Triathlon?

Cross Triathlon is a multi-sport adventure! Cross triathlon includes a swim, an off-road trail ride (requires mountain bike), then a trail run.

Why Have a Series?

Says Triathlon BC Executive Director Allan Prazsky: "BC is blessed with mountains and nature. We're excited to have more race directors interested in putting on events as more people are learning about cross triathlon. Events take place on world-class trails carved through lush rainforest, over mountain streams and alongside breathtaking vistas. No two events are the same."

Allan assures me that each event within the TriBC Series has options that can be completed by every level of athlete, from the entry level athlete who's never set foot off-road to the Elite.

He continues: "Throughout the series, athletes can work on building new skills and interact with nature while still maintaining a familiar three sport experience. The Cross scene is family-friendly and welcoming."



Whistler X Triathlon, Photo by Scott Robards

Races in the BC Cross Series

Here's the races as they sit for 2020, in calendar order.
Yes, we know they may be cancelled.

Whistler X whistlertriathlon.com | 300 maximum

JUN
14

Sprint, Standard, Qualifier for 2021 Townsville Australia (north Queensland).

Sprint: 750m swim Lost Lake, 12km trail ride, 5km trail run around Lost Lake (gravel, double track green to technical blue)

As of March 4, 2020, registrations were at 231 with a cap of 300. Expected to sell out. It's the 2nd year of the race. First 1st year as an ITU World Championship Qualifier. Early registration deadline May 14, 2020.

Renowned globally for its mountain biking, Whistler X also offers some of the best trail running anywhere, it just seemed obvious to host an off road triathlon in this world class destination.

Says Race Director Dale Tiessen: "The race has a great atmosphere!. We plan to have local DJ J to spin tunes all day. Come for the race, stay for everything else (hotels, spas, restaurants, trails, hikes, lakes, mountains). The weather last year was awesome. Warm and sunny, trails in prime condition."

The Whistler X Triathlon has been cancelled for 2020 due to COVID-19. They look to return in 2021.

XTERRA Victoria xterravictoria.ca | 200 maximum

Sprint, Standard, Duathlon (new for 2020!) X Tri qualifiers for XTERRA Worlds Maui October 2020. Saturday Trail race option!

Sprint: 750m swim in Durrance Lake (Saanich), 12km bike (Mt. Work Park, double + single track, mountain bikes only), 4.6km trail run

Standard: 1500m swim in Durrance Lake (Saanich), 24km bike (Mt. Work Park, double + single track, mountain bikes only), 9km trail run

XTERRA Victoria is a challenging off road triathlon set at beautiful Durrance Lake in Victoria. This area is the home of Mt. Work Mountain Bike Park and Partridge Hills, with great views and amazing trails.

As of March 4, 2020, registration is a little ahead of last year at this time. Tops out at 200 entries

across all disciplines. Our next registration deadline is regular registration cut off on June 20.

Commenting on the Victoria XTerra, Race Director Rob Dibden says: "Victoria's XTERRA - as a stop on the XTERRA Pan Am Race Series Tour - provides a unique opportunity to race alongside some of

JUL
5



Podium at last year's XTERRA

the top pro athletes in the sport. There will be a pro prize purse, and age group qualifying spots for the XTERRA World Championships in Maui in October 2020."

Dodge City X Comox steamdonkeyracing.com | 200 maximum

Sprint: 750m swim, 12km bike "across some of Vancouver Island's gnarliest singletrack", 5km run.

Standard + Relay: 1500m swim, 23km bike, 9.5km run. Non-looped bike + run. 950m elevation gain.

Early Bird registration deadline April 30. Max registration is about 200 and there's plenty of time to sign up!

Says Race Director Ryan Parton: "The weather last year was perfect - low 20s and overcast during the race, and then the sun came out right afterward for the fun and festivities at Race Central! Once again we're the BC Cross Triathlon Championships, and we're looking at introducing new, non-looped standard run and bike courses. The swim and the fun, party atmosphere will be the same though!"

He continues: "This is a true single-track triathlon! Though the course is

challenging, the trails are world-class and Cumberland's legendary village vibe makes it well worth the effort!"

The Dodge City X team is currently in a "wait and see" pattern to see how the COVID-19 pandemic will affect our race in September. Says Parton, "We plan to make a decision by May 31 as to whether we will move forward this year or not. In the event of cancellation, all race registration fees paid up to that point will be refunded in full."

SEP
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Trevor Olson leads the pack out of the water at PACE Multisport Dodge City X 2019, photo by Lorenz Jimenez.

Editor: As of April 8, 2020, we're not sure exactly how the series will play out, nor the exact race dates themselves. As the world gets more healthy, we're confident there will be a series - maybe not this year, but next. Every effort will be made to hold these three important and fun races.

"One of the best things about participating in Cross triathlon is that it helps people achieve something that, for most people, would appear unachievable," comments Rob Dibden, XTERRA Victoria. "The Triathlon BC Cross Tri Series is an exciting opportunity to grow the sport throughout the province with increased exposure."

We hope to see you soon, on the trails!

Western Canadian University Triathlon Circuit: Racing Each Other, Building Community

Keila Stark, WCUTC.committee@gmail.com

I'm excited to share about the expansion of the Western Canadian University Triathlon Circuit in 2020. We shared a little last year about this initiative in this magazine.

The Western Canadian University Triathlon Circuit (WCUTC) includes university teams from BC, Alberta and Saskatchewan and Manitoba. These province's sport organizations (PSOs) are also involved, and are excited about what we're doing.

BC is fortunate too because BC has the Triathlon BC University SuperSeries races (bit.ly/tribcsuperseries). Our circuit is different because it includes more provinces, schools, and travel.

This is WCUTC's third year running. The circuit was started by a member of the UBC Thunderbirds Triathlon Sport Club in 2018, so UBC took a lead in organizing.

This year, the UBC team is joined by those from UVic, University of Alberta, University of Calgary, University of Lethbridge, and University of Regina, as well as some non-university clubs with student athletes and the Executive Directors of the PSOs.

More schools
and athletes are
participating,
and are getting
excited about
keeping track
of how other
schools are doing.

In 2018, the only race with a university championship was UBC TriDu.

In 2019, the circuit included UBC TriDu, Living Sky Triathlon (Pike Lake, SK), and WTS Edmonton.

For 2020, the circuit races will be UBC Triathlon Duathlon in Vancouver, the Lethbridge Kids of Steel in Lethbridge, AB, Living Sky Triathlon in Pike Lake, SK, and BC's Kelowna Apple.

Keila Stark passes by the Nest on the run portion of the race. Courtesy UBC Thunderbirds Triathlon Sport Club

How Universities Compete

Athletes earn individual and team-based points for their school according to a point system similar to the ITU World Triathlon Series. We have sponsors who donate prizes to the individual circuit winners, and this year's PSOs are pitching in to award the winning school with a banner they can hang at their home university.

School Pride!

Collegiate triathlon has grown as a "thing" in the past couple years in North America.

More schools and athletes are participating, and are getting excited about keeping track of how other schools are doing. We recently had an online virtual aquathlon where athletes from the Western provinces completed a 750m swim and 5k run time trial and we posted their results.

