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## What's New [@TriOntario](#)

# 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/](https://secure.eventsonline.ca/events/nationalcapital_tri_ont/) and must be [Triathlon Ontario members](#) (or members of their home PGB if not an Ontario resident) at the time of the race as well as draft legal certified by Triathlon Ontario (or by their home PGB if not an Ontario resident). Athletes from other Provinces/countries are welcome but will not be eligible for the Provincial Champion title.



## Prize Money

The prize money available has been increased this year from last year. The Elites/U23 men and women will each be competing for a **\$400 cash prize** (up from \$300) for first place, second place will receive **\$250** (up from \$200) and third place will receive **\$150** (up from \$100). Athletes from other Provinces and countries will be eligible for the cash prizes but not for the Provincial Champion title.

## Ontario Youth Cup

Once again the U15 Draft Legal Provincial Championships will play an integral part of the Ontario Youth Cup Series with additional points to be available. Triathlon Ontario has tentatively selected four additional races to be a part of the 2014 edition, expanding the Series from four races last year to five this year. The races and dates were selected in part , to avoid as best as possible, any conflicts with Triathlon Canada' s National Junior Series. Also new for this year is the expansion of the **Youth Cup to**



## QUICK LINKS

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

**Upcoming Events**

[REGISTER NOW!](#)

Lisa Bentley – Power Bar  
Florida Triathlon Camp

LPC Florida Triathlon  
Camp – Florida, USA

[NCCP Certified](#)  
[Community Level](#)

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

[Provincial Official \(PTO\)](#)  
[Level 1 Course – Ottawa](#)

TCOB – Sprint & GIT  
Triathlon Training

[PDP Training Days -](#)  
[Guelph](#)

Muskoka TriSummit

PDP Training Days –  
Peterborough

Fit 2 Tri – Draft Legal  
Certification Series

Toronto Triathlon Club -  
Swim Meet

Sprint Duathlon  
Championship

Iron Hawk Duathlon

include the 12-13 age group. The new age group will tentatively consist of four races.

More details about this year's edition of the Ontario Youth Cup will be forthcoming in a special announcement once all of the race details are finalized and registration is open for all of the races within the Series.

## 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)

#### Eligible Races

##### Sprint Distances

Provincial Championships - July 6th, Belle River Triathlon  
[http://www.windsortriathlon.com/WindsorTriat\\_BR.htm](http://www.windsortriathlon.com/WindsorTriat_BR.htm)

Canadian Nationals - July 19/20, Magog, Quebec  
<http://www.trimemphre.qc.ca/trimemphre/>

World Championships- August 26/September 1, Edmonton, Alberta  
<http://edmonton.triathlon.org/>

##### Olympic Distances

Provincial Championships - Olympic Triathlon - August 10, Bracebridge Olympic Triathlon  
<http://www.multisportcanada.com/bracebridge/olympic-triathlon/>

Canadian Nationals - July 19/20, Magog, Quebec  
<http://www.trimemphre.qc.ca/trimemphre/>

World Championships- August 26/September 1, Edmonton, Alberta  
<http://edmonton.triathlon.org/>

[Click Here for more info](#)

**Register Today!**

Click to view event  
calendars:

[Adult](#) / [KOS](#)

[Our History](#)

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[Latest Tweets](#)

## Ontario Summer Games

As many of you may have heard the **City of Windsor** was named the host city late last year. We have been working with the City and Sport Alliance Ontario to ensure we could find a suitable venue within Windsor city limits in order to ensure Triathlon's inclusion in the Games. We are happy to report that indeed Triathlon will be a part of this year's Games.

The venue will be at **Sandpoint Beach** and the race will take place on Saturday, August 9th. As in the past, the individual race will be a competitive medal event. We are planning to have mixed relays again, but like in previous years the relay event will not be a medal event and teams will be determined randomly to ensure fairness and fun.

For those looking to qualify at the **final "wild card" race**, we have at least six additional spots for boys and three for girls. We are just in the process of reconfirming the participation of the current qualified athletes from 2013. If for some reason any of the athletes are not able to compete, their spots will be added to the pool of available qualification spots.

