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What's New [@TriOntario](#)

Triathlon Ontario's New Age Group Club Ambassador Program

We are excited to announce our new **Age Group Club Ambassador Program**. This new initiative is intended to grow the sport of triathlon in local communities across Ontario.

Triathlon Ontario is giving each triathlon club the opportunity to nominate one member from your club to be your official liaison in the Club Ambassador Program. This select group of ambassadors will have a mandate to **inform, inspire and represent Triathlon Ontario** at local events in your community. The purpose of this program is to help **grow age group membership** and help roll out **new value added and benefit driven programs for existing and potential new members**. This is an exciting time for triathletes and at Triathlon Ontario, we want to create additional value for our age group members.

Responsibilities of the Ambassador will include attending a one day training session at the SAO building in Toronto, located at 3 Concorde Gate, date to be announced in the coming month. This session will bring Ambassadors up to speed on all of the current membership benefits and new marketing initiatives currently in development. Ambassadors will be asked to represent Triathlon Ontario at a minimum of two local events (potentially races and other related events) over the summer to engage racers about the benefits of membership with Triathlon Ontario and hand out membership application forms to non-members.

This is a volunteer appointment that will require a **three to five day commitment over the coming season**. What's in it for you and your club? This is a great way to promote triathlon to the local community and enlist new local members to join your club and receive the same club discount for membership if they join Triathlon Ontario as a club member. There are thousands of triathletes who are not affiliated with clubs so this is a great way to engage them about membership and pick up some swag for yourself.

If you have an individual in mind, please approach them with this opportunity. Once you have a member from your club who would like to take on this new role...

Sign Up: Submit your (or the individual designated) name and contact information to ed@triathlonontario.com or Dave Buzanko, who will be overseeing the Program at dave@tcsdirect.ca. Subject: Ambassador Program. Please also include the ambassador's shirt size as they will be receiving Official Triathlon Ontario Ambassador Swag.

Please have your nominations in to us no later than April 11th.

Club Wear

Triathlon Ontario's New Club Wear Program

Through its partnership with Ian Feldman of Genumark, the program is designed to give clubs - big and small - the opportunity to source an extensive catalogue of club wear options at competitive prices from a trusted source.



QUICK LINKS

[2014 Provincial Championship](#)

[Venues](#)

[2014 Triple Crown Challenge](#)

[Provincial Development](#)

[Program](#)

[Training Days](#)

[Provincial Development](#)

[Camps](#)

[Ontario Summer Games](#)

[Resources & Downloads](#)

[Coaching](#)

[Officiating](#)

[INFINIT \(20% OFF\)](#)

Upcoming Events

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[Lisa Bentley – Power Bar](#)

[Florida Triathlon Camp](#)

[Muskoka TriSummit](#)

[Toronto Cricket Club – Tri](#)

[Club – Bike and Run](#)

[Clinic](#)

[PDP Training Days –](#)

[Peterborough](#)

[Fit 2 Tri – Draft Legal](#)

[Certification Series](#)

[Lost Sole Xterra Duathlon](#)

[Ontario Draft Legal Card](#)

[Clinic](#)

[Toronto Triathlon Club –](#)

[Swim Meet](#)

[Woodstock Triathlon](#)

[NCCP Certified](#)

[Community Level](#)

[Coaching Course \(2 Days\)](#)

Triathlon Ontario understands the value to a club when its members proudly display their club colours either at races, training sessions, or even in casual wear. There is no doubt that clubs who have members wearing their club colours helps develop a sense of team spirit, increases visibility, thereby attracting more members and offers additional sponsorship and revenue generation opportunities.

While some clubs may already have some sort of customized club wear, often times it's either limited, expensive and many don't have any club wear at all. With the objective of furthering club development across the province, Triathlon Ontario is assisting clubs with the challenges associated with small purchase orders, not knowing where to find competitive prices from a trusted source, or clubs being offered limited options.

Interested clubs can access the catalog of clothing options by clicking [here](#). For those that would like to place an order, have any questions about any of the products or are interested in something that may not be there, please contact Ian at ifeldman@genumark.com or 416-498-4334.

Best of luck to everyone for the 2014 season and we hope to see you at the Club Championships ([new format just announced](#)) at [Guelph Lake I June 21/22!](#)

Why wait? [Check Out the Catalogue](#)

Club Championships



2014 Club Championships

[New Format for 2014!](#)

The purpose of the annual adult Club Championship is to encourage the growth and development of the multisport club system in Ontario and to encourage and promote friendly competition between clubs in a sanctioned environment. Prize money is awarded to assist clubs with their financial obligations and to better serve their athletes.

Divisions

Clubs will be designated either Division I or Division II clubs for the purpose of the Club Championships. Clubs with 50 or more members at the time of the competition will be a Division I club and will compete only against other Division I clubs. Clubs with 49 or less members at the time of the competition will be deemed a Division II club and will only compete against other Division II clubs.