The UBC triathlon team celebrates after their race. Courtesy UBC Thunderbirds Triathlon Sport Club



It's creating a new university (vs. university!) community awareness, which is fabulous. Club leaders from other schools have told me that their athletes are beginning to speak about rankings in terms of other schools (i.e., "this school has really great runners, this school has strong swimmers", etc). This community and competition among Western Canadian university triathletes didn't exist previously.

New High-End Training Opportunities

One of the great things about this initiative is that it is creating higher-end university triathlon clubs and giving athletes more opportunities to race and train at a high level. Talented athletes who come to triathlon later (in university) can learn about and be part of sport at a higher level with more support than doing age group racing on their own.

The clubs are suited to their schedule, whereas a local triathlon club is more January-August.

Some athletes were maybe in a different sport, or didn't have a chance to get into U23/youth racing for triathlon.

The development of university triathlon clubs, and the subsequent funding and support for competitive-level groups in university clubs because of the WCUTC means more student athletes can participate in higher-end training and competition while also experiencing life-changing camaraderie. Triathlon is a relatively new sport to the university scene, whereas universities like UBC have had Varsity basketball, volleyball, rowing, rugby and so on for years.

We also envision this circuit becoming a potential alternative pathway to elite racing for some athletes in the coming years.

UBC Sending Athletes to Race at US Collegiate Nationals

For 2020, I raced UBC TriDu (March 7, 2020), and planned to race US Collegiate Nationals in Tempe, AZ and Kelowna Apple, and probably a few of the TriBC University SuperSeries races.

Interestingly, UBC is the first-ever Canadian university team to plan to compete in US Collegiate Nationals. Their event attracts about 1500 athletes across all the events (!), so it's a great opportunity to experience how they do it down south.

Keila Stark is a member of the UBC Thunderbirds Triathlon Sport Club, and a member of the Western Canadian University Triathlon Circuit organizing team. She started her PhD in September 2019 in Arctic marine biology. For more on the WCUTC, see facebook.com/wcutc.

Lake Swim Mountain Bike Trail Run

Set in the mountains
of Whistler;
world renowned for
outdoor adventure!

Early bird registration until May 14
Individual & Relay

Whistler X Triathlon

Sunday June 14, 2020

Qualifying event for
ITU Multisport
World Championships 2021
in Townsville, Australia



WhistlerTriathlon.com



Feet First!

Michelle Barker, triathlete + writer, mbarker.190@gmail.com

The fall before I planned to race my first Ironman, I attended a talk given by Altra founder Golden Harper on injury prevention for runners. I took notes, especially when he spoke about long slow distance. Slow meant slow. I wrote it down. I know I did.

But when I got out on the road, *slow* didn't sound intuitively right to me. I was convinced that in order to get faster on the long distances, I had to run faster on my long runs. I limped into the new year with a 10K PB and an Achilles tendinopathy.

A few weeks of rest brought little improvement, so I went to physio and then I called on my Pilates instructor, Mark Dennis. "Fix this—please," I said. "I need to be able to run."

The physiotherapist had taped up my arch. Mark looked at it and said, "We'll have to work on foot strength."

Foot strength? I knew about the importance of core and glute strength, but I had never heard of strengthening my feet. How would you even do that? And why?

It turned out my feet had all sorts of issues. My arches were weak, my toes were too cramped together and gripped the floor to stabilize, my feet wouldn't splay properly, and my ankles were wobbly. I had work to do.

Much maligned, our poor feet tend to get ignored. And yet, think of what we ask them to do every time we run: every footfall creates a ground reaction force of up to three times our body weight (depending on the runner's technique and choice of shoe). Human feet are fragile, intricate pieces of machinery. Crashing down on them thousands of times a day is bound to take a toll.

Trish Gipson, a Vancouver physiotherapist for fifteen years who has completed four marathons (including Boston) and numerous half-marathons, believes foot-strengthening is a must—not just for athletes with chronic foot injuries, but for all runners: *"We have nerve receptors in our feet that give us information about the ground and about what our feet are doing. The brain interprets this information and sends messages to the muscles of the feet and ankles to get them to move in ways that are appropriate and efficient. However, from a young age, we cram our feet into shoes, tight socks, and slippers, so our brain starts ignoring the feet. Our feet end up occupying space on the ground rather than working for us."*

Strengthening our feet, she says, is a way of waking them up again so the brain pays attention to them.

Mile2Marathon coach Kimberley Doerksen agrees: "Foot-strengthening and mobility shouldn't be put on the back burner."

They both practice what they preach. Kimberley rolls and stretches both her arches and calves. As for Trish, when she was training for a marathon, she discovered that her foot intrinsics (the muscles supporting the arch) weren't functioning properly because of an earlier ankle sprain. As soon as she worked on foot strength, her issues disappeared.

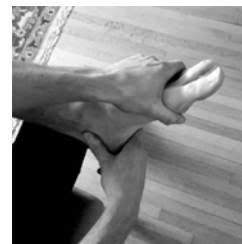
If you're new to foot-strengthening, Trish recommends building up to it in a three-fold progression: mobility, then strengthening the foot intrinsics, then strengthening the long muscles of the foot and ankle.

Foot Mobility

These exercises are designed to get the bones of the feet moving.

1. Foot Rolling

If you don't already own a lacrosse ball, you're missing out on some great rolling for smaller muscle groups that a foam-roller can't access. Rolling out your feet will loosen your plantar fascia. Do this standing up and be methodical about it. Placing the lacrosse ball under the ball of one foot, first roll the arch from toes to heel. Then place the ball beneath each gap in the metatarsals and roll from toes to heel. Take your time and go over each pathway two or three times, relaxing your foot into the ball. Switch feet.



2. Foot Twists

Sitting on a chair, place one foot on the ground at a 90-degree angle and bring the other leg up so your foot rests on your thigh. With one hand on the front part of your foot and the other on your heel, twist in opposite directions (toes going one way, heel the other). Change directions. Do ten slow repetitions per foot.



3. Toe Stretches

This is one of my favourite things to do after a long run. Using a lacrosse ball against the wall, place your big toe against the ball so that it's bent. Slowly lift your heel, keeping the ball of your foot on the floor. You'll feel a stretch not only in the toes but also along the sole of the foot. Lift and set your heel down three times before moving onto the next toe. By the time you get to the baby toe it will be harder to lift your foot, but do your best. Switch feet.

Foot Intrinsic

The foot intrinsic muscles are the core stabilizers of the feet. These are the small muscles that support the arch of the foot.

1. Arch Strengthening

This exercise is also called doming, which helps conceptualize what you're supposed to do. Try this one seated first. Press your toes into the floor while also keeping your heel planted. This will shorten the space between toes and heel and create a *dome* beneath your foot. Hold for ten seconds, and repeat. Once you've mastered the concept, try doing it standing up. For more of a challenge, balance on one foot and increase the amount of time you hold the dome.