The wild card qualification race will be held during the Guelph Lake I Try-a-tri on June 21st. OSG hopefuls are responsible for registering themselves for this event and can do so at:

<http://www.trisportcanada.com/event/index/72>

Now that the venue is set, lots of planning is underway. Updates will be forthcoming as they become available. If you have any questions please don't hesitate to ask. You can call the Triathlon Ontario office at 416-426-7025 or email [info@triathlonontario.com](mailto:info@triathlonontario.com).

[Click Here](#) to go to our OSG page



## Special Offer from INFINIT

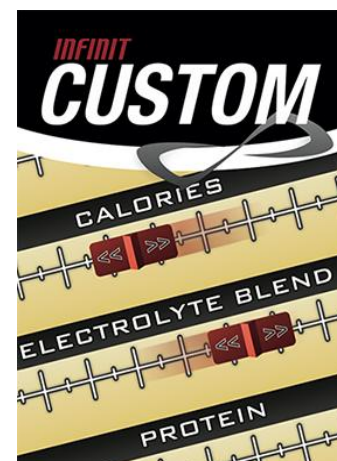
**A Deal You Can't Pass Up!**

Our sponsor [INFINIT Nutrition Canada](#) will **create your very own custom blend** and **send it to you for \$20, including shipping.**

INFINIT will first spend 10-15 minutes with you to get key information on your body composition, typical symptoms and your race plans in order to create a blend that **fuels your best performance.**

You will get 5 servings of a blend that was created specifically to fuel you to your potential.

**[PURCHASE HERE](#)**



## 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
<b>GUELPH</b>			
<b>Sunday, March 30, 2014</b>	Guelph University	\$40.00	<a href="#">REGISTER NOW!</a>
<b>PETERBOROUGH</b>			
<b>Saturday April 26, 2014</b>	Trent University	\$40.00	<a href="#">REGISTER NOW!</a>

## Exclusive Membership Offer

For those individuals in the GTA who are looking for a premium indoor cycling experience - look no further. We've worked out discounts on various PowerWatts triathlon programs. See below for pricing details.



### POWERWATTS™ CYCLING STUDIO

**WHAT IS THE POWERWATTS SYSTEM?**

**POWERWATTS** is an indoor group training system that combines individualized power testing and training on multi-adjustable bikes.

**POWERWATTS** uses scientifically based power matrices designed to evaluate and improve cycling performance with anyone from beginners to elite riders.



**HIGH PARK**  
**YONGE & EGLINTON**  
**OAKVILLE**

Session discounts for Triathlon Ontario Members!



Join us today in our newly designed Triathlete Program, tailored specifically for all distances from a Sprint to an Ironman.

### THE POWERWATTS EXPERIENCE

**PowerWatts™** training system offers a unique group indoor cycling experience that evaluates your power output, bike positioning and technique. Our PowerCoaches determine baseline values, then customize a program to meet your needs. It's fun and challenging because each rider works at their own specific level. **Join us today!**

60-120 minute triathlon / cycling specific PowerWatts classes facilitated by a certified PowerWatts Coach using both the flagship PowerWatts Multi-Adjustable system and revolutionary PowerWatts E-Motion Roller Platforms.



Contact for schedule and pricing:

High Park - [augy.marmelo@gmail.com](mailto:augy.marmelo@gmail.com)

Yonge & Eglinton + Oakville - [ryan.powerwatts@gmail.com](mailto:ryan.powerwatts@gmail.com)



## Training Program

60-120 minute triathlon / cycling specific PowerWatts classes facilitated by a certified PowerWatts Coach using both the flagship PowerWatts Multi-Adjustable system and revolutionary PowerWatts E-Motion Roller Platforms.

Individual threshold testing for CP20 + FTP with results used as markers for race pace performances.

Post session data reports tracking all metrics available for individual use with Strava, TrainingPeaks, or interpretation + feedback by PowerWatts coaches.

### *Ride-a-Race*

Simulated recon rides for any event in the world, from Muskoka to Hawaii.

