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Penticton 2016, photo: Chris Stenberg.....

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2017 SPONSORS A BIG THANK YOU TO:



ADVERTISING & SUBMISSIONS

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

2018 Advertising Rates*

Inside front/Inside back cover	\$1300
Outside back cover	\$1800
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1/3 page	\$300
1/6 page	\$200
Business card	\$100

*20% discount for purchasing four ads.

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.

2018 submission deadline: February 28, 2018

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This will be a summer to watch! With the Youth & Junior SuperSeries, Club Championships (details on both below), ITU Worlds in Penticton, it's a wonder anyone will vacation anywhere else! (That said, see our new feature on races + road trips). As always, train properly, race hard, and celebrate the momentum in BC triathlon! - Lara Spence, Editor

PROJECT 2024: Creating Tomorrow's Champions, today

Allan Prazsky, Executive Director, info@tribc.org



Exciting times this summer! Triathlon BC's Youth & Junior Super Series is a 3-event super-sprint distance, performance-oriented series featuring draft-legal racing with chip timing and closed courses. The mission of series is to promote draft-legal competition and develop athletes capable of performing at the BC Summer Games and Canada Summer Games before spring-boarding to the National Series. The series also provides opportunities for local Race Directors to hone hosting skills, and provides recruitment and identification tool for coaches.

Athletes accumulate points based on finishing place in each race, leading to overall Male and Female Series Champions in Junior + Youth categories.

2017 Super Series Event Calendar:

Race 1 – May 22, North Shore Triathlon (Draft Legal), Canada Summer Games qualifier

Race 2 – June 24, Paradigm Naturopathic Vernon Kids Of Steel (Draft Legal) (also Provincial Jr. Champs)

Race 3 – September 4, Vancouver Triathlon (Draft Legal). Also plays host to Triathlon Canada's U26 development event, one of only 4 in Canada.

For rules and eligibility, see TriBC.org.

Provincial Club Champs @ Peach Classic

The Triathlon Club Championships makes its debut at Penticton's Peach Classic Triathlon, July 16th, 2017.

The Club Championships welcomes every competitor 19 years+. Each registered, annual member athlete accumulates points based on their age category, and points go toward their respective club's total. Athletes need to add their representing provincially-sanctioned club name during registration, or before noon, July 12, 2017. Performance results from every athlete on a team will count towards the Club Championship in both the Standard and Sprint distances.

How it works:

Points collected are an aggregate of the Sprint and Standard distance events.

There are two divisions of clubs: 7 or less athletes at Peach Classic, and 8+ athlete clubs.

A minimum of 3 clubs must be competing in each Division to be awarded a Championship title.

For rules and more details, see TriBC.org.



Looking Forward to the ITU World Championships in Penticton this August

Michael Brown, Executive Director, Challenge Penticton
Photos: Chris Stenberg

There is a lot going on with triathlon in BC this year, including the 2017 ITU Multisport World Championships in Penticton, BC. We take a look back at 2016's Multisport Festival and a look forward.



Above: Runner on the Kettle Valley Railway (KVR) heading into downtown Penticton on the Cross Triathlon run course. Cycling photo: Athletes riding along Skaha Lake on Long Distance Triathlon course, half way through 120km.

Michael, in 2016, did things go as planned?

For the most part, yes. We were able to test out what it will be like to have multiple events in a back - to - back format vs. the usual "one and done" for most big races. We were able to see the strengths of the set up we have in place and where we need to be better for this summer. It was an excellent opportunity to host the National Multisport Championships in preparation for the ITU Multisport World Championships Festival this summer.

Any amazing 'wow' moments from those visiting in 2016?

Over the course of the week, we had virtually perfect racing weather every day. Sunny, clear, warm, but not too hot. For those athletes seeing Penticton for the first time, the "wow" moment was the visual spectacle - every race course showcases some of the best vistas Penticton has to offer.

Any tweaks you plan to make as a result of the important "test" from last summer?

We're scaling up virtually everywhere for this summer. In 2016 we have 1,200 athletes, this summer we're expecting close to 5,000. We have made amendments in as many places as we can to accommodate the higher volume of athlete and spectator.

How is Penticton feeling about the whole thing?

The City of Penticton has been incredible about the festival. We continue to try to educate citizens as best we can. Most people who live in Penticton understood what it was like when Ironman rolled into town, and we're trying to explain that not only is it the size of what Ironman is (about 3,500 athletes in its prime) but more, and that local businesses need to stock up and staff up for those ten days! We host monthly Community Information Evenings and this has been a great way for us to engage with the community and educate - and hopefully



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Athletes in the Long Distance Triathlon swim in Lake Okanagan, shown here from 2016.

excite - businesses, athletes and citizens about what's coming up.

Can people still sign up? (likely not...?) I know the Canadian qualification is fairly particular and likely done already?

Most countries qualifications are now complete. Australia and New Zealand have qualifying races in March and Great Britain has the final qualifiers in April. For Canadians that want to race but didn't qualify, they can race on the world championship courses as Open Wave athletes, meaning they race in the final wave of the event. Open wave gives athletes a chance to race who would like to be in Penticton, experience racing on a World Championship course (with a World Championship crowd). They aren't eligible for prizes (i.e., the podium) but still will receive the same race experience, post race food, and some swag.

Cross triathlon... participation... growing?

We had an amazing turn out last year for the test event for Cross Triathlon nationals. About 500 athletes raced, and across the board we're seeing more athletes testing out the off road circuit. It gives athletes a chance to hone another bike skill and see some different scenery. At TBI (Triathlon Business International) there was discussion about the huge growing segment in North America of athletes who are expanding in Multisport but are "experimenting" with mountain biking, both in the triathlon format and in the Duathlon format.

What are the dates? How many people are you expecting?

The dates for Penticton 2017 are August 18-27th. We're expecting approximately 5,000 athletes and an additional 2,000 spectators, support staff and family/friends.

Do you need anything? (volunteers, accommodation)

We are always looking for volunteers (sign up at penticton2017.com/volunteer/) and we are in need of homestays for athletes. If you can help shelter and transport an athlete for a few days, we would love your help. You can sign up to homestay an athlete at penticton2017.com/homestays.

What is your biggest challenge left to face?

There is lots of work to do so we're ready to welcome the Multisport world to Penticton in August. Our team is working around the clock to get every aspect of the festival organized. What's left is to execute on our deliverables at the highest level, to ensure that the inaugural ITU Multisport World Championships Festival is the start of many successful years of ITU Multisport WC Festivals.

What are you most excited to watch / do yourself?

I'm actually racing the Aquathlon for Team Canada. That will be awesome to do. Watching the entire festival come

together will be the icing on the cake of this entire journey.

What do you recommend for those coming to watch?

There is so much to do in Penticton. You'll want to check out the races, but be sure to check out the local wineries and breweries, the farmers market, and many of the other cool attractions Penticton has to offer. There's a special page on our website dedicated to tourism and the "what to do" when you're in Penticton.



Above: Cross Triathletes on 3 Blind Mice Singletrack half way into Cross Triathlon bike course.



PEACH CLASSIC PENTICTON TRIATHLON

BIKE

40k Standard

20k Sprint

SWIM

1.5k Standard

750m Sprint

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10k Standard

5k Sprint



Celebrate!

Sunday July 16, 2017

2017 BC Championships – Sprint & Standard Distance

To Register or Volunteer visit our website . . .

www.peachclassic.ca



SOME HISTORY OF THE PEACH CLASSIC TRIATHLON



1983-2017 & counting!

Steve King, there from the beginning, stking@vip.net

After reading about John Howard's 1981 Ironman victory and then seeing the February 1982 race on ABC's Wide World of Sports, I had the idea of Penticton staging a triathlon. In March of 1983 I approached fellow Penticton Pounders Running club member Al Johnson with the idea of staging a short course triathlon that summer. We approached the local swim and bike clubs for help and decided it would be best to find some business that had the space and location to handle such an event. We approached The BASE (Back Alley Studio E), a local aerobics studio owned by Frank Gair and Mike & Lynn Van Ert (now Lyn Van Dov). It was Lynn who later became the race director for the Ultra International/Ironman Canada event that was set to be staged the following month for the first time.

