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What's New @TriOnt

Holiday Hours



2013 has been a very good, but busy year for Triathlon Ontario and it's time to take a break to recharge the batteries. Have no fear, the elves at the TriOnt workshop are hard at work planning for a fantastic 2014! The Triathlon Ontario office will be closed from **Monday December, 23 and reopening on January 2** with the usual office hours of Monday-Thursday 9:30-3 pm. Speaking of the holidays.....

Great Gift Ideas

The triathlon elves are busy at the shop thinking of the holidays.



Why not grab a **TRI Package**, (\$59.95 with the discount) specifically formulated for triathletes (\$120 value), or customize your own package



from **INFINIT**. Members get a **20% discount** with promo code TO2014. However, if you wanted to keep warm and look great, we are still taking your holiday orders for our warm, comfortable, snazzy Triathlon Ontario branded Roots hoodies. They are going fast so get yours before Dec. 10, 2013 or you won't have any for the Holidays. TriOnt members receive a **\$5.00 off**.



Membership Rates for 2014

We are working hard to get our 2014 membership registration available in the next week or so, earlier than last year. Keep an eye out for communications for when we are up and ready to go. We are happy to announce that our membership rates have either been reduced or stayed the same from 2013. Want to know why you should renew your membership? [click here](#) for the numerous benefits of membership. Save even more money and get more rewards by joining a sanctioned club!

Type	Price	2013 Difference
Adult	\$55	No change
Adult Club	\$45	No change
Junior (16-19)	\$45	-\$10
Junior Club	\$40	-\$5

[Quest 4 Gold](#)

[Provincial Development Program](#)

[Training Days](#)

[Ontario Summer Games](#)

[Ontario Youth Cup Race Series](#)

[Resources & Downloads](#)

Upcoming Events

[Training Days - Guelph](#)

[Training Days - Ottawa](#)

[Training Days - Peterborough](#)

[LPC Winter Triathlon Clinic - Windsor](#)

[NCCP Certified Community Level Coaching Course \(2 Days\) - Ottawa](#)

[NCCP Certified Community Level Coaching Course \(2 Days\) - Toronto](#)

[Provincial Official Level 1 Course - Muskoka](#)

[NCCP Certified Community Level Coaching Course \(2 Days\) - Muskoka](#)
[90 Minute Indoor Cycling Class \(23 weeks\) - Oshawa](#)

Click to view event calendars:

[Adult / KOS](#)

Youth (15 or less)	\$30	No change
Youth Club	\$25	-\$5

Introducing a new KOS Family membership of \$85. This fee covers not only all of the children in the household but also both parents! The reduced fee is just one way Triathlon Ontario is doing our part to help encourage youth and families' participation in the sport. KOS family applications must be paper based and filled out and submitted at the same time but at least you save on processing fees!

Non-Member One Day Race

Also reduced for the 2014 season is the one day non-member fee for race entries at sanctioned races. At the request of the race organizers, we have agreed to discontinue the Multisport and Subaru Limited Race Series memberships. This means a return to the previous system where participants in sanctioned races who are not members must pay a one day insurance licensing fee per each entry. Even more reason to become a member and save money!

In an effort to help race directors reduce their entry fees for 2014, we have reduced our one day fees compared to last year. Depending on the race length or series, one day fees for adults will be \$6-\$8 per entry per race, down from \$10 in 2013. For children 8-16 years of age the one day fees are now \$6, down from \$10 in 2013 and for children under 8 years of age, the fees remain just \$2 per entry.

How do we compare to everyone else in North America? Well, we are proud to say we have the lowest adult one day fees around. Just take a look below. Your membership fees and race fees help support the development and growth of the sport, while ensuring that those races that are sanctioned with us are safe and fair for everyone.

Governing Body	Adult One Day Fee for Non-members
USAT	US\$12
Triathlon Quebec	\$13-\$27*
Triathlon BC	\$13.00
Triathlon Alberta	\$20
Triathlon Ontario	\$6-\$8*

*Depending on type of race

Q&A with Coach Greg and Tara's Nutrition Analysis

Holiday Weight Gain Season is back. If you would like Tara to look at your Nutrition or you would like to get a review please contact developmentprog@triathlonontario.com and/or if you have a triathlon question for Coach Greg send it into developmentprog@triathlonontario.com and receive some **FREE** triathlon swag.