Event

The Club Championships will be contested at [Subaru Triathlon Series' Guelph Lake I event June 21/22, 2014](#). The events that will count towards point totals will be the individual Sprint and Olympic distance triathlons and duathlons as well as relays. In order for a relay result to count, all members of the relay must be members of the same club. Results from Try-a-Tri and Swim/Bike competitions will not count towards the point totals.

[Read More](#)

[– Toronto](#)

[Sprint Duathlon
Championship](#)

[Iron Hawk Duathlon](#)

[Paratriathlon
Development Camp](#)

[Lake Whitaker Splash n
Dash \(12 wks\)](#)

[10th Annual East End KOS
Duathlon and Adult TAT](#)

[TCOB – Sprint & GIT
Triathlon Training](#)

Click to view event
calendars:

[Adult / KOS](#)

[Our History](#)

[Contact Us](#)

[Latest Tweets](#)

[To register for the event please click here](#)

Tara's Nutrition Tips (formerly Tara's Nutrition Analysis)



Don't waste your workout! You invest so much time into training, that you'd better invest some time and consideration towards the engine (aka your body) that allows you to train. Pre-exercise remember to hydrate with 250-500mL water and to fuel with about 1-1.5g of carbohydrate per kilogram of body weight on your quality and long workouts. Post run remember the 3Rs of Recovery in the first 60 mins following a workout: Rehydrate, Refuel and Repair. Rehydrate with 500mL of fluids to start, Refuel with 1-1.5g of carbs per kg/body weight and Repair with at least 10-15g of high quality lean protein.

NUTRITION TIP #5

~Tara

Tara Postnikoff is a registered Nutritional Consultant, Triathlon Coach and Personal trainer

[More to come in the next issues...](#)

Exclusive Membership Benefits

INFINIT
Custom-Blended Nutrition Solutions



Triathlon Ontario Members Get 20% Off Of All Products

What's Included with the TriPack?

1 - RUN (4 servings).

Infini's Ultra Premium Electrolyte Drink

2 - RIDE (4 servings).

Specifically formulated by the Infini development team to have extra calories (274) and just enough protein (4g) to help you stay full with no bloating

1 - JET FUEL (8 servings) .

The low osmolality formulation for short explosive efforts. Ultra-premium product for your fastest race ever!

1 - INFINIT RAW (9 servings).

A high quality, rapidly absorbed protein which is very versatile. It enables the athlete to customize their own nutrition

1 - REPAIR (4 servings) - .

The Best Recovery Drink on the Planet. Ultra-premium, all-natural ingredients for the best recovery drink on the planet.

FREE PERSONAL NUTRITIONAL CONSULT - .

The assistance you need to create your very own CUSTOM formulation for your racing and training needs. Work with one of our Infini staff by phone and discuss...

PRICE: \$69.95*

* INCLUDES FREE SHIPPING

List Price: \$120.00

You Save: \$50.05

[GET YOURS TODAY!](#)

2014 Membership

Don't Forget that your **2013 Membership** expires **March 31, 2014.**

So, **[sign up today](#)** and be ready for the 2014 Season.

2014 National DUATHLON Championships



Triathlon Canada will host the 2014 Canadian Duathlon Championships in partnership with the Toronto Triathlon Festival. The July 13 event will provide athletes with the opportunity to experience a truly urban Duathlon in Toronto.

[Read More](#)

Draft Legal Provincial Championships

Draft Legal Provincial Championships Open for Registration

-Prize money increased for Elites/U23-

Registration for our [2014 Draft Legal Provincial Championships](#), being held in Ottawa at Mooney's Bay on August 2. The Provincial Championships will include Elites and U23 athletes battling it out for an increased prize purse, a Junior Developmental race and a U15 race.

Participants can register via Events Online at:

https://secure.eventsonline.ca/events/nationalcapital_tri_ont/

Click on the logo for details



Ontario Youth Cup

The Ontario Youth Cup is back for 2014 and boasts even more action, excitement and goodies. The series has expanded to 5 races and the best 4 out of 5 races will be counted. Although originally for 14-15 year olds, the Youth Cup will now include 12-13 year olds. It will be a 4 race series and the best 3 out of 4 races will be counted towards the point total.

Stay tuned next week for the full details on the new 2014 Youth Cup and its venues.



Triple Crown Challenge

Triple Crown Challenge

-\$500 Cash Prize to the Winners-

We have created a special competition for Age Groupers in recognition of Edmonton's hosting of the 2014 Age Group World Championship. 2014 presents a rare opportunity to compete in all three (Provincials, Nationals and World's), making up the "Triple Crown", on Canadian soil.

