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QUICK LINKS

What's New [@TriOntario](#)

COMING SOON... in the next few weeks we will have an **online store** where you can get all of your **cool triathlon gear** at **MEMBERSHIP PRICES**. If you're looking for a great gift, are a premier triathlete or just want to look and feel cool while you're kicking up dust on your competitors while crossing the finish line, you will find it here.



The eStore will offer:

- Cool-Dry Hats
- Trendy Visors
- TriOntario Arm Warmers (they really work!)
- Roots Hoodies
- Wide Mouth Water Bottles
- Customized TriOntario License Plate Covers

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Upcoming Events
[REGISTER NOW!](#)

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

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Guelph- Junior/U23/Elite](#)

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

[14th Annual Caledon
KOS®](#)

[Nicola's Triathlon for Kids](#)

Sprint Duathlon Provincial Champions

Congrats to Lionel Sanders and Kirstie Kniaziew - 2014 Sprint Duathlon Provincial Champions!

The [Triathlon Ontario Provincial Championships](#) officially kicked off its outdoor season in the small Essex County community of Harrow, Ontario with the [Iron Hawk Sprint Duathlon](#). The race offered a **\$3,000 prize purse** which attracted some of the province's best. The start list promised a **blazing fast race**, and the results did not disappoint. The race also doubled as a 2015 National Team Qualifier for the World Championships in Adelaide, Australia.

[Read More](#)



NEWS RELEASE ISSUE

We had an issue with our mail server which caused several of our subscribers to receive several copies of the past news release (Ontario Sprint Duathlon Highlights). We would like to inform you that this issue has since been rectified. We are truly sorry for the inconvenience and appreciate your patience while we rectified this issue.

~Triathlon Ontario Staff

Northumberland Paratriathlon Development Camp

Check out the highlights from the last Paratriathlon Development Camp, in conjunction w/ Parasport Triathlon Games in Northumberland.



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

[TRi KiDS Season Kick Off
Day](#)

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

[Leamington Triathlon
Weekend
<http://tomatoman.org/>](#)

[Ontario Women's
Triathlon – Bike Skills
Clinic](#)

[Guelph Lake KOS®](#)

[Cambridge Triathlon &
Duathlon](#)

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

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[Dash For The Sleigh](#)

[Club Championship](#)

[Wilmot Aces Kids
Triathlon](#)

[Tri FUN Kids Triathlon –
Vaughan](#)

[TRi KiDS Burlington](#)

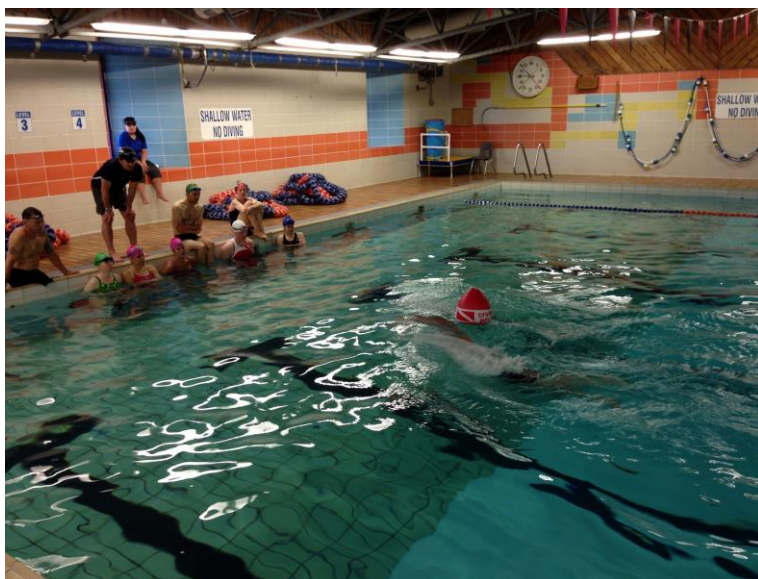
[Lindsay KOS®](#)

[Dash For The Sleigh](#)

[North Bay Kiwanis
Triathlon Weekend](#)

[Joe's Team](#)

[Garrison Petawawa
Triathlon](#)



National Sprint and Olympic Duathlon Championships & Provincial Sprint Triathlon Championships

Sprint Distance - July 6th
Olympic Distance – July 13th

Are you Registered and Ready for the next 2 races on the Provincial and National Championships trail? Belle River is not only hosting the only Ontario-based Sprint Triathlon qualifier for the legendary city of Chicago in 2015?

They are also host to the National Sprint Duathlon Championships. Sprint Distance Triathlons are generally fast but if you know anything about the landscape of Belle River and Canada's most southern region, you already know that this could be LIGHTNING fast! If the prospect of setting your shoes on fire from the speed entices you July 6th is the date. Bring spare shoes!

For more info check out our [National Team Qualifier Page](#)

On July 13th, the [Toronto Triathlon Festival](#) will be 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!

