

What's New [@TriOntario](#)

Provincial Championships/National Team Qualifiers



Duathlon

Sprint Distance - May 10th

Standard/International Distance - September 14th

We kick off the Provincial Championship season with the Iron Hawk Sprint Duathlon on [May 10th](#) in Harrow, Ontario. This course is flat and fast so get ready to set some personal bests!



This is a qualifier for the 2015 National Age Group Team so if you need an excuse to go to the Land Down Under or if you want to run-bike-run alongside kangaroos you're in luck because the ITU Duathlon World Championships will be in Adelaide,

Australia from [14 to 18 October, 2015](#).

Standard/International Distance more your speed? No worries mate! Multisport Canada's Lakeside Duathlon on September 14th has what you need to get you to the [land of Oz](#) because it's the Provincial Championship and Standard Distance qualifier for Adelaide 2015.



What you need to qualify:

- 1) Be a [Triathlon Ontario member](#) in the year of qualification (2014) and race year (2015)
- 2) Sign up and race either the [Iron Hawk Sprint Duathlon](#) or [Multisport Canada's Lakeside Duathlon](#), depending on your race length of choice
- 3) Finish in the top of your age group in your gender and be sure to notify Triathlon Canada by the designated cut off time
- 4) If you don't finish in the top of your age group, you still have a great shot of being part of the team that races in Australia. All unclaimed spots are put in a pool and given out on a first come first serve basis on a date announced by Triathlon Canada.



This Issue...

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National Team Qualifiers – Du & Tri

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[Get Your 2014 Membership](#)

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Elite/U23, Jr. Development,
U15 Draft Legal Provincial
Championships

Club Championship

Ontario Youth Cup Series
(**UPDATE**)

Ontario Summer Games
(**UPDATE**)

National Championships in
Ontario

Tri FUN Kids

Club Wear (**NEW**)

Coaching & Officiating

NUTRITION

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QUICK LINKS

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Upcoming Events REGISTER NOW!

[Iron Hawk Duathlon](#)

[NCCP Certification
Workshops \(2 Days\)](#)

[Sprint Duathlon
Championship](#)

[DRTC – Tremblant
Training Weekend \(4](#)

Triathlon

Sprint Distance - July 6th

Olympic/Standard Distance - August 10th

Sprint Distance Triathlons are normally fast but if you know anything about the landscape of Belle River and Canada's most southern region, you know this could be LIGHTNING fast! There isn't a hill within 100kms. If the prospect of setting your shoes on fire from the speed isn't enough to entice you to race, how about that this is the only Ontario-based Sprint Triathlon qualifier for the legendary city of Chicago in 2015? July 6th is the date, Belle River is the place. Be there.



Prefer cottage country and the relaxing environment of the Muskoka region? Maybe your path to Chicago in 2015 is paved through Multisport Canada's Bracebridge Olympic Distance Triathlon on [August 10th](#). Again, the only Ontario-based qualifier for the Olympic Distance in Chicago next year is MSC's Bracebridge race.

Why should you care about Chicago's 2015 race? Because it's going to be "epic". The City of Chicago will play host to the ITU World Triathlon Series Grand Final and the course will include such famous landmarks as Grant Park, the Art Institute of Chicago, Soldier Field and Millennium Park, and will culminate with a loop around Buckingham Fountain at the finish.



What you need to qualify:

- 1) Be a [Triathlon Ontario member](#) in the year of qualification (2014) and race year (2015)
- 2) Sign up and race either the [Belle River Sprint Triathlon](#) or [Multisport Canada's Bracebridge Olympic Triathlon](#), depending on your race length of choice
- 3) Finish in the top of your age group in your gender and be sure to notify Triathlon Canada by the designated cut off time
- 4) If you don't finish in the top of your age group, you still have a great shot of being part of the team that races in Chicago. All unclaimed spots are put in a pool and given out on a first come first serve basis on a date announced by Triathlon Canada.

Long Distance Triathlon - September 21

Have you checked going long off your bucket list and are looking for a new challenge? Why not shoot for the unique chance to race while wearing the **maple leaf**, representing Canada on the international stage and putting all of that long course training to good use?

The inaugural Multisport Canada Niagara Barrelman race is not only the Long Distance Triathlon Provincial Championship, it's also the only qualifying race in Ontario for the 2015 ITU Long Distance World Championship, being held [June 27th](#), 2015 in Motala, Sweden. The World Championship consists of a 4km Swim, 120km Bike, 30km Run.