2. Piano Toes

Sit in a chair with your feet on the floor. Lift all your toes off the ground, but keep the ball of your foot on the floor. Starting with the baby toe, place one toe at a time back onto the floor (like playing the piano). Then reverse it by starting with the big toe. Make sure not to twist your ankle during this exercise.

Alternatively, invest in a pair of toe spreaders. A lifetime of wearing tight-fitting shoes can cause your toes not to splay properly anymore. Spreaders will realign your toes and prevent



plantar fasciitis. It's recommended that you ease into wearing them—fifteen minutes a day, to start. I would opt for the softer ones because they're more comfortable and don't force your toes an unnatural distance apart.

The Long Muscles

This is the last of the progressions, where you strengthen the long muscles of your feet and ankles. You don't want to start with these exercises. As Trish puts it, "That's like doing dead lifts before you've developed proper core strength."

1. Toe Clenches

A soft spiky ball is the ideal tool for this exercise. Standing, place the ball under the front part of your foot and let your toes relax over it.



Clench your toes so that the knuckles of your foot shine, and hold it for ten seconds. Arch your toes up to release. Repeat five times for each foot.

2. Object Pick-up

This exercise guards against foot and toe cramps and helps strengthen the plantar fascia. Sit in a chair, with a small pile of objects such as marbles, game pieces, and pebbles at your feet. One at a time, pick them up with your toes to form a new pile.

3. Bosu Balance

If you have access to a Bosu ball, practice standing on one foot. Not only will this strengthen your feet and ankles, it will also engage glutes and core and

help to strengthen stabilizing muscles.

4. Toe Curls

We've all heard of bicep curls. Toe curls won't give you the same swag-ger in the gym, but they will improve overall foot strength. Sit in a chair, feet flat and a small towel on the floor. With one foot, grab hold of the towel with your toes and pull it toward you. If this is too easy, try weighting the other end of the towel with a book. All those Game of Thrones volumes you bought but didn't read will finally come in handy.

5. Heel Raises

Ideally, do these on a step or raised surface and hold onto a wall for balance (but don't use your hands to help you up). Start with your heels hanging off the step and then rise up as high as you can, so that you go through the entire range of motion. Once you can do ten full double-leg heel raises, progress to single leg.

Some studies suggest changing up your running shoes is beneficial for

your feet. Kimberley sees this as having a variety of tools in your toolbox: a more cushioned shoe for recovery days, perhaps a mid-cushioned shoe for general runs and tempo work, and a pair of racing flats. The idea behind this is to prevent repetitive injuries by wearing shoes with varying drops and levels of cushioning.

While foot strength is a key component to injury-free running, mobility of the entire lower leg is important. And why stop there? The body is a chain. Everything is connected, and any weak link is bound to lead to problems sooner or later. It's not always easy to determine which link is the weak one without professional help. Keeping your feet strong and happy is a good start.

Michelle Barker is a writer, mom of three, and completed Ironman in 2019 with her daughter and many others. Michelle and Madeleine are registered for Ironman Canada 2020. For more triathlon training reflections, see the triathlon link at michellebarker.ca.

How Canada Looks for Tokyo 2020 (2021)

Lara Spence, Editor, lara@laraspence.com
with content from Eugene Liang, sent February 2020 (pre-COVID)

TriBC: We know Tokyo is expected to be the hottest Games ever! Well, the warmest Olympic triathlon at any rate. How are the athletes preparing for the heat?

Eugene Liang, Triathlon Canada: The Paralympic program is doing a centralized heat protocol in partnership with the Canadian Sport Institute Pacific. This includes specific indoor heat adaptation protocols and environmental heat camps.

The National Performance Centre athletes are utilizing an environment protocol. They are basing themselves in similar environments throughout the year with specific targeted races to mimic the predicted conditions.

As a whole, both programs will have a specific heat staging camp in Miyazaki prefecture prior to their respective Games.

TriBC: Are you attending? And who else from Triathlon Canada? (what are you looking forward to the most, least, travelling before or after games)?

Our final staffing list is still to be determined but I assure you that it will be the best team to support our athletes in their hunt for the podium.

This will be the 6th Olympic/Paralympic cycle I will be involved in. Each one has its own unique challenges and benefits. However, what gets me most excited is that the Games (or HP sport) truly exposes everyone in the greatest arena. It challenges people to step up and deliver. There are no excuses. I love that piece of what we are involved in. From the planning years in advance, the pivoting, adaptation, adjusting and then to see the athletes and coaches put themselves on the line and measure themselves against competitors and their own

internal adversaries only happens in very unique environments. I always feel privileged to witness that.

Lastly, I always look forward to Team Canada. To see how the athletes and coaches come together for the nation is truly unique. In sport, we support each other indirectly but the Games pulls us out of our little microcosm and we gain significant perspective by interacting, living and sharing with other sports, athletes and coaches within Team Canada.

TriBC: What are the temperatures expected to be on race day?

The predictions are stable. And appear to hover at the mid to high 30s without humidex and into the low to mid 40s with humidex. This is something we have known for a while and have prepared for. The targeted athletes have been exposed to this weather over the past two years and have raced in it.

TriBC: How are athletes being prepared to cope with demands?

As above, there have been specific adaptation protocols implemented by the programs and athletes. Additionally, we are working within the ITU rules with specific race day protocols that will mitigate the heats.

TriBC: How does Team Canada selection work? (when will the team be announced; what will their travel and training plans be up til then, after then?)

Tyler Mislawchuk wins gold in August 2019 at the Tokyo Olympic Test Event.

Photo: Delly Carr



The internal nomination policies have been published for over a year and are on Triathlon Canada's website. Travel to the games and through the games is in conjunction with COC and CPC.

Selected athletes will have specific competition schedules and travel schedules but will come into the Miyazaki staging camp to centralize prior to going into Tokyo.

TriBC: How many athletes will Canada bring? (Probably a few more than usual b/c of Mixed Team Relay)

We are currently in the qualifying period. Our quota spots are determined by the ITU. We will know at the end of the qualifying period (May 11).

TriBC: Tyler is looking very strong in rankings at the moment. What are your expectations for Canadian placement?

Tyler and Coach Jono Hall had an excellent year. It was a focus on doing the basics well, being strategic and maximizing strengths. Triathlon Canada as a National Federation is always aiming for podium success. However, our high performance and strategic plans have focused on 2024 knowing what we had to do to get the athlete pool and organization pointing in the right direction. Tokyo is a check point for the collective plan with key players like Tyler making an impact.

TriBC: Would you say the Canadian men and women are ranked 'where they should be' in the world standings at the moment (sometimes people don't race or are waiting to peak later...)

I think the rankings reflect our current athlete pool. The focus to have athletes race appropriately has been a culture shift but it has begun to

take traction in larger pockets across Canada. What was apparent is that the athlete pool and coaches were not being exposed to the intricacies of the ITU ranking system and the impact it has on race entries. We have targeted this educational piece through our policies and active engagement of coaches.

TriBC: Mixed Team Relay is new to the Games. Did you change any training or mental strategy with the National team with the mixed team relay being a new event? What did you change/add?