New Race Series

Here at Triathlon Ontario, we are excited to announce a new 5 race kid's series coming in 2014!



Tri-FUN Kids' Triathlons is the race series that puts family fun into swim, bike and run! Just having fun means you've won! Tri-FUN offers:

- A Race Day that's full of fun, inspiration and smiles for kids ages 3-13
- Fun goodies for athletes: t-shirts, medals, freebies, snacks and more!
- A Fun Zone to play in after the race
- Excitement that lasts well beyond the finish line!

MARK YOUR CALENDAR! REGISTRATION OPENS JANUARY 2014!

2014 RACE SCHEDULE

- **Vaughan:** June 22, 2014
- **Guelph:** July 6, 2014
- **Milton:** July 13, 2014
- **Mississauga:** July 27, 2014
- **Oakville:** August 24, 2014 (ages 3-9 only)

VISIT US at <http://www.trifunkids.com>

2014 TriSummit



This year's Muskoka TriSummit will feature the highly respected nutritionist, endurance coach, and bestselling author (*Racing Weight* and *Iron War*) **Matt Fitzgerald** and some of the top coaches and professional athletes in the sport. Participants will take part in the skills and technique based clinics that will have a low (personal) athlete-to-professional ratio. The progressive information that is received could give that added benefit heading into race day.

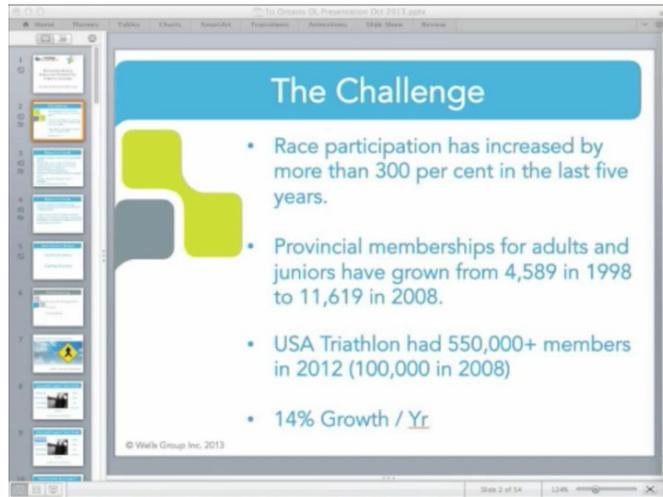
Registration opens January 1st, 2014 and space is limited, so don't miss out on this opportunity to get up close and personal with some of the best in the sport.

[Click Here](#) for more information.

Online Continuing Education Video

Check out the teaser for our new online continuing education courses targeted for Community Level triathlon coaches. Physiology, the first segment, will be ready shortly so stay tuned...

Click the video below for a taste!



Provincial Team

We have chosen the members of the inaugural Junior Provincial Development Team for the 2014 season. 17 members (10 men, 7 women) were identified based on the 2013 national junior rankings, age range of 16-20, and performance standards.

Congratulations to the following Provincial Team Members:

Oliver Blecher	Alex Maxwell	Rui Xu
Jacob Jamnicky	Aron Mohammadi	Aiden Zagar
Alec Jarvis	Willem Quosai	Megan Adams
Willam Laurie	Patrick Smith	Sasha Boulton
Taylor Jauering	Madeleine Kennedy	Samantha Klus
Danae Morris	Kirsten Vergara	

The Junior Provincial Development Team is a part of the Triathlon Ontario's Provincial Development Program, launched recently with numerous Training and Talent ID opportunities in Sudbury, Guelph, Peterborough and Ottawa. The Team members will have training camp and clinic opportunities to help enhance their current training plans. The camps and clinics will be limited in terms of spots available and Provincial Team members will be given priority, however, if there are available spots there will be opportunities for non-team members to participate.



For more information on camp dates and locations, as well as training days, please [click here](#). More details will be uploaded shortly.