It became obvious that Penticton, with its two lakes, good roads and orchard setting was ideal for the staging of a triathlon.

Much of the planning had come as a result of reading Sally Edward's book "How to Organize a Triathlon".

Committees were formed to take charge of each segment of the race. They became known as Race Captains. For the first triathlon in the Okanagan, the race captains were:

- Race Coordinator - Michael Van Ert
- Assistant Coordinator - Al Johnson
- Race Director - Frank Gair
- Supply Marshall/Captain - Butch Burns

- Run Captains - Al Johnson & Steve King
- Swim Captains - Judy Kato & Debbie Miller
- Bike Captain - Dave Graw
- Transition Captain - Leanne Courtney
- Advertising & Media Captain - Lyn Van Dov
- Communications Captain - Al Gage
- Awards & Banquets Captain - Lyn Van Dov (continued...)



Original start line 35 years ago - it's moved further down the beach to by the Peach now.

- Announcing/Trophies Captain - Steve King
- Registration Captain - Sybilla Bartram
- Timing Captains - Jean King/Elaine Sturgeon/Frank Reimer
- Administration Captain- Lynda Mills.

The Original Course

I was asked to lay out the first course and proposed that the swim start at the SS Sicamous (the grounded sternwheeler that once plied Okanagan Lake) and to follow the shoreline to the Peach Concession – this made for a one kilometer swim. The transition was a no-brainer as the grassy park area was just steps from the swim exit. From the transition area the undulating thirty km bike course would begin and go up Vancouver Avenue and subsequently out to the Naramata turn-off and then back again. The run would be a tough eleven km course, which would take the first-time triathletes west to the Okanagan River bridge, up West Bench Hill, to the top of Sage Mesa Hill and down to Highway 97 returning to Lakeshore Drive and finishing alongside the transition area. It was not to be an easy course.

It was decided that the minimum age would be sixteen and the age groups would be the same for both men and women, i.e. 16-39, 40-49 and 50+

The first ever Penticton sponsors for that first race included The Bike Barn, who continue to support the event, and many others, to this day.

Race Day - 1983

Mike Van Ert had been up for 40 of the previous 48 hours setting up the staging for the event. Mayor Ivan Messmer arrived, spoke to many of the triathletes and it was good to see the sizeable crowd that had turned up to witness the Okanagan's inaugural triathlon.

Mayor Messmer had the starting gun and said: "The hell with long speeches. GO!"

Sixty-eight triathletes hit the water and 63 were official finishers. By 11:30



Rugby shorts, anyone? Firm legs look good any and all years, including 1983, showing fit spectators at the Peach Classic finish line grandstands.

a.m. it was all over. An extraordinary and exhilarating experience for all concerned - followed by a very enjoyable awards presentation. Interestingly, two of these award winners still compete in the event: Joanne Montgomery, the women's overall champion (she won the 60+ division in 2016), and Brian Edge, who in 1984 was also one of six locals who finished their first Ironman-distance race in Penticton.

The results top five overall for 1983 were as follows:

Men's open: 1.) Ian Giroday, 1:54:44; 2.) S. Wilson, 1:56:18; 3.) B. J. Van Staaldin, 1:56:20; 4.) R. Steinke, 1:57:55; 5.) D. Kitson, 1:58:46.

Women's open: 1.) Joanne Montgomery, 2:13:41; 2.) L. Nasser, 2:15:20; 3.) D. Whitley, 2:26:40; 4.) S. Novak, 2:32:12; 5.) D. Fedorak, 2:34:49.

The Race Directors over these 34 years have included Mike Van Ert, Lyn Van Ert (now Dov), Corinna Simpson, Dave Bullock, Pat Clements and Steve Brown.

1986 was a very big year for Kelowna's Dave Kirk as he won the Peach Classic and a month later went on to win the first official Ironman Canada Triathlon – he had also won the inaugural Skaha Lake Ultra Swim (11.8kms) in 1985 and again in 1986 and will be joining us for the return of that event again this year (Aug 13th - which will be the 20th version)

Many big names have appeared in the Peach City for the Classic that now boasts Olympic and Sprint Triathlon distance offerings. Athletes that have competed in the Peach Classic include Olympians, World Champions, Pan American and Commonwealth Games representatives, World Cup racers and National Championship winners and National team members, as well as many first-time triathletes.

The course record holder and former national team member Stefan Jakobsen (1:54:25) is a five-time winner, as is local IM/Challenge star Jeff Symonds – the reigning champion, whilst another local IM titleist Tom Evans has won on four occasions. Olympian Carol Montgomery (2:04:25) is the women's course record holder, while other winners include Olympian and Pan Am gold medallist Jill Savege, World Champion Joanne Ritchie, Ultraman winner Yvonne Timewell, IM star Angela Naeth and local star, three-time winner and reigning champion Jen Annett.

The Sprint distances were introduced to the event in 2010 and the current record holders are Robert Johnson with a time of 1:06:05 and Tamasin Reno in 1:11:00.

This year's 35th edition of the historic Peach Classic Triathlon is July 16th and once again it is the BC Championships, with Steve Brown at the helm.

Join us! For further information, check out www.peachclassic.ca.

Steve King has been a race/event announcer and event emcee/commentator for over 30 years. He was inducted into the BC Athletics Hall of Fame in 2012. See <http://www.backingevents.com> for more.

JEFF SYMONDS

What it Means to Get Ugly

Lara Spence, Editor, lara@laraspence.com

With the focus on Excellence in BC this issue, and with the (yahoo!) ITU Worlds coming to Penticton this August, there seemed like no better time to interview Penticton triathlon legend, Jeff Symonds.

Born in 1985, Jeff grew up in Penticton and was good at sports, playing hockey, basketball, and then running varsity cross country at UBC while getting his business degree.

TriBC: How did you get into triathlon?

JEFF: "I did my first triathlon in 2005, when I was 25: The Kelowna Apple. I borrowed a bike and used lace up shoes on the bike and run. No food. I had a few sips of Gatorade and powered through. I loved it! The next week I was fortunate enough to be chosen to ride my bike ahead of the 3rd place male [as a pacer] at Ironman Canada. It was an incredible day – one where the favourite didn't win. It showed me that on any given day, a smart race can mean you can mix it up with the best in the world."

(Though the favourite to win that year, Simon Lessing had a slower run, placing 4th, so the results ended up with Canadian Nigel Grey 3rd, Stephan Vuvkovic (DEU) 2nd and Chris Lieto (USA) 1st.)

TriBC: Where did the phrase "Get Ugly" come from?

JEFF: "The 'Get Ugly' thing started at UBC. The other guys on the team would tease me about the way I run. I've been told my lower body mechanics are pretty good, but upper-body-wise, my running isn't a thing of beauty. My arms go all over the place, my head goes up and down."

TriBC: You had a crazy race at Challenge Penticton in 2013. What happened?

JEFF: "It was the first Challenge race

Jeffrey made history, winning the first Challenge Family event in North America in his hometown in 8:29:57.

in North America, in my home town, and I really wanted to race well. Things were going well. I was 9 minutes ahead of the field on the bike. I'd started the descent into Penticton at about mile 110 on the bike route. You know, your butt is tired, so you stand up to stretch a bit. The bike picked up a wiggle, though, and wouldn't stop. Thanks to the Garmin, I know I crashed going 60.6km per hour. I slid for a few meters, then stopped. I felt like I was lying on the ground forever, but, thanks to the Garmin, I know it was only 1:55. I got up, full of emotions and questions. 'Was I injured?' 'Was my bike in pieces?' 'What would I do now?' I was kind of hoping my bike was wrecked, because then I wouldn't have any decisions to make. The bike seemed fine – just a

Doubt happens in every race: you have this moment when you decide to dig deep and rise above the doubt, the pain – that's what makes this sport so special – it's empowering

sheered pedal and sheered handlebar. I said to myself: 'Well, I'm still in the lead, I'm not too wrecked, I guess I'm good to go. No excuses! I hopped back on my bike, and was back up to 65 km/hr in no time. I didn't inspect my injuries too much after the crash, but let's just say I was in a world of hurt. It turned out my bike had a crack in it and it was acting a bit squirrely, but I kept going. This race meant so much to me – to my family, to my friends – I had to give it my all. I decided that even if I had to walk the run, I would get ugly and finish that race.