The MR is new to all federations. We see many federations still adapting. The data is still coming in to determine what is the winning style of play for the MR. What I do know is that the MR is the ideal format to grow the sport and is an excellent tool to teach the demands of competition outside of physiology. It also lends itself to making events more accessible and

more competitive.

The mental shifts are in learning how to prioritize relay events over individual or vice versa. Other sports have had years to adopt this thinking. You see it at the Games with 'relay specific' athletes in swimming or athletics. It takes time for people to shift their mindset but I do see people beginning to understand this. A medal is a medal.

TriBC: As of February 2020, Canada ranked 11 in Mixed Team relay. (France, Aus, US, GB the top 4) Which countries will be strong in late September?

All countries have their strengths and weaknesses. It is easy to dive into our own microcosm and pick apart what we can do better. However, it is important to step back and observe other federations. We all have unique problems to face. They can be funding deficits, small athlete pools, cul-

tural dynamics, lack of coaching depth etc. Each country is tackling their own problems and have each come up with unique solutions.

France is a country I am observing and I'm looking into how their complete system works. High Performance sport is rife with confirmation bias. So one has to be careful in looking to 'strong' countries or sports.

TriBC: We send all our strongest wishes for health for the health professionals and families who are working to care for and prevent the spread of COVID-19. We hope to see our world healthy again, with the opportunity for outdoor group pursuits, including those of our national teams.

Eugene Liang (eugene.liang@triathloncanada.com) is the High Performance Director for Triathlon Canada.



AUGUST 9, 2020

IRONMAN.COM/IM703-VICTORIA

Journey to Happiness:

Discovering Triathlon as a Lifestyle

Julie Tremblay, BC athlete, tremblayju@gmail.com

My journey into triathlon has been full of laughter and learning. I met Allan Prazsky, Executive Director of Triathlon BC, a few months ago, and he suggested I share my story of getting into triathlons with you. Enjoy, train safe, and have fun!

Starting Out

I was visiting my family in Quebec City a few years ago and my sister and a friend of hers were looking for someone to complete their Sprint Relay team at the Triathlon du Lac Delage. It was the first time that any of us had done a triathlon, and we didn't know what to expect but went for it! I remember it was so hot and muggy outside, and because of that I was very glad I was doing the swimming bit! Previous to that, I'd been a competitive swimmer, and ran a Half Marathon.

Finding Triathlete Friends

This sounds crazy, but the first time I met Lianne, we decided to do the Squamish Off Road Triathlon. This really gave us something in common to train for and we became friends as we trained and during the race! Lianne has been a great training partner because she is a stronger runner and I'm a stronger swimmer, so we get to support and challenge each other in different aspects.



Julie enjoys good times surfing, racing and cycling. "To those who say, 'I can't do a triathlon; I don't have all the fancy stuff,' I say: be resourceful and creative!"



Julie (left) and Lianne challenge each other and have made racing and training the basis of their friendship.

Gear “Alternatives” Can Work

To those who say, ‘I can’t do a triathlon; I don’t have all the fancy stuff,’ I say: be resourceful and creative! I’ve been doing races since 2017 but 2020 was the year I finally bought a new road bike (a Liv!) and got a new full length wetsuit.

The day before the 2017 Stanley Park Triathlon I was on a camping trip with a group of friends at Jones Lake and had not made time to go out to rent or buy a wetsuit thinking that I would be fine without one.

Luckily, Lianne had my back. A few months earlier she was visiting her boyfriend’s family and kite surfing in South Africa. Her boyfriend’s mom insisted that she wore his wetsuit from when he was a kid, and insisted that Lianne brought it home to Vancouver. Long story short, I got to rock a vintage South African 1990 teal shorty wetsuit on race day!

I wished it had been a full length wetsuit when I stubbed my toe on a rock as I was coming out of the water and fell on my knees! I have to say I felt like a definite “champion” as I was running to the transition with blood running down my shins. Lianne didn’t see me because a gentleman from the medical team was applying bandages on me, and off she went on her bike. At that point, she was ahead of me in the race, but I caught up to her. It may have something to do with the fact that I was on a road bike whereas she was riding her mountain bike because that was the best bike she had available to her, ha!

My top objective with gear for 2020 is to learn how to do my own bike tune ups and become good at it. I want to someday cycle down the Pacific Coast and want to feel confident with my ability to maintain my own bike.

Vancouver Living: Kits vs. West End

I moved from Fernie to Vancouver back in 2010 and have been going back and forth between Kitsilano and



Julie rocking a vintage South African 1990 teal shorty wetsuit on race day.

the West End. Both neighbourhoods have such outstanding amenities when it comes to training. I am in a constant debate around whether I prefer to run around the Stanley Park or the Olympic Village segment of the Seawall, or swim in Kits Pool vs. Second Beach Pool, or the UBC Loop vs. Loops on the Stanley Park Causeway. Honestly such great problems to have!

Lianne and I have been getting more into trail running. We were training for a trail half marathon as part of the upcoming Sunshine Coast Trail Series (cancelled because of COVID-19) and were enjoying exploring trails on the North Shore. We have flexible work schedules so we get to “start work later” Thursday mornings and run up and down Quarry Rock early in the morning when no one is there. Thinking about Honey’s Doughnuts with fewer crowds is powerful motivation!

Being Connected

I am not currently a part of any club but I could see myself starting one eventually. As I’m going through

life I’m definitely learning the power of physical activity as a vehicle for human connection, well-being and as an access to a supportive community. There is nothing that feels better than to run in the rain in the rainforest with a group of friends in the winter time and have life chats while we’re at it. It’s so freeing and rewarding.

Snowboarding, Surfing, Balancing Work and Life

It’s not all about triathlon all the time. I do like snowboarding in the winter, and surfing when I can. The fitness that running, swimming and cycling brings me transfers well on the hill, although my last trip to Apex definitely reminded me that running and snowboarding leverages completely different muscle groups! I tend to only surf in warm water, and I love to travel to surf.

My plan in the next two years is to launch an overseas leadership development retreat that would allow me to travel for work, and then extend my stay to go surfing and do triathlons overseas during the winter time.

Cross Tri: Just Try (Tri) It

The Squamish Triathlon was the one of the most challenging athletic experiences of my life, and absolutely loved the added technical challenge of mountain biking. I spent four years living in the BC Rockies and had the incredible opportunity to learn how to mountain bike by following a crew of bad ass women. Mountain biking is one of those things you just have to try. At the beginning, you’re super conscious of how nuts it is, then the challenge lies in overcoming this, and committing to letting go. I was blown away by the level of athleticism at the Squamish Off Road Triathlon, and I know that I will be more prepared next time I do it!

I wrote this before COVID-19 had come to Canada, and am still positive about having a great summer. Stay healthy, everyone!

Giving Back, Being Connected: Sports BC “Official of the Year”

Ulf Schuetze

Lara Spence, Editor, lara@laraspence.com

Congratulations to Ulf Schuetze, a finalist for Sports BC “Sports Official of the Year.” Ulf joins officials from Karate BC and Gymnastics BC to have made the top 3. This is the 2nd time that a Triathlon BC official has been nominated as a finalist. “No Triathlon BC official has ever won, so this would be a first,” says Allan Prazsky, Executive Director, Triathlon BC.