[Xterra Mine Over Matter](#)

[Sprint Triathlon
Championship](#)

[TRi KiDS – Oakville](#)

[Belle River Duathlon /
Triathlon](#)

[Huron](#)

[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](#)

[Heart of Gold Triathlon](#)

[Toronto Triathlon 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](#)



2014 Membership

Don't forget to [sign up](#) for the 2014 Season. Sign Up now or you'll miss all of the [Great Benefits](#).

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.

[Click Here for more info](#)

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)

[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 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

Don't forget to register for **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

Check out the full rules [here](#).

[Sharbot Lake KOS®](#)

[Bala Falls](#)

[Niagara](#)

[Thunder Bay Triathlon](#)

[Ontario Draft Legal Race](#)

[Provincial Championships
Race](#)

[Kingston \(K-Town\)
Triathlon](#)

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

[Ontario Summer Games](#)

[Sundridge Triathlon](#)

[Iron Girl Canada](#)

[Barrie Triathlon /
Duathlon and KOS®](#)

[Tri KiDS Ottawa](#)
<http://www.trikids.ca/>

[Chatham-Kent YMCA
Triathlon Weekend](#)

[Orillia KOS®](#)

[Orillia](#)

[TRi KiDS Fergus](#)

[Toronto Island – GIT,
Sprint \(2 Days\)](#)

[2014 Bobby Orr Hall of
Fame Triathlon and KOS®](#)

[Ontario Women's
Triathlon](#)

[Dunrobin KOS®](#)

[Tri FUN Kids Oakville](#)

Ontario Youth Cup Series

Are you registered for the Improved and Expanded Ontario Youth Cup Race Series 2014. The first stop is in Guelph for the Guelph Lake KOS on June 15th. This is a new venue for this expanded race series so sign up now to get a chance to experience this new course and a chance at touching [THE CUP](#).



For a full list of race venues for the 12-13 & 14-15 age groups and Series rules please [click here!](#)

Ontario Summer Games Qualifier

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**. 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!



guelphone

[Sign Up Today](#)

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.



[Click on the pics 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

[TRi KiDS Niagara](#)

[Guelph Lake II](#)

[TRi KiDS Milton](#)

[Wasaga Beach \(2days\)](#)

[Xterra Sleeping Giant](#)

[Ironman 70.3 Muskoka](#)

[Family Fun Fit's 9th](#)

[Annual Beaches Best KOS](#)

[Du and Adult Try A Du](#)

[Niagara Barrelman](#)

[Courtice Multisport](#)

[Series Mountain Bike Du](#)

Calendars:

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

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.

[Read More](#)

[Check Out the Catalogue](#)

Coaching & Officiating

Coaching:

Continuing Education Program

If you already have your coaching certification and want to increase your skill set. TriOntario, in partnership with the Wells group, has created a premier 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 Postnikoff is a registered Nutritional Consultant, Triathlon Coach and Personal trainer

Exclusive Membership Benefits

Get race ready for the **SUMMER** season. Get the nutrients you need to get you race ready from the custom blended **Tri GO Pack** tailored to **Triathletes specifically**. For those who know what they need, you can create **YOUR OWN CUSTOM BLENDED** formula tailored to your specific needs **MADE IN CANADA**.

Don't forget: [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*

*** INCLUDES FREE SHIPPING**

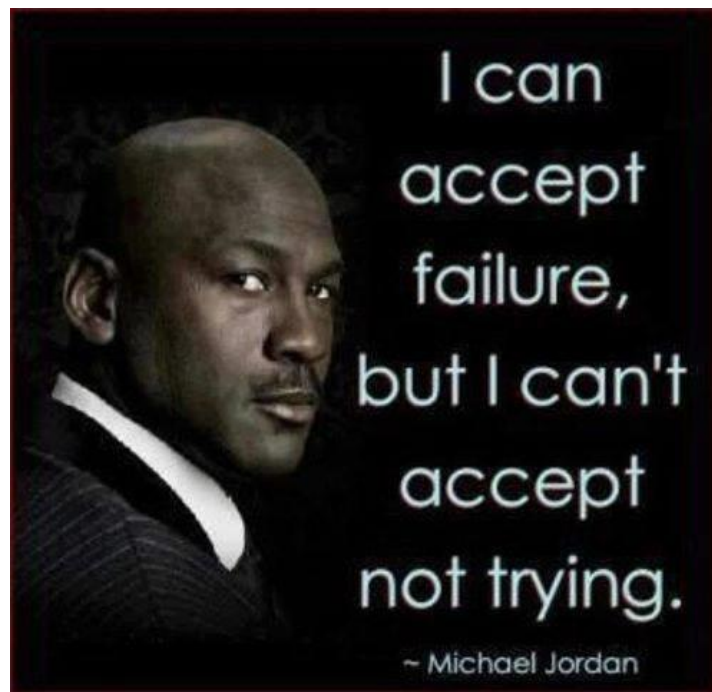
List Price: **\$120.00**

You Save: **\$50.05**

You Receive: **Support. Deliciousness. Fuel for your NEW PB.**

GET YOURS TODAY!

TRInspiration



Visit Triathlon Ontario.com for the latest triathlon news, events, camps, and clinics

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