That said, as I was zooming down Main Street, I had a growing awareness that my hips were sore. I could see my forearm was chewed up. I was happy to get off the bike and into transition. I was swarmed with volunteers trying to check me out, fix me up. I knew that I had to keep going – I needed conviction. Apologizing, I headed out onto the run, still in the lead. There were tons of people cheering that I knew. I'd get close to them and they'd cheer. But I could hear them after I passed, 'Woah... Did you see the road rash?' In my head, I'm thinking: 'People: my ears aren't injured!' I had to tune them out."

(Jeff ended up winning the race by 16 minutes, putting in an impressive 2:47 marathon, road rash and all.)

"I had to squash the doubt I felt when I got up from that crash. Doubt... It happens in

(Continued on page 11)

Photo by Chris Stenberg

"I love how the E-119Tri+ rides, how comfortable it is without compromising on aerodynamics and performance. It's perfection."

-Craig Alexander, 3-time IRONMAN World Champion and 2-time IRONMAN 70.3 World Champion



DEDICATED TO TRIATHLON

ARGON 18



Mighty Riders - Vancouver
North Shore Road Bike - Vancouver
Speed Theory - Vancouver

Kelowna Cycles - Kelowna
Straight Up Cycles - Victoria
The Bike Barn - Penticton

every race: you have this moment when you decide to dig deep and rise above the doubt, the pain – that's what makes this sport so special – it's empowering."

TriBC: When's another time you Got Ugly recently?

JEFF: "I had to get ugly in 2015 at the Ironman World Championships in Kona. My first time at that race! The crank on my bike broke during the race and I had to pedal with one foot for 20 miles. That set me back. Out on the run, I walked and felt sorry for myself for three miles until I saw some of my university friends. They called out: "Goonies Never Say Die" – a thing we used to yell at each other at UBC. I picked it up at that point, got ugly. I had the 3rd fastest marathon of the day. I'd like to see how I'll do in that race using both legs for the whole bike."

TriBC: What is planned for this year?

JEFF: "I'm doing the ITU Long Course Worlds in Penticton in August. I'm doing Ironman Texas April 22 to qualify

for the Ironman World Champs in Kona. I'm also doing a race in Mexico [get name], Victoria [70.3??], and the Great White North Tri in Stony Plain, Alberta, which I've been fortunate enough to win the last 5 years."

TriBC: Our theme this issue is: "They're coming to BC" How do you feel about what's happening in the sport in this province?

JEFF: "There's so many great races here – Challenge Penticton, Ironman Whistler – and so many great local events for people to try. My problem is that there are too many races I want to do and too little time to recover. My coach, Jasper Blake, says no to some of my ideas. BC is a great spot to experience triathlon. Training outside, being outside."

TriBC: What do you do when you're not training?

JEFF: "I'm training a lot. My girlfriend Ashley lives in Vancouver – she's the founder of SoleGirls.org, an amazing program that uses running games to empower girls ages 8-12 and encourage

healthy ideas about body image, media, self-esteem. I split my time between Penticton and Vancouver. I train with a bunch of great guys in Vancouver. In Penticton, I help at run camps – TriPower in Penticton –working with kids ages 6-16. I really enjoy getting them stoked on the sport! I try to attend the kids race at every race I attend. There is no better way to get motivated before a race then by watching the pure excitement in a kids race! They aren't worried about a finishing time - they just want to have fun!"

"I'm working on a few projects – including a "Getting Ugly" triathlon community. That what I love about triathlon – you find out more about yourself, you find out how tough you are. You find out how you react when it's time to get ugly."

To watch Jeff's adventures, get up to Penticton this August for the ITU World Championships and cheer him on. You can also follow him on his website (getugly.ca), Facebook (@getuglytriathlon) and Instagram/ Twitter @jeffreysymonds. There's also Instagram @gettingugly.

June 10-11 Cranbrook, BC

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JOURNEY INTO CROSS TRIATHLON: Inspiring Terrain, and that First Swim always Memorable

Julie Robb, julie@vanulden.com

TriBC asked us to share our thoughts on our journey from mountain biking/trail running to the fun that is age group cross triathlon.

My husband, Joost van Ulden, and I have both been competing in endurance sports since our late teens. Joost has a road racing and mountain biking background and I have a mountain biking and trail running background. In 2012, we each decided to focus on a specific sport. Joost concentrated on road racing and I focused on ultra-trail running. We hired a coach (Chris Willett, Perimeter coaching www.perimetercoaching.com) to help us improve our performance and achieve our goals. We trained apart but supported one another at each of our events.

In Joost's off season, he competed in trail running events with me (5 Peaks trail running races; Xterra trail running races). In 2014, we planned a trip to Ogden, Utah to compete in the Xterra trail running National Championships, which would be followed by a remote, backcountry marathon run in the Grand Canyon. On the day prior to the Xterra trail race, we were picking up our race packages at the event site and we came across the Xterra off-road triathlon Nationals. We both stood in amazement as we watched the athletes race down the sweet single-track on their mountain bikes, dismount, work their way through the transition area, slip on their trail running shoes and run off into the beautiful mountainous terrain. We worked our way to the finish line to watch the pro athletes come in. We felt inspired and in awe of their talent. We knew we were far too old and out of our league to compete at that level but, we knew we could hold our own at the amateur level. We were both up for a new challenge.

New Sport Meant More Time Together

The past few years of racing in each our disciplines were very rewarding but, it was also challenging as we rarely spent time together. Switching to the same sport made so much sense. We would continue to have our individual passions (road racing/trail running) but our new focus would be cross triathlon. Our coach, Chris, was so supportive of our new discipline and, while it was difficult moving away from our current sports, there was also the excitement knowing we would be training together and racing at the same events (logistically, it would be easier as well!)

We transitioned to our new discipline for the 2015 race season. We planned our race calendar which included 3 cross tri events, with the lofty goal of qualifying for the Xterra off road tri World Championships in Maui in October. We also included a few spring series road races and a road race in France in July for Joost and a spring and late summer 50km trail race for me. We started our new training regime in the winter of 2014.

Our first cross tri event was planned for late April. We had less than 4 months to get in shape and learn the ropes of this new sport. Neither of us had any road triathlon experience and the whole 'transition' thing was a new world for us. The learning curve was going to be hard and steep!

We both felt confident on the bike (although I needed to brush up on my technical skills) and the running. Each of us purchased new, lightweight, cross country mountain bikes that would be well suited for the cross tri events. Swimming was a new kettle of fish for each of us. I will never forget my first swim training session; I could barely



Julie Robb and husband Joost enjoy how Cross Tri lets them train, race and travel together more.

complete 50 meters without gasping for air and feeling like I was dragging my legs through the water. But, after a month of training in the pool, I felt much stronger.

We spent most weekends training in Squamish (Alice Lake area) as it offered easy access for practicing our swim/bike/run workouts. After a few months of the multisport training, combined with many sessions cross training in the gym and at hot yoga classes, we felt ready for our first race. Our bodies also felt so much better training in multisport as opposed to just training in one event, hours at a time.

First Race: Oh That Swim!

Our first race was a Xterra event in Lake Las Vegas, Nevada. The Xterra events are Olympic distance: 1.5 km swim, 30 km mountain bike and 10 trail run. We arrived 5 days early to give ourselves ample time to practice the course, get comfortable swimming

in a lake, test the wetsuits, acclimatize to the hot dry weather and to attend one of the scheduled talks with a couple of the Xterra pros.