Athletes all over the world have benefited from Ulf’s efforts and volunteerism.

Ulf, originally from Hamburg, Germany, moved to Canada in 1996. He was active in triathlon in Germany in the late 80s, doing sprint and standard races. He also lived in Perth, Australia, and raced the Cheetah Chase (a middle distance tri) and at the first ever Grand Final in 2009 as a Age Grouper, which was held at the Gold Coast.

Ulf was a competitive swimmer during school. His brother got him into triathlon. Ulf liked that he got to do three sports in one event, and that all were outside. This was more fun than just being in a pool. And, every race was different.

Ulf eventually made his way to Victoria, BC, in 2006 to work for UVic. He likes the sports vibe in Victoria, a center of sports tourism and sports excellence. Triathlon Canada is now headquartered there, as are national training centers for rugby, rowing and more.

Ulf has been heavily involved in setting rules and programs that touch the future of triathlon. Specifically, he has contributed ideas and energy for the 4x4 Mixed Relay (multiple loops and larger crowds), invented the 2x2 Mixed

“There’s so many options now with multisport, including winter triathlon, the relay and super sprint. So many ways to get involved as athlete, volunteer and official.”

Relay, and for Super Sprint races (rules around swims of 300m or less).

Ulf’s biggest assignment to date was to be the Technical Designate for the Grand Final in Cozumel in 2016. He enjoyed the race location. “On one hand it was a race with 3500 athletes to be responsible for; and also a fabulous tourist destination.”

“One of the most interesting things for me is to look back on the changes in the sport in the years I’ve been involved,” says Ulf. “More officials are needed now as races grow in quantity, size, and sophistication. When I first started officiating in 2001, Kelowna Apple had 14 officials on site. Now, there’s 28.” There are typically 60 officials at a ITU Grand final.

“Triathlons have gone from non-standard events outside a city with renegade athletes running around a lake or in the forest to a spectator-encouraged and standardized, branded sport,” says

Ulf. “More participants, loops, traffic, spectators and prize money means more officials are necessary.”

“I’m excited to be a part of triathlon in a time of so much change,” he continues. “There’s so many options now with multisport, winter triathlon, the relay and super sprint. So many ways to get involved as athlete, volunteer and official.”

Officiating was interesting to Ulf because he was interested in logistics. While still racing, he took the TriBC officiating course.

“I can’t say enough about how great Triathlon BC has been in supporting the growth in numbers and levels of officials,” says Ulf. “Liz Graham was an inspiration to me. The offering of Level 1 training is really encouraging, and is great for anyone who is interested in learning more about the sport.”

Ulf is a Level 3 official (ITU).

The largest event he has officiated at? The Rio Olympics.

"I was thrilled and very fortunate to get an Officials spot at Rio," says Ulf. "Every country can nominate three officials, and being picked depends on your level of experience, gender balance, and continent representation."

Though tiring, Ulf wouldn't trade his experience at the Rio Olympics for anything.

"It was an honour to be part of it," he recalls. Among many benefits, he recalls fondly opportunities to meet so many others that are part of high level sport. "I met Kevin Durrand, Ron McLean, and set next to Adam Creek (rower) on the plane."

For Tokyo 2020, Ulf is an official for Paratriathlon, three weeks after the Olympic triathlon. "Paratriathlon has grown a lot, and the level of athleticism is amazing," says Ulf.

Ulf also officiated at the Commonwealth Games in Australia in 2018, as well as in Glasgow in 2014.

Worst moment? "It was at one of my first international races as an official. It was a standard distance ITU continental cup in San Francisco. There were only four officials. I was covering the swim and transition by myself. Not ideal. I thought I'd run from the end of the swim to the transition ahead of the athletes. I mean, it wasn't far, 250 meters, and I felt I was in pretty good shape," recalls Ulf. While the male athletes started charging by him as he ran in his officials uniform with equipment, he tripped. "The rule book, the cards, my radio: everywhere. It was a complete yard sale," he laughs. "All 75 athletes were on the bike course before I got myself organized, including Canada's Matt Sharpe who won the race."

Scariest experience? "The scariest time I had was in Rio," recalls Ulf. "I was in charge of making sure the bike course was ready. It was very hilly and technical, going from Copacabana into the hills. Things were late in getting set up. We couldn't delay

the swim start but I needed to do one more sweep of the bike course. While the athletes were swimming, I got on the back of an Officials motorbike and off we went. This driver went very fast. At one point, we were going 100km/hour around a corner and the motorbike started to skid. The driver recovered, but I was very pale on my return to transition."

Ulf is excited for changes coming in ITU racing in the next few years. He's part

of the technical team working on details for the Sprint World champs (elite + age group) in Montreal in 2022.

His thoughts on Tokyo 2020? Ulf plans to watch the Tokyo Olympics with Barb Sharpe, as it's her tradition to host a viewing party for local triathlon enthusiasts in Victoria. Ulf is hoping for smart racing from Canada. "It's going to be very hot and humid," he predicts. "Everyone will have to work very hard to stick with their planned strategy."

Four Things Officials Wished You Would Do

I asked Ulf for some things he wished athletes knew or did better:

Ask Before the Race: "Most officials are athletes or former athletes; they know where athletes are coming from. If you have questions, ask ***before*** the race! You're allowed to ask; be proactive; engage in a dialog!"

Hand in your Timing Chip: "If you drop out of a race, you need to tell an official! This is a challenge for age groupers and Elites as well. If we saw you started but didn't finish, we spend time looking for you, calling hospitals, etc. If you drop out, report it to an official and hand in your timing chip."

Think about your Equipment: "Less is more! Don't try new things on race day. Bring equipment you trust; bring only what you need; narrow it down. Don't just throw your stuff in a giant bag and leave it in transition."

Don't Litter: "If you have extra clothing or food you don't need, leave it at an aid station, which is allowed. Don't litter on the course because you can be disqualified for that."