The Triple Crown Challenge is open to all non-Elite Age Groupers in the Sprint and Olympic disciplines. A

\$500 cash prize will be awarded to the overall men's and women's winner in each distance (i.e. four winners). Points will be assigned to each person based on their age category finish in each race with the winner determined by whomever amasses the **LEAST** amount of points after all three races are completed. Points will be assigned based on the following system:

Rules of the Competition

- Must be Triathlon Ontario members at the time **BEFORE** the first competition
- Must compete in all three races to be considered
- Must compete in the same three distances (the three races have to be all Sprint or all Olympic distances)

[Click Here for more info](#)

[Register Today!](#)

Provincial Development Team Training Days

As part of our Provincial Development Program Triathlon Ontario will be running a series of Training Days. The goal of these Training Days is to bring together talented young triathletes in order to further their technical, tactical and physical development.

Training Days are open to any athlete between the ages of 12 and 25. Younger athlete's workout will be no longer than 1 hour. The Training Days will be held at various locations across Ontario.

There are varying participant limits at each training day so pre-registration is mandatory. Any athlete who arrives but has not pre-registered will not be allowed to participate.

DATE	LOCATION	COST	APPLICATION
PETERBOROUGH			
Saturday April 26, 2014	Trent University	\$40.00	REGISTER NOW!

North American Sarasota prep Camp

[CLICK ON A PIC TO GO TO THE FULL ALBUM](#)





Coaching & Officiating

Coaching:

There is a new NCCP Community Level coaching course in Toronto on May 10 & 11. Details and sign up form located [here](#).



Continuing Education Program

For those coaches who already have coaching certification and want to increase their skill set. TO has created an online **Continuing Education Program for Triathlon Coaching**. The first course is Exercise Physiology for Triathletes, presented by Dr. Wells. [Click here to register](#) for the course

[Click here](#) for more info about Dr Wells

Stay Tuned for more courses!

Muskoka TriSummit



DON'T FORGET THAT THE TRISUMMIT IS NEXT WEEKEND.
SPACE IS LIMITED SO [SIGN UP NOW](#) TO RESERVE YOUR SPOTS!*

The Muskoka TriSummit is Canada's **only** endurance sports conference put on **by** endurance athletes **for** endurance athletes.

What the TriSummit is

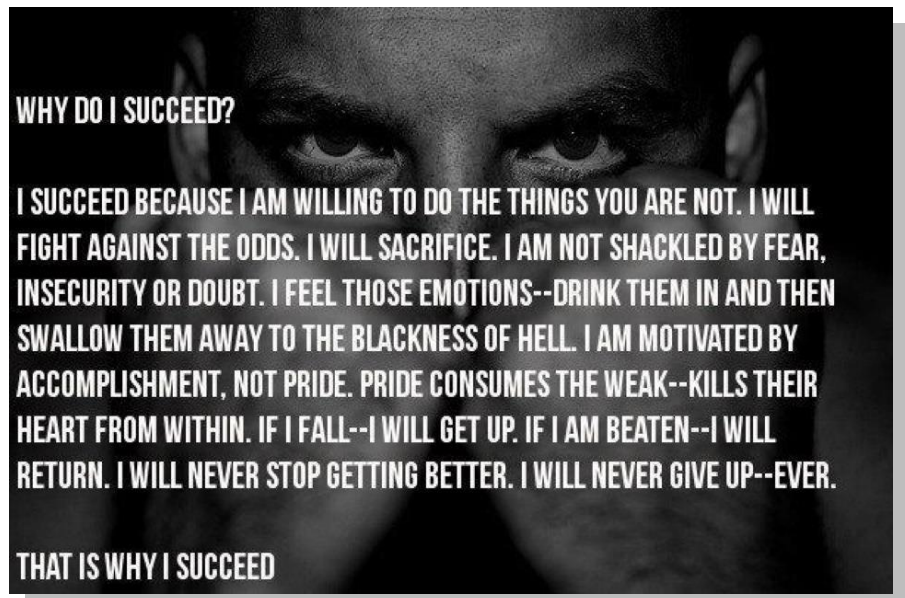
The Muskoka TriSummit is an educational opportunity to make endurance athletes, from try-a-triers to

experienced, to:

- Become smarter about their training, their racing, and nutrition strategies
- Train better with improved technique to improve your efficiency and power, and
- To learn from some of the best in the sport including our keynote speaker Matt Fitzgerald
- Attend hands on technique clinics with low instructor to attendee ratio so you can get some personal tips on how to improve your technique

[Read More](#)

TRInspiration



Visit [Triathlon Ontario.com](http://TriathlonOntario.com) for the latest triathlon news, events, camps, and clinics

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TRIATHLON ONTARIO | 205-3 Concorde Gate | Toronto | Ontario | M3C 3N7 | Canada