On race morning, we headed down to the transition area at 6:00am to get set up. We both positioned ourselves close to one another for comfort and support. We watched how other athletes set up their transitions and tried to replicate what made the most sense to us. One of the more seasoned athletes was kind enough to share some transition set up tips with us – cross triathletes are very friendly! We headed down to the lake to do a quick pre-swim in the frigid water, feeling a sense of fear and excitement as we anticipated the start of the race.

When the start gun went off, we dove into the black water with hundreds of other athletes and started swimming towards the first buoy. Joost positioned himself in the front and center of the pack. In hindsight, this was not the best course of action. As he started his swim, he was kicked in the head, pulled back by his ankles and pushed under. Not the best experience for one's first triathlon! I positioned myself to the side and the back so as not to get run over by the faster swimmers. As I was swimming my first 25 meters, I saw several female athletes suffer panic attacks and turn around. I could sense their fear and related to what they were experiencing. Although my mind told me to go with them, my heart told me to be brave and keep swimming. Just keep swimming. Someone once told me when I embarked on this new discipline, as far as the swimming went, all I needed to focus on was "getting

out of the water". I knew I could do this.

When we each exited the water, we couldn't have been happier for getting through the first leg. It wasn't all that bad! The remaining two legs of the race were so much fun as we were both in our element! As I headed out on the last leg of the race, the trail run, I could hear the announcer call out Joost's name as he crossed the finish line. I was so proud of his accomplishment completing his first cross triathlon. I was also fully committed to getting faster so that Joost would never finish an event before I started on the run. After this first event, both Joost and I were hooked. We never looked back.

Why We Love Cross

We've had a great journey with cross triathlon: both of us have qualified for the 2015 and 2016 Xterra World off-road triathlon Championships, we were the 2016 Xterra Pan-American off-road champions in our age divisions, and we were the 2016 Masters Provincial cross tri champions. I also placed 3rd in my age group at the 2016 ITU Cross Nationals in Penticton BC and both of us will be on the 2017 Team Canada Age-Group World Championship Team competing in the ITU Cross Worlds in Penticton this August.

We do admit we have high, maybe even lofty goals. This means many hours of training and often in not so nice weather. It means being efficient with our time and staying positive even if we don't have the energy to do our workouts. Having one another to celebrate the highs and manage the lows, to push and inspire each other, and just knowing we are both racing on a course together provides us with so much comfort and motivation. We wouldn't trade it for anything. It's become a lifestyle and we feel very fortunate to be able to experience new places and race with competitors from all over the world.

What's next for 2017?

After Xterra Costa Rica (April), we have Xterra Milton Ontario (June), Xterra Victoria BC (July), Squamish off road tri (July), ITU Cross World Championship Penticton BC (August), Xterra Pan-American Championships Ogden, Utah (September), to qualify for the Xterra off road World Championships in Maui (October).

FAST FACTS:

Standard Distances

Swim: 1 - 1.5 km

Bike: 25 - 35km

Run: 8 - 10km.

Courses vary from easy to difficult; fire roads to highly technical single-track.

Why Cross Tri?

The Vibe: Fun, inclusive, laid back atmosphere

Every race course is different: Different terrain, different climates, different technical levels.

Races are held all over the world: Xterra and ITU offer races in all 5 continents.

The race is (generally) won on the bike. You don't have to be a strong swimmer to compete well!

Equipment – As Compared to Road Triathlon:

Swim: same as road tri; speed suit (if allowed), wet suit.

Bike: Standard mountain bike, Hardtail or full suspension, 100mm front travel is most common. Some athletes wear hydration packs instead of carrying bottles. You need to carry your own tools (tube, chain break, CO2 cartridge, tire levers) and be prepared to make repairs on course.

Run: Some athletes run in road shoes as the courses are *generally* not that technical.

Have fun out there!

Julie and Joost live in North Vancouver and train there, Squamish and Whistler, BC. Watch for Julie and Joost at the races named above.



Sweet or Salty?

BC's Top Junior Women Speak

Allan Prazsky, allan@tribc.org

We are lucky to have two of Canada's top emerging young women train out of the National Performance Centre (NPC) in Victoria, under the tutelage of Triathlon Canada's new head coach, Jono Hall.

We did a quick interview with Des Ridenour and Hannah Henry, and here's what they had to say.

TriBC: You both had outstanding results in the recent past. You finished 1st and 2nd at the National Championships last year, and followed that up with another 1st and 2nd at Monroe. Describe the rivalry you share, if any. Do you push each other in training as much as you do in competition, or do you feed off of each other's speed, translating that into personal intensity?

DESIRAE: Hannah and I are very competitive and push each other in every training session and race. I believe our rivalry has made us both better and faster athletes, and has helped us accomplish our individual goals. Despite our competitiveness, we remain very close friends.

HANNAH: Des and I have been training together for about 6 years and I think we've always been competitive with each other. It's great being pretty close in speed because we push each other in both training and racing. We can use each other's strengths to get faster and it's helpful to have a training partner that can motivate me to work harder.

TriBC: Last year, you were both tapped on the shoulder by Triathlon Canada to represent Canada at the ITU World Championships in Cozumel, Mexico, alongside fellow NPC-Victoria athletes Matt Sharpe and Brennen Smith. That must have been an amazing feeling. Describe the moment when you were asked to go to Mexico on behalf of Canada. Were there any special

"We can use each other's strengths to get faster and it's helpful to have a training partner that can motivate me to work harder."

Hannah Henry, 18 years of age, Victoria resident and Triathlon Canada National Performance Centre athlete

training requirements leading up to the Worlds? A belated congratulations for your 6th place finish, Des.

DESIRAE: Winning Junior Nationals automatically qualified me for spot at the ITU World Championships in Cozumel, Mexico, I knew early on that I would be representing Canada. This was an amazing opportunity and experience to meet and compete against the best triathletes in the world. Training leading up to World Championships stayed relatively the same, except for adding in a few 30 minute sauna sessions to help us acclimatize to the heat and humidity.

HANNAH: When I was asked to represent Canada at the ITU Junior World Championships in Cozumel I was so excited. It meant that all of the hard work and many hours of training were paying off. Leading up to the World Championship we competed in the Edmonton Triathlon as a preparation race and my coach, Jono Hall, had me use the steam room to make the adjustment to the heat in Mexico easier.

TriBC: Being relatively new Junior racers, how does it feel racing against older competitors abroad, was it an

easy transition from the provincial and national scene here in Canada, or was it more challenging than you had thought? Are there any differences in racing between Canadian and International competitors?

DESIRAE: I found it very challenging to make the transition from provincial to national in my first junior elite year in 2015. Dealing with longer distances and figuring out new race strategies kept me occupied that season. However, I used every race as a learning opportunity, which helped me to improve and minimize my weaknesses. Racing nationally and internationally, I found to be very similar. However, the depth of the field is much larger internationally.

HANNAH: Competing against older competitors was something that I thought was going to be really challenging when I first started racing as a junior elite because of the 4 year age category, but now I think it's great practice for when I'm older and racing as an elite with women who are much older than me. I love racing in international events because I get to see where I place amongst competitors outside of Canada and around the world.

TriBC: You are both alumni of the BC



Summer Games, how did you make the jump from the provincial to the national scene, and onto the international arena? What advice would you give to aspiring young racers looking to follow the high performance pathway in BC and in Canada?

DESIRAE: It was a very big jump from provincial to national and international. My first junior competition was an international race in Sarasota, which came before the Junior Elite National Series Races. However, I found the series races prepared me well for the up and coming 2016 season. Triathlon is a difficult sport that brings different circumstances and conditions to each race. Being able to adapt and do the best you can with what you are given will lead to positive performances.

HANNAH: The BC Summer Games was an awesome experience and a great way to finish racing as a youth and make the transition into a Junior Elite. My first race outside of BC was the Junior North American Championship in Sarasota, Florida. This was also my first sprint distance race so I didn't know what to expect going into it, but I ended up surprising myself with my

5th place result. Racing across Canada has given me the opportunity to meet athletes from other provinces and see where I place in the country. Some advice that I would give to young racers is to set goals in training and racing so you always have something to work towards accomplishing. There are so many variables in triathlon so focus on the process and not the outcome and know that it takes a lot of hard work to succeed, but in the end it will be worth it!