The Niagara Falls Barrelman consists of a 2k Swim, 90k Bike and 21.1k Run and winds its way through the Niagara Region. The immediate area has a multitude of attractions for the entire family and the race will be taking place during the Niagara Wine Festival. It will be the only race where athletes on the run course will go past the Falls twice.

Need more reasons to sign up? How about \$5,000 in prize money - all athletes being eligible, a unique commemorative Finishers hockey jersey, lots of prizes and a long sleeve shirt for registrants, while finishers receive a Finishers Medal and Finishers Hat.

What you need to qualify:

[Days\)](#)

[Woodstock Triathlon](#)

[Kids Tri 4 Kids London](#)

[Paratriathlon
Development Camp](#)

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

[10th Annual East End
KOS® Duathlon and
Adult Try a Du](#)

[Fit 2 Tri – Draft Legal
Certification Series \(Part
1\)](#)

[Milton Triathlon](#)

[8th Annual County
KOS®](#)

[Binbrook Triathlon](#)

[LPC Draft Legal Clinic -
Guelph- Junior/U23/Elite
Fit 2 Tri – Draft Legal
Certification Series \(Part
2\)](#)

[14th Annual Caledon
KOS®](#)

[Nicola's Triathlon for
Kids](#)

[LPC Triathlon Clinic -
Guelph- 16+](#)

[TRi KiDS Season Kick
Off Day](#)

[Welland Triathlon \(2
Days\)](#)

[Kingston Kid's Triathlon](#)

[Guelph Lake KOS®](#)

[Cambridge Triathlon &
Duathlon](#)

- 1) Be a [Triathlon Ontario member](#) in the year of qualification (2014) and race year (2015)
- 2) [Sign up](#) and race the inaugural Multisport Canada Niagara Falls Barrelman
- 3) Finish in the top three of your age group in your gender and be sure to notify Triathlon Canada by the designated cut off time
- 4) If you don't finish in the top three of your age group, you still have a great shot of being part of the team that races in Sweden. All unclaimed spots are put in a pool and given out on a first come first serve basis on a date announced by Triathlon Canada.

So what are you waiting for? The ultimate test and destination race awaits you! Experience what few other sports offer, represent your country and race for **Team Canada!**"

2014 Membership

Don't forget to [sign up](#) for the 2014 Season. Registration is OPEN.

Click Here to
RENEW NOW!

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!](#)

Elite/U23, Jr Development, U15 Draft Legal Provincial Championships - August 2

Do you have a draft card and are a Triathlon Ontario member? This is one of your only chances to race like an Olympian in Ontario by using your drafting skills on the bike - legally! There is an increased prize purse available for the Elite/U23 division and if



[Schwartz Reisman Centre
Kids Triathlon and
Splash & Dash](#)

[Guelph Lake I](#)

[Dash For The Sleigh](#)

[Club Championship](#)

[Wilmot Aces Kids
Triathlon](#)

[Tri FUN Kids Triathlon –
Vaughan](#)

[Joe's Team](#)

[Garrison Petawawa
Triathlon](#)

[Xterra Mine Over Matter](#)

[Sprint Triathlon
Championship](#)

[TRi KiDS – Oakville](#)

[Belle River Duathlon /
Triathlon](#)

[Huronia](#)

[Petawawa KOS®](#)

[Tri FUN Kids Guelph](#)

[Peterborough](#)

[Triple Crown Challenge
– Provincial
Championship](#)

[Tornado Triathlon Camp
\(5 Days\)](#)

[Gravenhurst \(2 Days\)](#)

[Kincardine Women's
Triathlon](#)

[Tri FUN Kids -Milton
Valens](#)

[Toronto Triathlon](#)

you are in the Ontario Youth Cup Series, 14-15 age division, this stop is worth extra points in the Series. [August 2nd](#), Ottawa is the place you can race like a pro! [Sign up now!](#)

Club Championships

We've revamped the format of the club championships, striking a balance between performance and participation. Clubs will be divided into Divisions I and Divisions II based on their size at the time of the competition. Check out full rules [here](#).