For an overview of the Provincial Development Program please [click here](#).

Training Days

Training Days will be supplied, complimentary, by [INFINIT Nutrition](#).

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.

DATE	LOCATION	COST	APPLICATION
GUELPH			
Sunday, December 8, 2013	Guelph University	\$40.00	DOWNLOAD
Sunday, January 5, 2014	Guelph University	\$40.00	DOWNLOAD
Sunday, February 16, 2014	Guelph University	\$40.00	DOWNLOAD
Sunday, March 30, 2014	Guelph University	\$40.00	DOWNLOAD
OTTAWA			
Sunday, November 24, 2013	Carleton University	\$25.00	
Sunday, January 19, 2014	Carleton University	TBD	
PETERBOROUGH			
Saturday, December 7, 2013	Trent University	\$40.00	DOWNLOAD
Saturday, January 25, 2013	Trent University	\$40.00	DOWNLOAD
Saturday, February 22, 2014	Trent University	\$40.00	DOWNLOAD
Saturday, March 8, 2014	Trent University	TBD	
SUDBURY			
Saturday, November 30, 2013	Laurentian University	\$40.00	

Q & A with Coach Greg

Greg Kealey is based out of Ottawa and is Triathlon Ontario's Provincial Development Coach and Ontario's Canada Summer Games coach for Triathlon. If you have a training or racing question you'd like answered in an upcoming newsletter, send them to developmentprog@triathlonontario.com.

Hello Coach Greg,

I am excited to be training for my first 70.3 in September 2014. There's a ways to go before I start my specific training program for this, so I'm looking at what to do in the off season to prepare, address injury trouble I ran into this year, and ensure that my base level of fitness is in place so that (come May 2014), I can transition into higher intensity

training leading up to the 70.3 goal. Right now I swim twice a week with a master's group, run 3 x a week with friends-- which will gradually build into training for Around the Bay in March-- and I spin once a week. Any advice so that I'm not COMPLETELY in over my head would be appreciated!!

Thanks!

Nicole

COACH GREG

Hi Nicole

Thanks for the question and best of luck on the 70.3 goal this year.

I'll try to give you as thorough answer as I can based on the information provided, but it would really depend on what your current base fitness is? Have you done any previous shorter distance triathlons? And of course what injuries you ran into last year.



Other considerations would be if you're going to be working with a certified triathlon coach or if you're working from an internet plan. Either is good, however working with a coach allows for more targeted training and of course a watchful eye on technical execution and fatigue which are really two of the main limiters for improvement.

I think one of the base ideas behind training is "being able to do the time", what I mean by that is let us say your first week of run workouts includes a 40min or 60min run. Can you run for that length of time? Depending on how your sport specific program is structured (distance or time) it should make sure your training at this stage is targeted not so much on how fast you're running, or how far but for how long.

Without knowing what kind of plan you are starting or what the platform of that plan will be I think the best way to be as prepared as you can, and to be ready to train is to be able to do each activity for the length of time your training plan will call for. If the plan is properly structured it should get you from your base fitness to your goal time (or close to it) with proper, build and recovery phases.

Hope this helps and Thanks again!

Nutritional Analysis

Triathlon Ontario Profile:



Name: Jason McGrayne

Age: 34

Occupation: CNC Programmer

Hometown / Place of Residence: Windsor, ON, Canada

Years in Triathlon: 1, just started training this year for my next year triathlon debut.

2014 Triathlon Goal: Half Iron Distance, Marathon and various cycling races.

Dream Triathlon Goal: Multiple 140.6 races and running races half and full Marathons.

Nutritional / Training Concerns:

1. Proper hydration, before and during training/races even off days
2. Building a nutritional base throughout the season, what is needed for optimal energy the night and morning of a race.
3. Feeling good day in and day out with proper nutrition for great training days.

My Day:

Non-Training Day

Breakfast – ½ cup plain oats with wild organic blueberries with one cup of room temp water.

Snack – Half a Grapefruit

Lunch – Salad. Greens (baby Spinach, Kale, Field Greens), Grape tomatoes, red bell pepper, cucumber, avocado pieces, beets with Olive oil and vinegar or Apple Cider Vinegar for dressing.