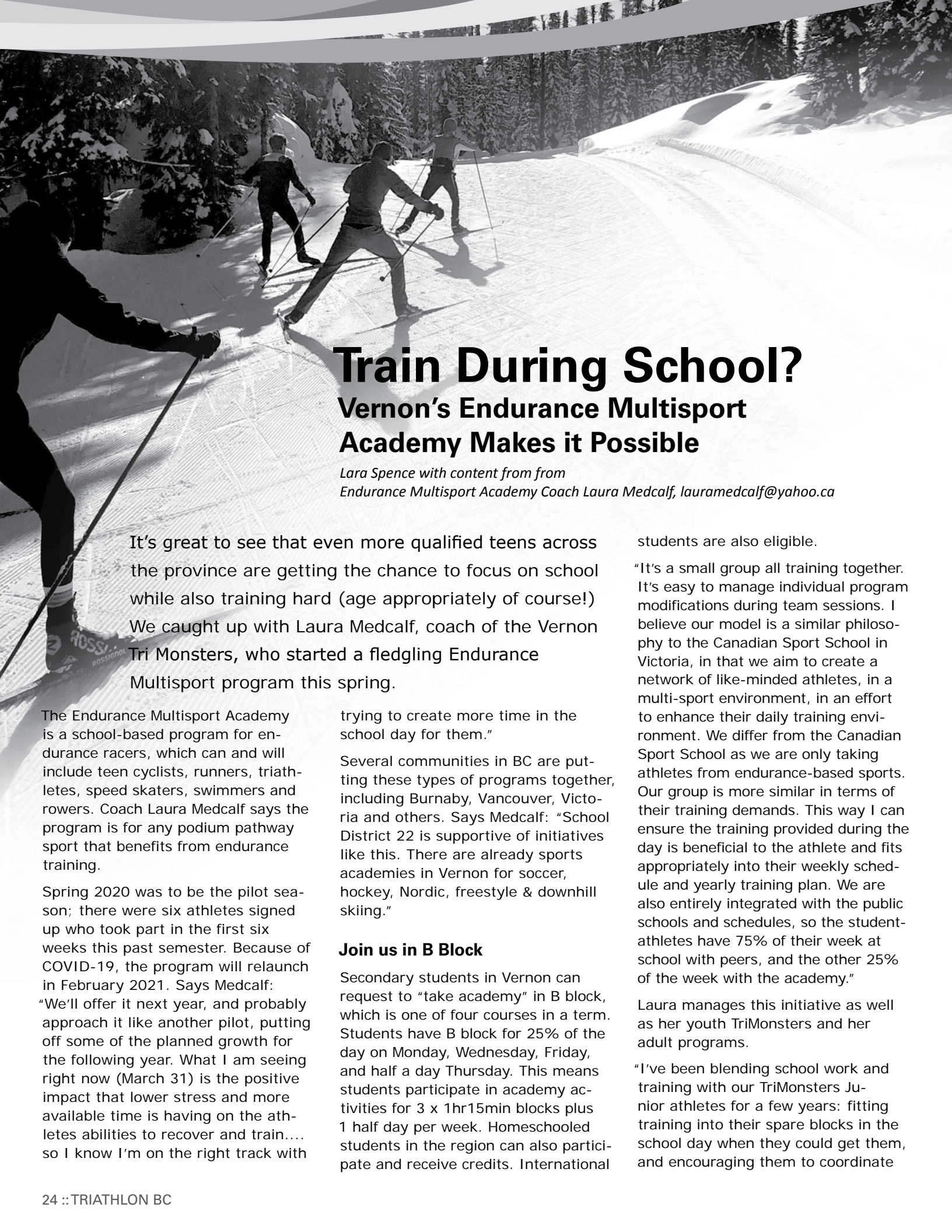
Be Smart: "In the words of Peter Reid, 'The sport is physically so demanding, that ironically the smartest person wins.' I'm happy when I see athletes using their brain when racing."

If you're interested in officiating, check the Triathlon BC website for course dates. Triathlon BC runs 3-4 Officials courses each year around the province. Athletes and race organizers can both benefit from taking Officials courses to learn about the rules.

When officiating, most race organizers will get you accommodations and food per diem, but you often have to pay for your own transport. This can change at higher profile races.

For more on becoming an official with Triathlon BC, see <https://www.tribc.org/officiating-rules>.





Train During School?

Vernon's Endurance Multisport Academy Makes it Possible

*Lara Spence with content from from
Endurance Multisport Academy Coach Laura Medcalf, lauramedcalf@yahoo.ca*

It's great to see that even more qualified teens across the province are getting the chance to focus on school while also training hard (age appropriately of course!) We caught up with Laura Medcalf, coach of the Vernon Tri Monsters, who started a fledgling Endurance Multisport program this spring.

The Endurance Multisport Academy is a school-based program for endurance racers, which can and will include teen cyclists, runners, triathletes, speed skaters, swimmers and rowers. Coach Laura Medcalf says the program is for any podium pathway sport that benefits from endurance training.

Spring 2020 was to be the pilot season; there were six athletes signed up who took part in the first six weeks this past semester. Because of COVID-19, the program will relaunch in February 2021. Says Medcalf: "We'll offer it next year, and probably approach it like another pilot, putting off some of the planned growth for the following year. What I am seeing right now (March 31) is the positive impact that lower stress and more available time is having on the athletes abilities to recover and train.... so I know I'm on the right track with

trying to create more time in the school day for them."

Several communities in BC are putting these types of programs together, including Burnaby, Vancouver, Victoria and others. Says Medcalf: "School District 22 is supportive of initiatives like this. There are already sports academies in Vernon for soccer, hockey, Nordic, freestyle & downhill skiing."

Join us in B Block

Secondary students in Vernon can request to "take academy" in B block, which is one of four courses in a term. Students have B block for 25% of the day on Monday, Wednesday, Friday, and half a day Thursday. This means students participate in academy activities for 3 x 1hr15min blocks plus 1 half day per week. Homeschooled students in the region can also participate and receive credits. International

students are also eligible.

"It's a small group all training together. It's easy to manage individual program modifications during team sessions. I believe our model is a similar philosophy to the Canadian Sport School in Victoria, in that we aim to create a network of like-minded athletes, in a multi-sport environment, in an effort to enhance their daily training environment. We differ from the Canadian Sport School as we are only taking athletes from endurance-based sports. Our group is more similar in terms of their training demands. This way I can ensure the training provided during the day is beneficial to the athlete and fits appropriately into their weekly schedule and yearly training plan. We are also entirely integrated with the public schools and schedules, so the student-athletes have 75% of their week at school with peers, and the other 25% of the week with the academy."

Laura manages this initiative as well as her youth TriMonsters and her adult programs.

"I've been blending school work and training with our TriMonsters Junior athletes for a few years: fitting training into their spare blocks in the school day when they could get them, and encouraging them to coordinate

spare blocks so they could train together. Being approved as an official school district affiliated program takes what we were previously doing, adds the benefit of receiving credit for the work, and earns support from school staff to coordinate schedules. I've also contracted some great partners to help bring in more specific education and training in areas that are best provided by experts in those fields, which reduces the scope and depth that a single coach needs to plan and program."

Where the Idea Originated

"The idea was tossed back and forth between the middle distance run coach (John Machuga, Vernon Amateur Athletics), and myself over the past 2 or 3 years. We have coached many of the same athletes over that time, and we share similar philosophies around the benefits of cross training and what kinds of volumes, intensities, and season lengths are appropriate for high school age endurance athletes. It was time to make it a reality, last spring, as student-athletes were selecting courses for this year, and some were having increased difficulty convincing schools to allow them a spare block for extra homework and recovery time."

"We currently have strong relationships

with the Vernon Amateur Athletics Association, and the Vernon Vortex Speed Skating Club, with support and endorsement from coaches and boards. We have partnered with the Nordic Ski Academy to bring our groups of athletes together for workshops and other cross training opportunities. We are also working with: Celine Evans (Penticton), Registered Dietician, Nutrition 360; Dave Freeze (Kamloops), Mental Performance Specialist; Rhonda Catt and Carla Rayner at The Training House (Vernon), youth/sport Strength & Conditioning specialists."