Subaru Series' Guelph Lake I on [June 22/23rd](#) will play host to Ontario's clubs as they wear their club colours with pride and battle each other for bragging rights and prize money. Make sure you get your members [signed up!](#)

guelphone

Ontario Youth Cup Series



We've made some great changes for the 2014 year! We've expanded the 14-15 year age category from four races to five and added a brand new four race series for the 12-13 year age category. The 14-15 year age category is made up of 3 draft legal races and 2 non-draft legal races with the best four of five race results counting. The 12-13 year age category will consist of four non-draft legal races of which the best three race results counting. For a full list of race venues and Series rules please [click here!](#)

Ontario Summer Games

If you were born in 1998 or 1999 and haven't qualified yet in one of last year's regional qualifiers for the Ontario Summer Games, you are in luck! You can still qualify for one of the spots available in the wild card race on [June 21](#). The qualifier is the Try-a-Tri race at Subaru Series' Guelph Lake I race and you can register [here](#) for it.



The Ontario Summer Games is being hosted by Windsor and the triathlon race is on August 9th at 8 am. Course maps and other details are available on our [OSG webpage](#). Don't forget to renew your TriOnt membership BEFORE the race to qualify.

National Championships in Ontario

As usual, Ontario has been chosen to play host to some of Canada's National Championships, which also serve as qualifiers for their respective Age Group events at the ITU World Championships.



XTERRA World Championships in Hawaii!

If Duathlon is more your thing then why not try speeding down the Gardiner Expressway faster on your bike than most Torontonians do in their cars? On July 13th, the [Toronto Triathlon Festival](#) will be

[July 5th](#) is the date of the [National Cross Triathlon Championships](#) being hosted by "Mine Over Matter" in Milton at the Kelso Quarry. Qualifying spots up for grabs for the National Team that will represent Canada in 2015 at the ITU Cross Triathlon Championships in The Hague, Netherlands and qualifying spots for the



[Festival \(4 days\)](#)

[Iron Motivation – 3rd
Annual Mount Tremblant
Triathlon Training Camp
\(3 Days\)](#)

[Belwood](#)

[Triple Crown Challenge
– Canadian Nationals](#)

[Canadian Triathlon
Nationals](#)

[Tri FUN Kids
Mississauga](#)

[Sharbot Lake KOS®](#)

[Bala Falls](#)

[Niagara](#)

Click to view event
calendars:

[ADULT](#) / [KOS](#) / [YOUTH](#)

hosting the National Championships for Duathlon's Standard/International Distance. This is a qualifier for the ITU Duathlon World Championships in Adelaide, Australia from [14 to 18 October, 2015](#). This is sure to be not just a "G'Day" but a "Great" Day!



Tri-FUN is looking for Captains and Volunteers!

Tri-FUN Kids' Triathlons, Ontario's new race series for kids ages 3-13, is looking to fill the following Captain positions for each of our five events:

- 2 Swim Captains
- 2 Bike Captains
- 2 Run Captains
- 1 Transition Area Captain

Captains will help with flow, safety and volunteers. Compensation is available, or time can be counted toward volunteer hours required for secondary school students' diploma requirements. **If you are interested in a Captain role, please contact Jen at jen@trifunkids.com as soon as possible.**

We are also looking for volunteers! There are lots of ways to be involved, including:

- Race kit pickup
- Set up and take down
- Ushering
- Race course safety
- Hydration and nutrition stations
- Fun Zone assistance
- Finish line assistance

2014 Race Schedule

Vaughan: June 22
Guelph: July 6
Milton: July 13
Mississauga: July 27
Oakville: August 24

JOIN THE FUN! REGISTER TO VOLUNTEER NOW!

TriFUNkids.com

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.



This is only a teaser. Click on the pic for the Full Catalogue

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](#)) at [Guelph Lake | June 21/22](#)!

[Check Out the Catalogue](#)

Coaching & Officiating

Coaching:

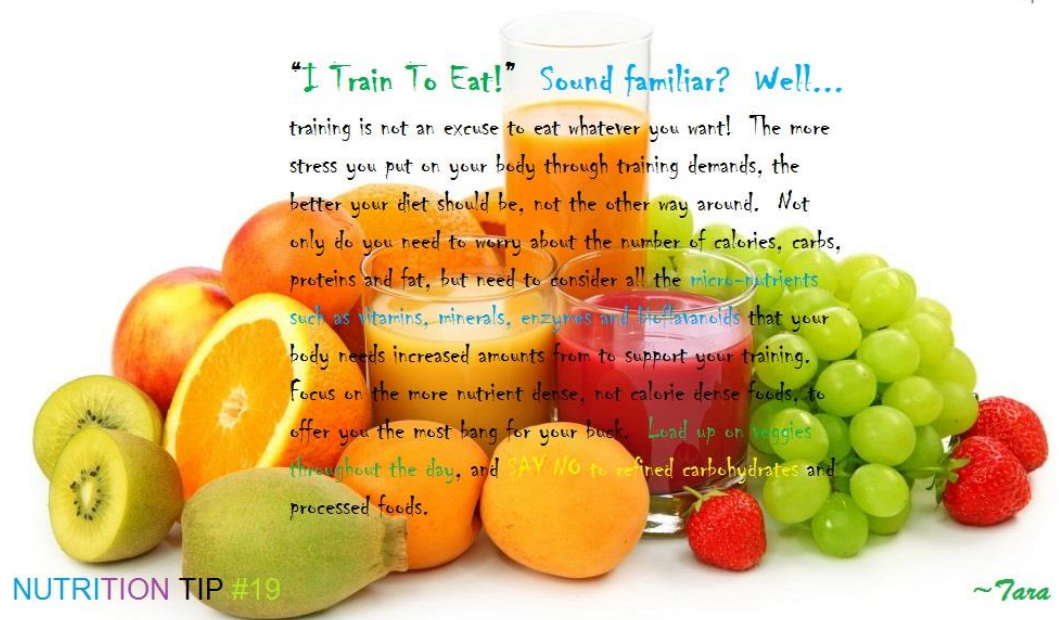
Continuing Education Program

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!

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



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

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

Exclusive Membership Benefits

[Click below for a cool vid](#)



Triathlon Ontario Members Get 20% Off Of All Products

What's Included with the TriPack?

1 - RUN (4 servings).

Infinit's Ultra Premium Electrolyte Drink

2 - RIDE (4 servings).

Specifically formulated by the Infinit 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 Infinit staff by phone and discuss...

PRICE: \$69.95*

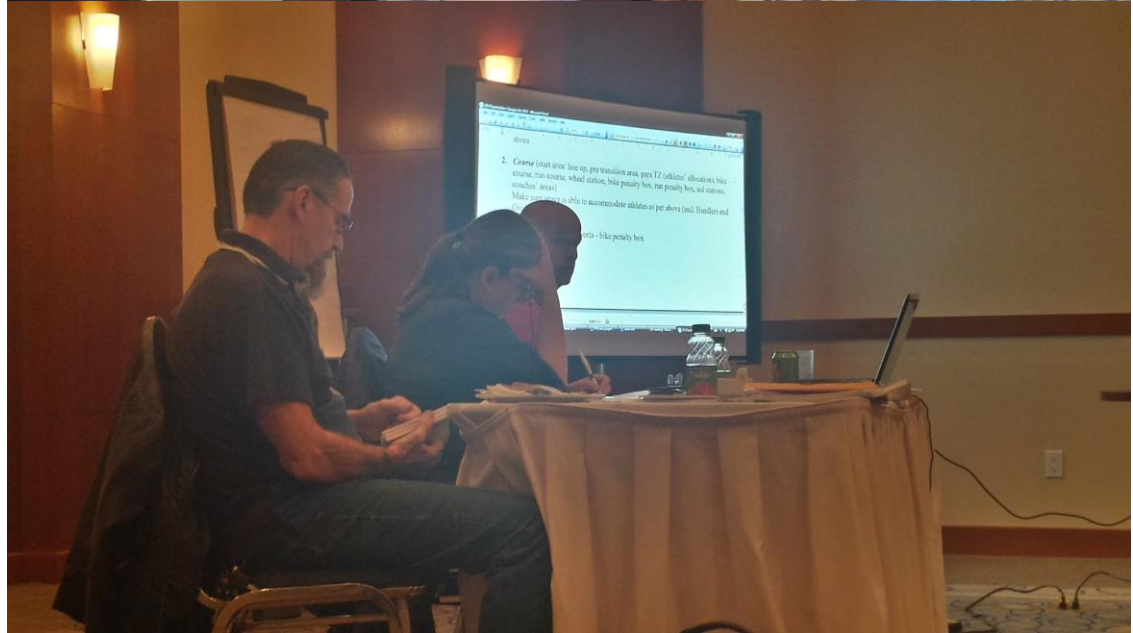
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List Price: **\$120.00**
You Save: **\$50.05**

GET YOURS TODAY!

Triathlon Ontario's Annual Officials Meeting 2014 Highlights – In Case You Missed It ☺)





Thank You to the TC for putting on a first rate day of activities. &

Thank You to all of the attendees who were able to make it out. Your level of participation and enthusiasm was incredible to see 😊.



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

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