Snack – Handful of mixed raw nuts and seeds

Dinner – Boneless Skinless Chicken Breast with a small portion of brown rice and a veggie.

Night snack if needed would be a handful of raw almonds.

Training Day

Breakfast – Natural Peanut Butter on Rye toast before my morning swim or run.

Snack – Fruit

Lunch – Brown Rice with egg and mushrooms usually 1-2 hours before a bike ride.

Depending on the length of the ride I will bring Dates and a banana along with a Vega endurance bar with Vega electrolytes and water.

Lentils with rice right after my bike session.

Dinner – Fish or chicken with veggies and hummus.

Night snack if needed again would be raw nuts or seeds.

Registered Nutritional Consultant, Triathlon Coach and Personal trainer, Tara Postnikoff, assesses an athlete's food journal and offers advice for improved athletic performance and health.

Tara's Tips

Jason, your diet looks very healthy, clean and natural! Great job!

Proper hydration is key to health and athletic performance. Aim to drink about 2.5- 3.5L per day of water or herbal teas depending on your activity level and body type. You'll know if you're well hydrated if your urine is a pale straw colour, versus dark yellow. Make sure you've pre-hydrated with a couple glasses of water so that your muscles can slide fluidly and you maintain core body temp and heart rate. Also for runs longer than an hour

make sure you carry water and consume about 400-800mL of fluids per hour to maintain hydration.



Concerning your diet on non-training days (and non-morning training days) my number one comment would be to remove some of the carbohydrate and add more protein and fat to breakfast. This will help to fill you up and maintain more stable blood sugar levels.

For example, have ½ an avocado with 2 eggs and a cup of berries with some ground flax. Or a smoothie with some high quality protein powder, 1 tbsp coconut oil, 1 cup of berries, a handful of spinach, and 1 tbsp chia seeds mixed with water.

As your training volume increases you will have to increase your caloric intake as well, either by increasing the portions of what you are already consuming or adding additional snacks. Your calories will also increase through the addition of "fuel" during your training sessions which are longer than 90 mins. For example on a 3+ hour ride you'll want around 60-90g of carbs per hour, which is an additional 240-360 calories per hour from just sports nutrition. You may need to integrate some sports nutrition products such as gels and blocks vs just dates, because consuming 4-5 medjool dates per hour to get your required energy will also provide you with potentially too much fiber which can lead to GI distress.

Good luck with your training and racing!

For more information, Tara can be reached at tara@heal-nutrition.com

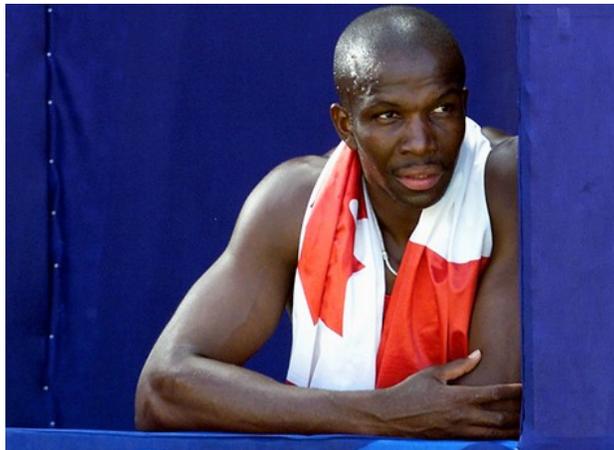
New Coaching Course and Officials Course Added in Muskoka

We have a hand full of Community Level coaching courses in Muskoka on February 1-2, 2014 ; Ottawa on January 11-12, 2014; and in Toronto January 18-19, 2014. There is also an Official's course in Muskoka on January 31, 2014. Details and registration for the coaching course can be found [here](#) and details and registration for the official's course can be found [here](#). Space is filling up.

Sign Up Now!

Stay Tuned for courses in the New Year in the Guelph area.

TRInspiration



Every kid needs a mentor. Everyone needs a mentor!

~Donovan Bailey~

Visit 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