## Pricing Structure

\$38.00 per session 1x per week (Regular \$41.50)

\$36.50 per session 2x per week (Regular \$40.00)

\$35.00 per session 3x per week (Regular \$38.00)

*Total price based on a 20-30 week program.*

108 Vine Ave, Toronto - High Park - [augy.marmelo@gmail.com](mailto:augy.marmelo@gmail.com)

547 Trafalgar Rd, Oakville - OHPCC (Gears Bike Shop) - [ryan.powerwatts@gmail.com](mailto:ryan.powerwatts@gmail.com)

150 Eglinton Ave East, 5th Floor, Toronto - The Sports Medicine Specialists - [ryan.powerwatts@gmail.com](mailto:ryan.powerwatts@gmail.com)

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## Coaching & Officiating

### Triathlon Ontario Is Offering New Coaching and Officiating Courses

#### Officiating:

We are offering a Level 1 Official's Training (PTO) Course in Ottawa on March 22, 2014. Details and sign up form located [here](#).

How To:

1. [Register Now](#)
2. Complete the course
3. Purchase a Triathlon Ontario [membership](#)
4. Officiate one or more races
5. Receive a [refund](#) for your TriOnt Membership
6. [Race for Free](#) for the rest of the season :)
7. **It's just that Easy!!**

Whether you:

- Want to become an official
- Are interested in learning more about the rules and the technical side of the sport
- Wanted to try something new OR
- Just want a [FREE](#) TriOnt membership ([TriOnt Benefits](#))



**Stay Tuned** for more courses!

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### **Coaching:**



There is a new NCCP Community Level coaching course in Wilmot (Braden) on March 15 & 16. Details and sign up form located [here](#).

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!

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### **2014 Provincial Championship Venues**



**Sprint Duathlon** - May 10th, Iron Hawk, Harrow

<http://199.71.141.249/schools/sec/hdhs/ironhawk/home.htm>

**Club Championship** - June 21-22, Guelph Lake 1 (new format under development!)

<http://www.trisportcanada.com/event/index/72>

**Sprint Triathlon** - July 6th, Belle River Triathlon

[http://www.windsortriathlon.com/WindsorTriat\\_BR.htm](http://www.windsortriathlon.com/WindsorTriat_BR.htm)

**U23/Elite, Jr. Development, U15** - August 2, Mooney's Bay, Ottawa

[https://secure.eventsonline.ca/events/nationalcapital\\_tri\\_ont/](https://secure.eventsonline.ca/events/nationalcapital_tri_ont/)

**Olympic Triathlon** - August 10, Bracebridge Olympic Triathlon

<http://www.multisportcanada.com/bracebridge/olympic-triathlon/>

**International Distance Duathlon** - August 16th, Lakeside

<http://www.multisportcanada.com/lakeside/>

**Long Distance Triathlon** - September 21, Niagara Falls Half Iron

<http://niagarafallstriathlon.com/>

## ParaTriathlon

TRIATHLON CANADA WITH/AVEC THE ONTARIO PARASPORT GAMES / JEUX PARASPORT DE L'ONTARIO,  
CANADIAN PARALYMPIC COMMITTEE / COMITE PARALYMPIQUE CANADIEN & TRIATHLON ONTARIO



Hosted in Northumberland County, Ontario  
Situ  dans la r gion de Northumberland, ON

**MAY 27 - 29, 2014**  
**le 27 au 29 mai 2014**



### INCLUDED IN YOUR REGISTRATION INCLUS DANS VOTRE INSCRIPTION:

Technical Development for swim-bike-run with Certified Coaches  
Seminars for Athlete Development with Specialists  
Joint training with the Canadian ParaCycling Program  
Shared accommodations  
Meals (Breakfast, lunch, dinner)  
Onsite transportation

D veloppement technique de natation-v lo-course avec des entr neurs certifi s  
S minaires pour le d veloppement de l'athl te avec des sp cialistes  
Formation conjointe avec le programme de paracyclisme canadienne  
H bergement partag  & Transport sur place  
Repas (petit d jeuner, d jeuner, d ner)

### PARATRIATHLON DEVELOPMENT CAMP

#### CAMP DE D VELOPPEMENT DE PARATRIATHLON

Are you new to the sport of Paratriathlon?