Laura continues: "I'm continually working on building up the program - this year so hope to pull in a few other clubs for cross training opportunities in spring 2020."

Benefits to Okanagan Athletes

"I believe we will be developing stronger student-athletes, who are more well rounded in both their physical literacy and sport education," says Medcalf. "I aim to provide an environment for them to feel supported, and feel and like they have a place to belong to a larger team, even if they are the only high school age athlete in their local club. If they feel like they belong, they'll stay in sport for longer. A number of Vernon student-athletes

move to larger centres, or commute to Kelowna during high school to pursue their sport, but if we can help them stay home, with their home coach, it gives them more consistent training while they develop. Enhancing training while keeping them with their local clubs, also helps strengthen those local clubs, for the younger athletes who will follow. Hopefully we end up helping all of our local clubs, by keeping strong athletes at home, and by allowing those clubs to zoom in and focus on the sport specific training of their senior athletes, while we help with the other important support that can be done in a Multisport format."

"Another outcome that I'm excited about is the potential for talent transfer opportunities for the athletes. These athletes are hardworking and incredibly fit, and if we can give them the most exposure to possible pathways, I hope it will increase the likelihood of them getting to major games and podiums."

For more on the Endurance Multisport Academy, see <https://www.inspiremultisportcoaching.com/endurance-multisport-academy-sd22>.

In addition to running the academy and the Tri Monsters youth and Inspire Multisport adult programs, Laura also participates in CrossFit, and is training for her 6th Ironman in Penticton 2020. She invites all triathlon families to visit Vernon when safe travels are allowed, giving paddle-boarding on Kal Lake a try, or a mountain bike at Kal Park, Ellison, or Silverstar.



Training Motivation During COVID-19

Interview with Michelle Vesterby

Michelle Vesterby, pro athlete, mom, Argon 18 Ambassador, holds Danish Ironman record: 8:45 (Texas, 2018)



A lot of athletes have very regimented training schedules, and when competition dates change (or are unknown), it throws that schedule off a lot. What are some tips for readjusting a hard training segment, for example, or a taper, when competition calendars change?

It's a big challenge, but I'm just focusing on staying as fit as possible. I want to come out of this as a better athlete, and now I have the chance to work on the small things at home, the small details in my technique. I think people will come through this having learned a lot about themselves – I think we will actually see faster, stronger, better athletes as the outcome. I'm so focused now – I'm usually really social, I like to train with my friends, but now it's just "go out and get the job done". So I've adjusted by being more efficient than I was before, in fact. Normally I hated the gym! But now it's fun to go down in the basement where I've set up some exercises, I bring my son Marcus, but I get some training in that I wouldn't have done before.

In the age of COVID-19, most athletes have seen their race calendars evaporate and their training facilities close. With health and safety the biggest priorities, how are athletes keeping motivated, active, and connected with their communities? Courtesy of our partner in sport, Argon 18, we bring you this interview with Ambassador Michelle Vesterby to get some tips.

But for everyone, it's really important to try to take things one step at a time, one day at a time, and keep focused. Right now I still have Hawai'i in my calendar (I hope!), but nothing before that. Like I said, I try to stay as fit as possible, and if something opens up I'm ready to kick some ass!

The mental preparation needed for major races is also intense – what advice can you give athletes who were looking forward to a particular race, and now aren't sure when (or if) they'll be competing? What keeps you mentally focused and positive

That's the problem right now – that we don't know. For an athlete like myself, we like structure, we want to know when and where and how to prepare, and we don't have that now.

To keep that mental focus, it's really important to look at the short term, take it step by step, take it by the minute. I do this when I do an

Ironman: I break the race up into small pieces and go step by step. If I focused on the whole thing I would fall apart mentally. But I break it into small pieces, and go step by step. Maybe we all need to break it up even more than normal to get through this.

It's challenging for everyone right now of course, and the situation is different all over the world. At the moment I can still get outside to do my running and riding, so I'm very lucky, very privileged. And right now the sun is shining, so it makes it even easier to go outside! But I have prepared my house for lockdown – my trainer is ready, I'm lucky that I have a treadmill in the house. We have created a training room in our basement – I see a lot of people doing that on social media. But you also don't need to get formal exercise. Just staying active is so important. That can be doing work around the house, playing games with your family, just getting up and moving is the



most important thing for your body and your mind. I've started baking! Only healthy cakes, of course.

This is the time of year when we're all looking forward to getting off the trainer and back outside, often for group rides – and for most of us, that's not happening. What are your favourite techniques to keep things interesting on the trainer, or while training solo?

We have all of these visual training programs that we can do now, like

Zwift, and people can motivate you a lot. But it's also important to make a program for yourself. Change up the focus a bit each time, do a different workout. A few hours on the trainer can be a long time, but if you break it up and have a program for yourself it's easier to keep it interesting and keep going. And giving yourself a

small treat after your session is great too – food is always a good motivator!

Like many people, I have my young son at home now too, so that changes the schedule. I see myself posting a lot of stuff on social media and it's all about Marcus! He's ten months old, so right now I really have to structure around him – I will play with him then when he takes a nap I can go outside for a ride. When I do my gym work he's there. But I do this for him – he's starting to understand what I'm doing and that motivates me. And it motivates me to be efficient. I want to do everything with him but I also want to do my job. So I go out do my job, and then I come back and I'm 100% mom afterward. But that's about mental focus as well – because of the constraints right now I'm more mentally focused, and I work to get the job done.

Michelle Vesterby is adhering to social distancing directives in Denmark. For many areas, staying indoors is the best precaution. For more, see michellevesterby.com.



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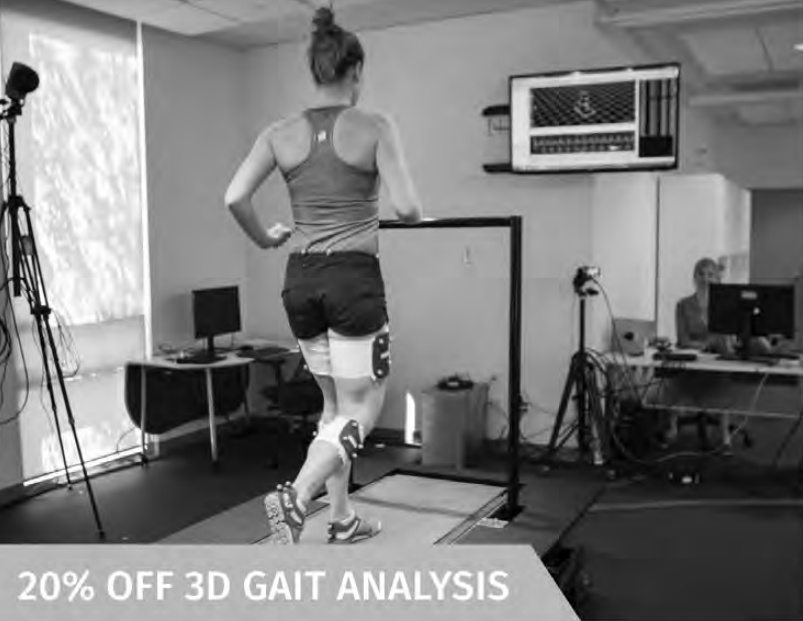
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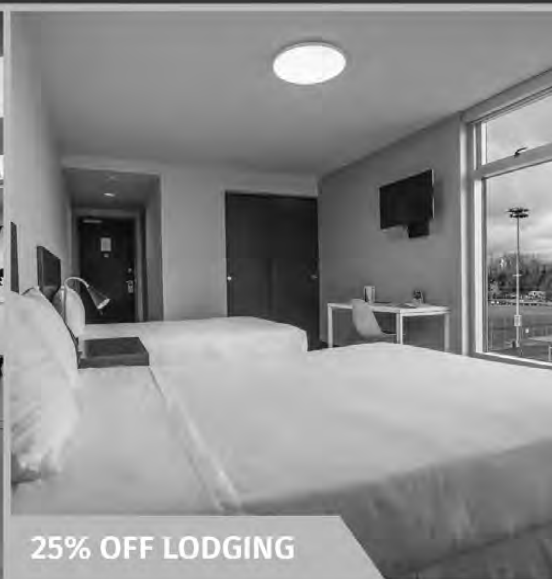
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Heel pain is one of the most common types of pain seen in Sports Medicine. Of the most common diagnoses of heel pain in adults is Achilles tendinopathy (named after the Greek warrior Achilles who had but one weakness to his invincibility – his “Achilles Heel”).