TriBC: What are your goals and objectives for the coming season? By the way, congratulations on your fine 2nd place finish in Sarasota just last weekend, Hannah!

DESIRAE: For this coming season, I hope to place in the top 3 at Nationals, which includes juniors, u23 and elites, and also defend my Junior Elite National title. I also hope to qualify for Canada Summer Games in Winnipeg, and the ITU World Championships in Rotterdam, Netherlands.

HANNAH: Thank you! This year my main goal is to qualify for the 2017 Junior World Championship in Rotterdam, Netherlands. I am hoping

to improve my result at the CAMTRI Americas Championship, which is in Magog, Quebec this year. I will be competing in the Canadian Junior Series, including Nationals in Ottawa, Ontario and I also will be trying to qualify for the Canada Summer Games in Winnipeg, Manitoba.

TriBC: Now on to the fun stuff. What's on your playlist right now?

DESIRAE: I listen to top 40.

HANNAH: I really like Ed Sheeran's new album Divide and the song Believer by Imagine Dragons!

TriBC: When you're not swimming, cycling and running, what else do you get up to?

DESIRAE: Triathlon takes up a huge part of my life, so when I do have time to spare, it is usually spent doing homework, watching Netflix, or spending time with my family and friends.

HANNAH: I don't have a lot of free time outside of training, but when I do I'm usually doing homework, hanging out with my friends and family and teaching swim lessons.

TriBC: Describe each other using three words:

DESIRAE: Hannah is funny, kind and optimistic.

HANNAH: Des is energetic, ambitious and funny!

TriBC: Sweet or salty, what's your vice?

DESIRAE: Sweet!

HANNAH: Both!

TriBC: Thirty years from today, what will you be doing?

DESIRAE: I see myself working in the field of geomatics and in my free time traveling the world.

HANNAH: In 30 years I want to be staying fit and running my own business!

Allan Prazsky is the Executive Director for TriathlonBC.



"Being able to adapt and do the best you can with what you are given will lead to positive performances."

Desirae Ridenour, Victoria resident and Triathlon Canada National Performance Centre athlete.

Gift of Life

Roy McBeth: Racing Strong, thanks to Live Donor Kidney from Boss

Lara Spence, Editor, lara@laraspence.com

Ever exclaimed, "You're kidding me! That's crazy!" when hearing about someone's training or racing schedule because it seems impossibly ambitious?

I have.

Like when I heard about the races and events Abbotsford's Roy McBeth did in his first year of triathlon in 2010.

And the races he has planned this year.

And especially the training and racing he did in 2014, the year as his kidney function fell below 25% because of polycystic kidney disease, a genetic disorder that causes the body to lose its ability to filter toxins and produce red blood cells. With kidney function this low, one feels nauseous, cold, low energy all the time. But, with his doctors' blessing, Roy kept training to keep his mind busy and his body strong.

This year, Roy -- a Detective with the Abbotsford police since 2003, now working with the Domestic Violence Unit -- and his triathlete wife Anne have a pretty great schedule set up, taking on some big races in the Challenge series internationally with some race-trips planned also their 14-year-old son Connor.

What's so inspiring is that Roy's life today was made possible with a living kidney donor: his boss Kevin Wright.

Mountain Biking to Cat 2 to Tri – No Problem

Roy grew up in Prince George, born in 1970. He was fairly sporty and doesn't seem afraid of much. In 1997, he and his wife moved to Maple Ridge when he took a job with Corrections. Roy was thrilled to be able to spend more time mountain biking -- his sport love



Anne and Roy McBeth at Challenge Roth 2016, his travel-and-train-and-race life made possible by a live kidney donation from his boss.

of those years -- in a climate where he could train year-round.

Loving the endurance fitness aspect of cycling, Roy traded his heavy downhill bike for a cross-country bike. Cross training for mountain biking got Roy on a road bike and he quickly realized he loved the speed and adrenaline. Between 2003 (working full time and with a one year old at home) and 2009, Roy moved from Cat 5 to Cat 2, after winning the Cat 3 race at the Delta Crit in 2009 (let's not forget he's 39), and doing other serious stage races like Kelowna's K-Town Classic. However, with few club buddies racing at his level, Roy

found road cycling a bit lonely.

Turning 40 in 2010, he thought, why not try something new? Triathlon! He had to learn to swim, of course, but, how hard could that be? With his first tri at UBC in March 2010, he pulled off a strong Oliver Half in early June, and ("You're kidding me!") Ironman Canada, pulling off a 1:06 swim, and a 5:20 bike in horrible weather.

Something Wasn't Right

Roy knew he was a risk for kidney challenges because of the disease. He felt healthy and doctors had been keeping an eye on things for years.

Trouble began, however, while training for Ironman in 2010. That July, after completing a bike ride on the IMC course on a very hot day, he "couldn't cool down" and was found in distress under a tree by some riding friends. At the hospital, he received a few IV bags and some bad news: his glomerular filtration rate (aka "kidney function") had dropped from 40% to 33%.

Roy continued to train and race from 2011 into 2013 with frequent monitoring. He raced the Guam Off Road XTerra in April 2013 to qualify for the XTerra World Championships in Maui that October. After Guam, however, his kidney function was at 18%. Maui – and perhaps life -- was on hold. When kidney function drops below 25%, things start getting taken very seriously, with discussions of transplants or dialysis.

"My doctors described to me what a life on dialysis would be like. Five hours a week on a machine would keep me alive, but would severely impact my lifestyle. I started hoping for a donor match," said Roy.

No matches were made among family. They waited. Roy continued to train with his doctor's approval, but at a reduced level. He felt a fairly sick all the time. "When your kidneys are not functioning well, you have nausea... constant headaches...cramps... you're cold all the time," recalls Ray. When he was training, he didn't feel as sick. The transplant specialists told Roy that the healthier he could keep himself the better, whether he was going to receive a transplant or go on dialysis.

In 2014, his wife suggested Roy put out a call to his union for possible kidney donors. Eight colleagues at the Abbotsford Police Department volunteered. Transplant BC analyzed the volunteers, finally choosing Kevin Wright, Roy's boss, as the best match.

"What people don't realize is that you don't have to be deceased to donate a kidney," says Roy. "After donating, kidney donors continue to have active, healthy lives. You can register to be a live donor for someone anonymous to you."

"You don't have to be deceased to donate a kidney. After donating, kidney donors continue to have active, healthy lives."



Ray McBeth on Razor Ridge at Xterra World Champs, Maui, 2015

Kidney Transplant a Success

The transplant occurred January 14 2015.

After the transplant, Kevin and Roy took 10 weeks off work. "We both did well," said Roy, "I was out of the hospital in 5 days – similar for Kevin. Because we were both off work and recuperating, we started walking and then riding together just to keep busy."

In August 2015, Roy, Kevin and Kevin's wife completed the Challenge Penticton as a relay, proudly wearing the "Donate Life" cycling kit that Roy had made up. Roy biked, Kevin ran and their friend Elly swam. Roy set up a booth at the race expo to raise awareness of the Live Donor program.

In October 2015, Roy completed the XTerra World Champs, 10 months post transplant.

Today: Roy is happy for each day. He is fit, active, has an active wife (they race and train together, taking race-trip-vacations in many destinations, trying out lots of new races in the Challenge Family. With one functioning kidney, however, the reality is that Roy has less natural EPO and lower hemoglobin than a similar athlete with two kidneys.

This year, Roy plans to race the new Spakwus 50 Marathon Mountain Bike Race (replacing Squamish's Test of Metal), do a mountain bike marathon at Cultus Lake with the Fraser Valley Mntn Biking Association, Oliver Half Triathlon, Challenge Half Ironman in Penticton. He's also racing in the Age Group ITU Worlds in Cross Triathlon.