Vous  tes nouveau dans le sport de Paratriathlon?

Are you a seasoned veteran looking for a development opportunity?

Etes-vous un v t ran   la recherche d'une opportunit  de d veloppement?

#### AGENDA

(\*subject to change)

Tue. May 27 - Travel day and evening orientation  
Wed/Thur - May 28-29 - Swim-Bike-Run Training

SPACE IS LIMITED  
\$85 for 2.5 days

#### AGENDA

(\* sous r serve de modification)

Mar. 27 mai - jour de voyage et session d'orientation le soir  
Mer / Thur - 28 au 29 mai - Formation de Natation-V lo-Course

L'ESPACE EST LIMIT   
\$85 pour 2.5 jours

To register or for more information, contact Frank Christie, Triathlon Canada - [raceentries@triathloncanada.com](mailto:raceentries@triathloncanada.com)

[WWW.TRIATHLONCANADA.COM](http://WWW.TRIATHLONCANADA.COM)

DEADLINE | DATE LIMITE:  
APRIL 11 - LE 11 AVRIL, 2014

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## Muskoka TriSummit

**\*SPOTS ARE LIMITED SO SIGN UP NOW TO RESERVE YOUR SPOTS!\***



The banner is divided into two main sections. The left section has a dark brown background with white and red text. It reads: 'We all love a PB. Get yours here.' followed by 'MUSKOKA TRISUMMIT' in large blue letters. Below that, it says 'April 11th - 13th, 2014' and 'made possible by canfitpro CANADIAN FITNESS PROFESSIONALS'. At the bottom left of this section is the 'TriMuskoka.com' logo with the tagline 'train. race. relax.' and the text 'keynote speaker Matt Fitzgerald Over 20 workouts, clinics and lectures!'. The right section of the banner features a photo of a man with glasses and a beard, wearing a yellow jacket and holding a medal around his neck. Below the photo are three logos: 'canfitpro', 'IRON COACH theironcoach.com', and 'GENUINE HEALTH'.

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](#)

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## Nutritional Analysis

### Triathlon Ontario Profile:

**Name:** George Dedopoulos

**Age:** 39

**Occupation:** Marketing Services

**Hometown / Place of Residence:** Toronto

**Years in Triathlon:** 7

**2013 Triathlon Goal:** To recover from my injuries well enough to take on a full training load next year

**Dream Triathlon Goal:** To have that perfect race.



### **Nutritional / Training Concerns:**

Currently my priority is to drop 10-15 pounds to get to my ideal racing weight. When I get to that point I need to be able to make a plan that's self-managing.

### **My Day and a typical training day.**

Typically on long training days I'll eat all the same stuff, but I'll add the requisite gels and bars, and for recovery I'll typically have a bad treat, like fast food, a big plate of curry or wings or a beef dip sandwich and a few pints of beer to wash it down.

#### **Breakfast:**

1 cup 2% plain greek yogurt

Blue menu granola (2/3 cup)

#### **Lunch:**

2 links pork sausage,

1 cup sauerkraut,

1 cup mashed potato with butter and milk

#### **Dinner**

Canned Light tuna

1 cup Bean medley

1 tbsp Italian salad dressing

3 rice cakes

8oz red wine

**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**

Your goals and your food choices currently don't match, meaning you aren't prioritizing your nutritional choices. Second calorie counting is a flawed / over simplified way to try to lose weight and can leave you over eating or under eating depending on what your source is. Plus there is no accounting for how your body actually metabolizes the food. Having said that your caloric "goal" is too low for someone following an endurance training plan. 1750 calories is barely enough to support you living and breathing, let alone working and training. Try bumping that goal up to approx 2500 calories per day (rough estimate based on limited data provided).

I also want to challenge your notion of obtaining racing weight too early. Racing weight is something you don't want to maintain all season, but rather something you obtain 2-3 weeks prior to you're "A" race. If you try to hit it too soon your body can break down, become sick or injured because you aren't giving it the nutrition it needs.