In this article we'll cover the “who, what, why” of this common injury and some suggested steps to optimize your recovery.

The ‘Who’ - Who is at risk of Achilles Tendinopathy?

There are a wide variety of athletes that are susceptible to Achilles Tendinopathy. Some of the most common include:

- Runners (e.g., sprinters, marathon runners or triathletes), or athletes who run in their sport (e.g., soccer players)
- Athletes who jump or land in their sport (e.g., volleyball, basketball, triple jump)
- Athletes who have quick change of direction in their sport (e.g., basketball, soccer, badminton)
- Hikers or anyone else performing ‘on-feet’ activities for long periods of time.

The ‘What’ - What is Achilles Tendinopathy?

Achilles tendinopathy literally means a disorder of the Achilles Tendon (you may also hear the terms Achilles tendinitis or tendinosis, which mean the same thing).

Tendinopathy is not a classic inflammatory condition. In a tendinopathy, the tendon's internal structure



changes, and in some circumstances the tendon may thicken. However, rarely does the tendon tear in Achilles Tendinopathy.

Pain can become intense, and is felt either mid-way along the tendon or sometimes on the heel itself. It can severely impact your ability to run, play sport, and even walk. Playing through pain will usually only make the condition worse.

Tendon pain is usually worse first thing in the morning, and when starting to exercise, but will often decrease as you ‘warm up’. As the condition develops however, pain may change and get worse during exercise, or even be present during the night.

The ‘Why’ - Why does an athlete develop Achilles Tendinopathy?

There are a number of factors that can contribute to Achilles Tendon pain.

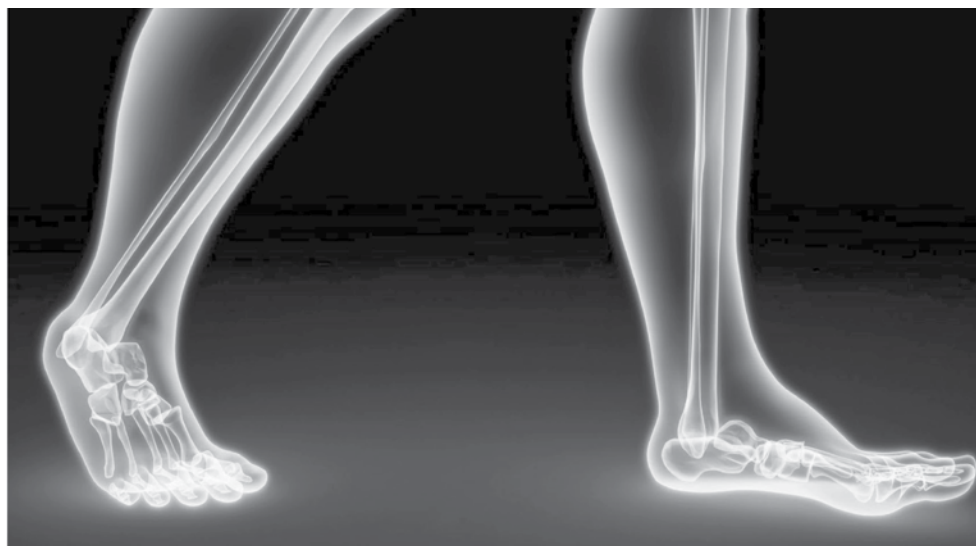
One of the most common is a change in your activity or sport routine, or what we call a change in ‘loading’. This includes changes such as:

- Increasing your running, volume or speed
- Returning to activity or competition after time off
- A change in playing surface (e.g., going from grass to turf)

- Change in footwear (particularly in running or playing footwear, including when the shoe presses on the tendon).

Some other risk factors include:

- Biomechanics (how you run or move, and how the rest of your body is working)
- Previous injuries elsewhere in the body
- Previous tendon pain
- Age — tendinopathies are statistically more common in 40+ age group.



The 'How' - What are the steps for recovery?

1. Diagnosis

In suspected tendinopathy, the first step is accurate diagnosis. We recommend seeing your Physiotherapist, as it can usually be diagnosed in the clinic, without the need for imaging or expensive testing. They can also help rule out other causes, and can assess if you require a change to your current activities to prevent further degeneration of the tendon.



Sometimes you may be referred to your GP or a Sports Physician for further clarification, to rule out other causes, or to help with medications.

2. Pain & Load Management

Your Physiotherapist will put together a recovery plan based on the severity of the injury. Recovery from a tendinopathy can be slow, from weeks to months. Generally, the longer the tendon pain has been present, the more difficult it is to settle. Most tendinopathies do not respond well to rest alone. In the early management phase, your Physiotherapist will build out a multi-phase 'load management' plan to keep you moving. This should start with a short period of

rest or modified activity to manage pain. They will also start you on some exercises designed to decrease your pain levels.

3. Strengthening

Once your pain levels start to decrease, you should be introduced to more strengthening exercises, as well as exercises to return to using the tendon like a 'spring'. Your Physiotherapist can help to determine when you can return to sport, which can sometimes be early in the rehab process.

4. Maintenance

Your physiotherapist can also help with a longer-term maintenance pro-

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At Fortius, physiotherapists work in an integrated team with strength & conditioning coaches, biomechanists, massage therapists, chiropractors and others. Together, we can create a well-rounded treatment plan to address any other factors that are contributing to the injury, such as strength deficits, analysis of running mechanics, or mobility needs.

gram to help you reduce the risk of re-injury.

Chris Perrey is a physiotherapist at Fortius in Burnaby. He received his Masters in Physiotherapy in Perth, Australia. See more at <https://www.fortiuissport.com/team/chris-perrey>.



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