And, because he likes to try new things, he's also planning to do the 11.8km Skaha Lake Ultra Swim in Penticton. His wife is doing the 70.3 Whistler, and the ITU Long Distance Champs in Penticton. Last year they both did Challenge Roth. Roy continues to train hard, play hard, travel, and give back to his sport and his sport network. He is sponsored by F2C Nutrition and Waddi (Hit Squad).

Roy is considering applying for the World Transplant Games.

You Too Can Give the Gift of Life

"I received the gift of life from a donor. I would love to make more people aware of this program, and the life it can bring," says Roy. "Many people don't realize that you don't have to be deceased to donate a kidney. It would be great if more people learned about the process."

Registering is the first step.

To find out how you can become an organ donor – including a live organ donor - go to kidney.ca/living-donation. Look up #ourkidneystory. You can also learn more at register.transplant.bc.ca.

Follow Roy and his family via FB, and watch for Roy doing ambassador work for #F2CNutrition and #Wattieink.

See also pentictonwesternnews.com/sports/cop-becomes-ambassador/.

Lara Spence lives in Vancouver and has been writing and editing for TriathlonBC for many years.

SQUAMISH TRIATHLON: Getting Dirty in 2017

Joanne Stoner,
racedirector@squamishtriathlon.org

The Squamish Triathlon has quite a history. The first Squamish Triathlon race was held in 1998 as a memorial to Bob McIntosh, a respected community member and athlete whose life had been taken too early. Bob had a dream of a local triathlon. That part of the story is sad, but out of this tragedy grew an amazing long-running triathlon. That part of the story is happy.

The event started small, grew big, shrunk a bit and now it is evolving into a new chapter in 2017. There weren't always two distances, or a relay option. It started as Olympic distance only and developed from there to offer an opportunity for beginner triathletes to enjoy the sport. The course was changed multiple times over the years, trying to work around routes in a constantly expanding town that encompasses regular train traffic and an increasingly busy highway. There are stories of races being interrupted, by interrupted we mean races being completely stopped, by trains. It seems unless you are a passenger train, the schedules are not made public. Toss a coin, hope for the best. Event organizers love that stuff.

The triathlon was unique and challenging from an organizational point of view in that it had two transitions. Alice Lake

is on the other side of a highway. In order to accommodate a road route for bikes, and not cross the highway two times, it was designed with two transitions. This added a lot of logistics for the racers as well as the organizers.

The access from Alice Lake out to highway 99 is a story all by itself! The route is steep and curvy and then 'pops' out on to a busy highway. In 2013, we had three Australians sign up last minute. They were travelling in Canada and racing. Two of them came in first and second. In fact, the guy who won that year flew into the ditch and trees on his bike coming down the steep winding section from Alice Lake. That was kind of exciting. We won't talk about the implications of the 25-30 minute highway closure for athletes to safely cross Highway 99 during the race!

In 2015, there were over 300 racers participating in the triathlon, shuttled from transition 1 at Don Ross School to transition 2 at Alice Lake with bikes and gear, crossing Highway 99, riding up Highway 99, and crossing railway tracks while avoiding trains. Given that all of this was organized by a committed group of volunteers kind of gives you an idea why the race took a break for 2016 and needed a new course design.



Brandi Heisterman on the trails of the Squamish Tri in 2011

That brings us to 2017 and the inaugural Squamish Off-Road Triathlon which is really exciting! We've completely removed the issue of highways, trains, and double transitions. The new off-road course format uses one transition area at the south end of Alice Lake Park and takes athletes swimming a new two-lap course. From there, competitors head out on the mountain bike trails for which Squamish is famous. The last leg takes competitors around the scenic Four Lakes Trail (and more!) which is a beautiful run on any day.

An off-road triathlon adventure has Squamish written all over it! With world-renowned mountain bike and running trails all starting from the edge of Alice Lake, it only makes sense.

SAVE THE DATE: Squamish Triathlon - Lake Swim, Mountain Bike, Trail Run! July 16, 2017.

Joanne Stoner is the race director for the Squamish triathlon. She lives in Squamish, BC.



Swim course stays the same, in the refreshing Alice Lake, surrounded by many trees.



WESTWOOD LAKE TRANQUILITY

What Appeals to a New Vancouver Islander

Michael Gregory,
gregory.michaeld@gmail.com

The Harbour City plays host to Canada's first open water triathlon of the season on Mother's Day weekend, packing with it all the beauty beholden of Vancouver Island into one 'epic' event.

Set against the backdrop of Nanaimo's beloved Mount Benson, Westwood Lake Park is a favourite among locals as a place to jog with a four-legged friend or rip up the seemingly endless trails on a mountain bike.

Dynamic Race Events' Joe Dixon said some of the feedback he received after last year's successful inaugural race was that many island athletes were learning about the gem for the first time.

"I think what was really great for us was to open it up and to promote it to bring people to Nanaimo and the area from other parts of the island," Dixon said. "I think another bonus was the number of athletes who travelled from off-island to race with us."

Early registration for the Sunday May 14 race suggests the trend of mainland racers has carried over again into this year.

The Nanaimo triathlon is the first in Dynamic Race Events' six event series which also features the B.C. Long Course

Provincial Championships in Oliver on June 4. The team has hosted 14,000 athletes and produced two B.C. and national championships since 2002.

"We're big promoters of areas," Dixon said. "Nanaimo has been great and the community has been fantastic to deal with from Parks and Rec to the City, so when you have those types of partnerships it really makes it easy to get excited about promoting the area as a place to come visit."

The Westwood Lake Triathlon offers Sprint and Standard distances this year as well as a Standard Relay - a guaranteed great time for anyone new to the sport who is looking to join in the race atmosphere.

Transition is fenced in the venue's parking lot and only a few steps from the sandy beaches of the lake.

The swim is a clockwise loop on a well-marked course in what's expected to be 17-18 degrees water given the shallow depths.

Dixon cut his teeth in producing races back in 1999 at the Apple Triathlon in Kelowna before moving on to guide Ironman Canada in Penticton for five years.

He's not shy about admitting that Westwood Lake has a "challenging" bike course, taking athletes along quiet rolling rural roads past several hobby farms.

Standard distance racers make the turnaround on the other side of Brannen Lake with a few opportunities to test their early season fitness and bag a few Strava segments on some punchy climbs.

On to the run, athletes are treated to well groomed trails nestled in the foothills of Mount Benson as they make their way either once or twice counterclockwise around the lake, depending on the distance.

"The athletes get about two-thirds of the way around and then they hit the climb up the backside of the park about a kilometer from the start/finish line," Dixon said, adding that it may be "one of the nicest trails on the island."

Earned your breakfast and then some? The Shriner's Club from North Nanaimo is generously providing a fully catered pancake breakfast post-race.

Dixon said a great venue and safe course are keys to ensuring athletes have a memorable experience and the Westwood Lake Triathlon fits both elements perfectly.

"There wasn't anyone that left last year who wasn't wowed by the venue... athletes who have raced at worlds and across Canada thought it was pretty epic," he said. For more information visit dynamicraceevents.com.

Michael Gregory is a writer and triathlete living in Nanaimo.



Making Your Outdoors as Great as Your Indoors

by Carson Arthur

It's a classic homeowner habit everyone can relate to. Pouring dollars and minutes into the interior of your house and barely giving a second thought to the outside. I may sound like a broken record here but I'll say it again: do not overlook the potential of your backyard. After all, when spring hits, our backyards become the social hub for any household. Warmer weather means more opportunity to spend with our families and friends in the beautiful outdoors. So why not give your backyard aesthetic a little thought, care and attention?

It's not as hard as you think. You don't have to be a professional landscape architect to create an amazing outdoor room. Here are my top three tips for making your backyard as "lounge-y" as your living room...the perfect spot for unwinding without sacrificing on design or comfort.

Rethink Privacy

Let's face it, as houses get larger, lots smaller and condos go up, the demand for privacy is growing especially in limited personal outdoor space. At one time a good fence or a privacy screen was all you needed. Now with multi-storey buildings, creating overhead privacy is just as important. Try adding a pergola or trellis to your outdoor space. A visual distraction overhead is a great way to create a backyard room that offers comfort, privacy and extended living space. It also gives the eye something to focus on so the area feels intimate and secluded. Or think outside the box! I recommend planting small trees instead of big ones – small roots mean you can plant them closer to your deck to minimize exposure. If you're looking to add a bit of extra style, I love upcycling old doors or fence panels as fun retro pieces!

