

ATHLETE FEATURE: JOANNE MONTGOMERY

What was your first race and where was it? *Peach Festival, Penticton 1983*

What keeps you competing in triathlons, what keeps you coming back to Triathlon? *I like the variety for training, I can train when it suits me (still can't fathom having a coach), the camaraderie, keeping fit.*

What have been the major changes you have seen in the years you have participated?

Since 1983, pretty much everything! The idea that you should have a coach still astounds me. Cycling indoors through the winter. Wearing a wetsuit (that's one change I like). Sports nutrition - the only thing I've ever included from that category is Gatorade. In the early days I drank Tang (if you are young, ask your parents or grandparents what that is). I prefer cheap real food rather than expensive crappy tasting sports nutrition stuff. The newest weird rule is not allowing a towel in transition...huh??.

What advice would you give to someone wanting to get into the sport of Triathlon? *Don't get wrapped up in other people's training and goals, especially pros. It's often totally unrealistic for amateurs with busy lives. Don't alienate your family. Don't get taken in by the latest (expensive) gear and trends. Get advice/instruction if needed, but you don't need to pay a coach for months or years unless you are planning to be a pro. Get injuries checked out early before they become chronic or a bigger problem. Keep it fun!*