Next you have to clean house so to speak. “Eating like a pig” and “drinking like a fish” will not help you lean out and hit your racing weight. It will take your body a few days to rebound to the alcohol, sodium and saturated fat that it was exposed to over that one weekend. Also, training long duration is not an excuse to eat what you want. It really means that you need to prioritize nutrition more. Sure you are burning the calories, but you are also increasing the demands on your body, meaning you need more nourishment, not

just more calories. If you continue treat exercise as a means to eat what you want you won’t reach your goals and will negatively affect your health.

#### **Comments about your food log:**

Many of your food choices are take out or restaurant foods. The high sodium levels alone will affect your blood pressure as well as your body’s ability to lose weight. Try reducing the number of meals you eat out per week or look for lower sodium options.

Reducing alcohol is a quick way to lose weight. The calories from alcohol do not provide the body with nutrients, contribute to fat storage and will dehydrate you. Best to cut them out while you are trying to lose weight.

Add vegetables. Your body needs the micronutrients from vegetables such as vitamins, minerals, fibre, phytonutrients and enzymes to work properly and to assist you in your training goals. Aim for 7-12 servings of vegetables per day. Start eating them for snacks, and a couple cups with each meal.

**Breakfast-** swap the granola for a muesli with no added sugar with your Greek yogurt and add a cup of fresh or frozen berries, and ¼ cup of nuts or seeds. Healthy fat from nuts and sees will help keep you more full and stabilize blood sugar. Muesli has less sugar than granola and we should limit our intake of refined sugar.

**Lunch-** Always eat 2-3 cups of vegetables with lunch either as a salad or a side of grilled or steamed veggies. Keep dressing as olive oil and lemon juice (or balsamic) and avoid the pre-made dressings (due to the sodium). Limit the refined carbohydrates and try to have a whole grain such as quinoa or brown rice instead. Or better yet try legumes or lentils. A warm spinach or salad with lentils, sweet potato and a grilled piece of fish or chicken would be great with an olive oil dressing.

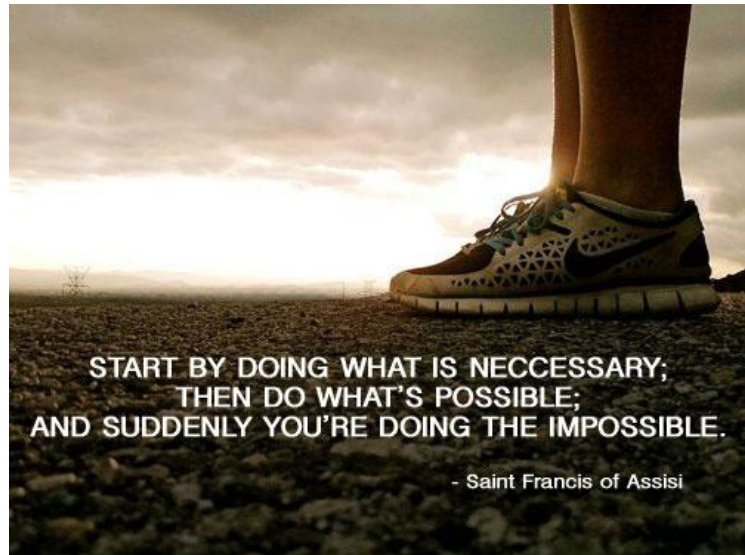
**Dinner-** Don’t consume alcohol every night, opt for water instead. Aim for 4-5oz of lean protein as well as 2-3 cups of vegetables. If you had a workout before dinner add 1 cup of complex carbohydrate as mentioned above.

**Snacks-** consume 2 snacks of 1 cup of raw vegetables each day. The additional fibre will help keep you feeling full. Nuts are a great pairing with vegetables as a snack so aim for a small handful of raw, unroasted nuts or seeds

Finally start focusing on quality not quantity and I’m sure you will have success with weight loss and leaning out. When we meet our body’s nutrition needs we naturally feel full. When we eat too many package, processed and refined foods our bodies ability to self regulate is impaired.

Good luck with things and if you are still confused about what to eat, I suggest booking a personal consultation.

*For more information, Tara can be reached at [tara@heal-nutrition.com](mailto:tara@heal-nutrition.com)*



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



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