Use One Surface for the Ground

The key is to use one consistent surface throughout and define a backyard as one room, even if the room has multiple purposes. When it comes to boosting your backyard potential, I'm a huge fan of useable space. Whether it's enjoying a coffee and the morning paper in the sun or hosting a long-weekend barbecue, a deck is an ideal way to achieve that even surface perfect for dining furniture. For outdoors projects, my go-to is MicroPro Sienna, a pressure treated wood that's not only eco-friendly and certified low VOC, but has a gorgeous rich brown hue that gives it the look of cedar but for about half the price. It's easy to maintain as well; simple application of a water repellent finish will help maintain the look of your deck once it's built.

Add Personality and Colour

Adding a variety of fabrics and accessories is an easy way to give your space depth, personality, and texture, while creating a cozy outdoor space that allows you to treat your deck like your favourite room. Worried about dirt? Browns and dark colours feel like a safe option, and patterned fabrics are great because they hide grass stains well but still give that extra touch of style. You can also consider adding an outdoor area rug. A well-placed rug can define a space, introduce a colour scheme or even create a focal point.

As one of the stars of HGTV Canada's new series, Home to Win 1 and 2, Carson Arthur is an international landscape designer focused on environmentally friendly design. He is an expert when it comes to educating homeowners on how to raise the value of their homes through smart outdoor renovations. He is part of the Cityline team; writes a column for the Halifax Chronicle Herald and the Sun media group including the Toronto Sun about outdoor design and appears regularly in a variety of magazines with guest articles. www.CarsonArthur.com



**Treated
Wood**

For a welcoming space after the race



ITU World
Triathlon Grand
Final Edmonton
2014.

Photo by iRemix

WTS Edmonton, July 27-29, 2017

Who doesn't love a good road trip? The TriBC team thought we'd add a feature with a race-and-road-trip highlight. This issue, we asked Calli from Alberta Triathlon to submit a piece. We welcome future articles like this. Just email info@tribc.org with your ideas. Cheers!

Calli Stromner, general.manager@triathlon.ab.ca

Edmonton is unlike most cities – and in a good way. This cool difference could be due to Edmonton's northern location and winter weather, where Edmontonians must create their own excitement. But one thing is certain: Edmonton is a lot of fun. Sure - it has the biggest mall in North America and the largest expanse of urban parkland in Canada. Great features. However, I believe it is the people that make the city great.

As fun people who enjoy lots of fun people being together, we take our festivals very seriously.

The Edmonton Triathlon Festival - also known as WTS (World Triathlon Series) Edmonton - is no exception. This year, the festivities begin on Friday evening, July 28th, with the U26 Supersprint event *and* the return of the elite Paratriathlon, a WTS Edmonton favourite! Saturday is the age-group Sprint and Standard Distance events in the morning and the Elite races in the afternoon. A jam-packed day of racing!

Race Venue – Yes, the Water is Fine

William Hawrelak Park serves as the perfect venue for triathlon in the City of Edmonton.

William Hawrelak Park (originally called Mayfair Park) is a 68 hectare park in the Edmonton river valley. The park features a five-hectare lake and open grassy areas. For visualization purposes, an international rugby field is one hectare, or 100m x 100m. So, the lake is 500m x 500m.

Yes, we know you BC folks have heard about the water in the 'pond'.

The crew monitors the lake months before the event, and treatment begins weeks before, ensuring it is safe for athletes jumping in on race day.

At WTS Edmonton, the wetsuit-friendly swim involves one loop around an island, or two loops if competing in the standard distance. Once you hop on your bike, the course will take you out



Ring lake in Hawrelak Park, Edmonton

of the park. You'll enjoy the views of the river valley and feel safe knowing the roads are closed to traffic.

Age Group athletes will love the winding descent of Groat Road, followed by the grand vista of the North Saskatchewan River.

The run course stays in Hawrelak Park, where you can keep a keen eye on your competition, and then ramp it up for a smashing finish on the signature ITU blue carpet!

Be sure to check your results! If you pushed hard enough, you just might grab one of five 2018 ITU Grand Final (Gold Coast, Queensland, Australia) qualifying spots! WTS Edmonton is the only race in Western Canada with coveted Team Canada spots.

After the race, hang out in the athlete village for some R&R and then check out the Sport & Lifestyle Expo with



	DATE	EVENT	LOCATION	DISTANCES
MAY	May 28	Coronation Triathlon	Edmonton – Peter Hemingway Park	Adult Try-a-Tri • Standard • Standard Duathlon • Kids of Steel • Youth/Jr. Draft Legal
	May 28	Airdrie Triathlon	Airdrie – Genesis Place Pool	Adult Try-a-Tri • Sprint • Olympic Duathlon • Kids of Steel
JUNE	June 3	Wetaskiwin Triathlon	Manluk Centre	Adult Try-a-Tri • Sprint • Standard • Kids of Steel
	June 4	Adrenaline Rush Triathlon	High River – Bob Snodgrass Recreation Centre	Adult Try-a-Tri • Sprint • Olympic Duathlon • Kids of Steel
	June 10	Spirit of Westlock Triathlon	Westlock – Westlock Aquatic Centre	Sprint Triathlon
	June 11	PROVINCIAL YOUTH & JUNIOR CHAMPIONSHIP		
		St. Albert Kids of Steel	St. Albert	Kids of Steel • Youth/Jr. Draft Legal
	June 11	Eastlink Triathlon	Grande Prairie	Adult Try-a-Tri • Sprint • Standard • Kids of Steel
	June 17	Chinook Triathlon Festival	Calgary - Midnapore Lake	Standard • 70.3 • Aqua Bike
	June 17	WTS Edmonton Kids of Steel	Edmonton – Royal Glenora Club	Kids of Steel
	June 18	Tri for Evan	Calgary - Elbow Valley	Sprint • Sprint Duathlon • Kids of Steel
	June 18	Calgary Kids of Steel	Calgary - University of Calgary	Kids of Steel
	June 18	Tri Vermilion	Vermilion – Vermilion Recreation Centre	Adult Try-a-Tri • Sprint • Kids of Steel
	June 24	Edmonton River Valley Offroad Triathlon & Duathlon	Edmonton – Queen Elizabeth Pool	Cross Triathlon • Cross Duathlon
	June 24	Frontier Triathlon	Nordeg	Sprint • Duathlon
	June 24	Woody's Triathlon	Red Deer	Sprint • Kids of Steel
	June 25	WildRose Women's Triathlon	Calgary - Foothills Pool	Adult Try-a-Tri • Sprint
	June 25	NLTC Sprint Triathlon	Fort McMurray	Sprint
JULY	July 1	Turner Valley Triathlon	Turner Valley	Sprint • Kids of Steel
	July 2	Great White North	Stony Plain	Long Distance Tri • Standard • Duathlon • Aquabike
	July 8	Victory Triathlon	Edmonton – Summerside Lake	Adult Try-a-Tri • Sprint Duathlon • Youth/Jr. Draft Legal
	July 8	Abbey Centre Super Kids	Blackfalds - Abbey Centre	Kids of Steel
	July 8	PROVINCIAL SPRINT & STANDARD DUATHLON CHAMPIONSHIPS		
		Red Deer Comfortec Duathlon	Red Deer – Crossroads Church	Duathlon Sprint and Standard
	July 15	PROVINCIAL SPRINT CHAMPIONSHIP		
		Victory Triathlon	Wizard Lake	Adult Try-a-Tri • Sprint Duathlon • Youth/Jr. Draft Legal
	July 16	Stettler Triathlon	Stettler	Adult Try-a-Tri • Sprint • Kids of Steel
	July 23	PROVINCIAL LONG DISTANCE CHAMPIONSHIP		
		Ironman Calgary 70.3	Calgary	Triathlon
	July 23	TRi KiDS Calgary	Calgary	Kids of Steel
	July 28-29	ITU World Triathlon Edmonton	Hawrelak Park	Youth/Jr. Draft Legal • Sprint • Standard
AUG	Aug 12	Lake Chaparral Kids of Steel Triathlon	Calgary - Lake Chaparral	Kids of Steel
	Aug 13	Lake Chaparral Triathlon	Calgary - Lake Chaparral	Adult Try-a-Tri • Sprint Standard • Standard Duathlon
	Aug 13	St. Albert Adult Triathlon	St. Albert Triathlon	Adult Try-a-Tri • Sprint
	Aug 19	MEC Calgary Sprint Triathlon	Turner Valley	Sprint
	Aug 19	Camrose Triathlon	Camrose - Camrose Aquatic Centre	Adult Try-a-Tri • Sprint • Kids of Steel
	Aug 20	Tri-Diva-Tri Women's Triathlon Festival	Strathmore – Strathmore Aquatic Centre	Adult Try-a-Tri • Sprint
	Aug 20	Terwillegar Towne Triathlon	Edmonton – Terwillegar Recreation Centre	Adult Try-a-Tri • Sprint • Kids of Steel
	Aug 20	TriRiver Triathlon	Peace River	Sprint
	Aug 26	MEC Edmonton Triathlon	Beaumont	Adult Try-a-Tri • Sprint • Sprint Duathlon
SEPT	Sept 9	Innisfail Triathlon	Innisfail	Adult Try-a-Tri • Sprint
	Sept 16	IPM Adventure Triathlon	Elk Island National Park – Astotin lake	Cross Triathlon

your family and friends. In the park, you will find something for everyone. Edmonton food trucks from "What The Truck"?! , an interactive KidZone, Beer Gardens with live entertainment and the grandstands that offer a great view of the Elite races in the afternoon.

The new elite sprint race course has been designed for the speed books. The bike course is condensed this year for fast and furious racing. At 3.5 km, this is the shortest loop on the ITU circuit. It includes a steep but short hill, followed by some exciting technical turns. Athletes will need to work hard to stay connected to the pack. We'll see athletes fly by 6 times totaling 21 km. The local organizing committee aims to have the entire length of the bike course packed with fans showing how it's done in Canada!

As mentioned, the 2017 season serves as the inaugural season for the World Paratriathlon Series (WPS), where para triathletes follow a similar format of WPS events and world cup events. Edmonton is honoured to host one of the three WPS events that coincide with the World Triathlon Series in both the Gold Coast and Yokohama as well.

Edmonton: Where to Stay

Since Hawrelak Park is central, there are great hotel destinations to choose from. Stay in the historic Old



Photo by Curtis Comeau

Chef Blair Lebsack of Rg Rd- Best Overall Restaurant voted by avenueedmonton.com



Photo by IQRemix

Strathcona location on Whyte Avenue where Edmontonians love the boutique shopping, or choose the host hotel, The Westin, close to the Ice District and the new event centre, Rogers Place.

Things to Do, Food to Eat

Once you're settled, make time to take in some adventure. Try out the segway tour with River Valley Adventure Co., the streetcar tour across the High Level Bridge, and don't forget to visit the Art Gallery of Alberta.

As athletes, the one thing we love to do is eat. Avenue magazine has published the 2017 Best Restaurants Directory (www.avenueedmonton.com/Best-Restaurants-Directory-2017). How many can you try in one weekend?

Whether you are someone who loves the outdoors or prefers the city nightlife, Edmonton offers a treasure trove of activities to suit all lifestyles.



Photo by Bill Burris



Clockwise from left Art Gallery of Alberta, streetcar at High Level Bridge, and Banff National Park

Road Trip Options

When considering any road trip, consult Google Maps to get excited about the towns or parks you'll pass through on your way, and get a decent estimate of time. At 12 hours from Vancouver or 10 from Kelowna, you have a few options when road tripping to Edmonton. Go high – which passes through Jasper – or go low – and pass through Banff National Park. Take 10 days off for a summer adventure and do a loop, stopping to enjoy some fantastic Canadian scenery. As a part of Canada's 150 celebration, admission to National parks is free if you apply for a Parks Canada pass. Take advantage while you can!

Get ready for Edmonton!

Register at edmonton.com/triathlon.org. Prices go up June 30, but some (Super Sprint, Try-a-Tri, Team Relay) are same price from now until July 20, 2017. Race weekend is July 27-29, 2017.

For more, see wtsedmontonblog.com.

RACE NUTRITION SUCCESS

Training Your Gut

Tracey Mager, RD, MSc., tracyk1@telus.net

To race long distances, you need to train your body, mind and stomach.

Anyone who has had stomach issues in training or in a race knows practicing your nutrition is just as important as practicing every other aspect of a triathlon. Your long runs/rides are the perfect time to practice!

Figuring out exactly how many calories and the amount of liquids you are going to consume per hour isn't going to make a difference or sit well in your stomach if you don't train your gut to accept that amount. Practicing eating and drinking during every training session is key to training your gut to adapt and teach you what works and what does not before race day. Our muscles can store anywhere from 90-120 minutes of energy (as glycogen) to use at the beginning of training. How long glycogen stores last depends on your speed, fitness level, nutrition and metabolic rate. Regardless, after 75-90 minutes you are going to need to start fuelling to maintain performance. How much can your gut absorb while training for hours on end?

The "gold standard" is one gram of carbohydrate per minute (60g/hr). There are four calories per gram of carbohydrate, thus for every hour you train you need approximately 240 calories/hr. - If you are female, smaller or new to running, you may only be able to absorb 200 cal/hr. - If you are male, larger, are an experienced runner or have lots of lean body mass, you may be able to absorb up to 300 cal/hr. If you are training longer than four hours, you can start to add in protein at a ratio of one gram protein to four grams of carbohydrate. Do not change the total amount of calories consumed, rather lower the percentage of carbohydrate



Photo: Shutterstock

Heather Wurtele of Canada staying hydrated on June 2013 at Ironman Coeur d'Alene, Idaho. Heather took first place in the woman's division. Staying hydrated and practicing taking in 240 calories/hour (2 gels, for example) during training can bring more success on race day.

from 100% to 75-80% and the rest from protein. We have thousands of calories of stored fat in our bodies, so we don't need to eat fat for calories during training. It is more efficient to get energy from carbohydrates than to break down our fat stores for fuel which is a much slower process.

Keep track of how much you ate and drank and what & when you took in for nutrition for each training session.

Tips for Happy Race Nutrition

- Make sure you are hydrated before you start (2-3 cups of water 90-120 min before).
- Carry water and fuel (gels, bars, chews, food, etc) with you on every long run.
- Set your watch alarm every 15 minutes and start hydrating with water at 60 minutes
- Aim to fuel every 15 minutes to hit your target number of calories per hour (small portions more frequently)
- Start with products that are easy to digest to start such as gels, maltodextrin powders, or gummies.
- Watch the contents of the fuel you choose. Some people have sensitivities to fructose which can cause a lot of stomach upset.
- We need water to break down carbohydrates so alternate between drinking fuel and fluids

Pay attention to how you feel before and after you consume your fuel and what is happening in your stomach (bloating, cramps, pain or nothing). If your stomach starts to hurt, or you feel like you are not absorbing anything, slow down a bit. During each training session, adjust your fuel/hydration intake towards your goal of 240 calories per hour. Every training session is a chance for you to experiment on what type of fuel to use, which one you absorb the best, and figure out how much and how often you need to hydrate. If you are having significant gut distress, try another fuel source and make sure you are hydrating enough to absorb the fuel.

Tracey Mager has over a decade triathlon experience as a triathlon coach, sport dietitian and competitive triathlete. She has represented Canada both at the Duathlon World Championships and at the Ironman World Championships in Kona, Hawaii. If you would like more specific information on nutrition for triathlon or training/racing nutrition plans, she offers private Sport Nutrition Consultation. On FB, @EatRunning.