



This Issue...

2014 Club Championships

Sprint Championships

International Results

Continuing Education

Ottawa Draft Legal

Liquid Gym Open House

Triple Crown (Update)

2015 Pan Am Games

Ontario Summer Games (Update)

Recent Results

Upcoming Races

Club Wear

Tara's Tips

Membership Benefits

TrInspiration

[Register Now for 2014 Draft](#)

[Legal Provincial Championships Base](#)



What's New [@TriOntario](#)

Winners of 2014 Provincial Club Championships



- Record number of clubs (34) and athletes (244) competed for \$2,000 prize purse -

The Club Championships were revamped in 2014 to include points for both Age Group placings as well as points for participation in Sprint and Olympic distance triathlon, duathlon and relays. Additionally, two new Divisions were created. Division I consisted of sanctioned clubs with 50 or more members and Division II consisted of sanctioned clubs with less than 50 members at the time of competition.

Here are the winners of the Division I and Division II Provincial Club Championships held June 21 & 22 at the [Subaru Series'](#) Guelph Lake I race.

A record 34 clubs and 244 athletes participated in the competition this year to make it a huge success. Division I was close, however [Team LPC Triathlon Club](#) edged out rival [The Toronto Triathlon Club](#)...

[Read More](#)

Belle River – Sprint Triathlon Provincial Championship

Congratulations to Lionel Sanders and Kirstie Kniaziew for winning their second provincial Championship on July 6, 2014 at the Sprint Championship at Belle River Triathlon. This race was the only Ontario-based Sprint Triathlon qualifier for the ITU World Triathlon Series World Grand Final in Chicago 2015 and **in the first of three races in the [Inaugural Triple Crown Challenge](#) (\$500 cash prize)**. This will be both Lionel and Kirstie's second provincial championship for 2014. Are they going for Number 3?



The Next Provincial Championship is the Bracebridge Triathlon for the Olympic Championship.

For more info on the Triple Crown check out the Triple Crown article (below) and the



FOLLOW US

QUICK LINKS

[Nutrition \[20% Off\]](#)

[2014 Provincial Championship](#)

[Venues](#)

[Exclusive 2014 Triple Crown](#)

[Challenge](#)

[Provincial Development](#)

[Program](#)

[Club Wear \(NEW\)](#)

[Provincial Development](#)

[Camps](#)

[2014 Ontario Summer Games](#)

[Resources & Downloads](#)

[TriOntario Online Store](#)

[\(COMING SOON\)](#)

[Coaching](#)

[Officiating](#)

[Our History](#)

[Contact Us](#)

[Latest Tweets](#)

Upcoming Events

[REGISTER NOW!](#)

[Celebrate Lake Simcoe](#)

[Swim](#)

[Courtice Kids Multisport](#)

[Series – Whitby](#)

[Tri FUN Kids Triathlon](#)

[Mississauga](#)

[Sharbot Lake KOS® \(Ontario](#)

[Youth Cup Race, Draft](#)

[Official Page](#)

International Results for Canadian Athletes

2014 Commonwealth Games

Kirsten Sweetland started off today with a great performance winning Silver for Canada. Andrew Yorke put in a solid performance but was just shy of a podium finish, finishing fourth.

ITU Pan American Cup (PATCO)

The ITU Pan American Cup was the unofficial test event for the 2015 Pan Am Games. Ontario athletes Kyle Jones and RTC athlete Dominika Jamnicky both won.

National Championships

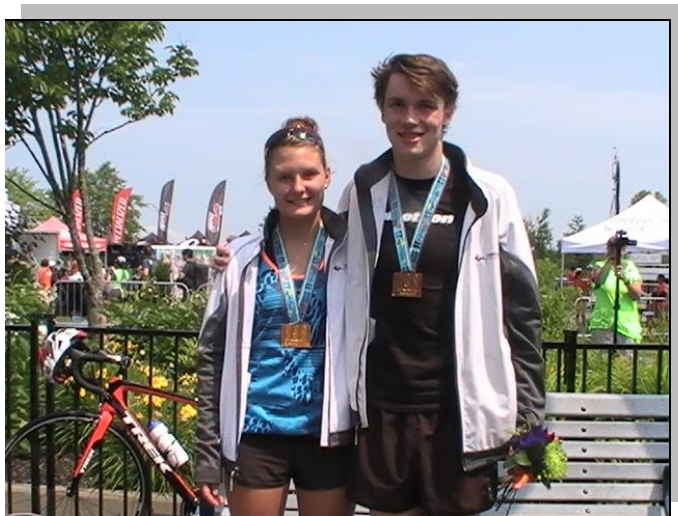
Canadian National Championships were held in Magog, Quebec, last weekend. On the Women's side Amelie Kretz received Gold. The men's side won with a clean sweep with Kyle Jones, Alexander Hinton and Taylor Forbes coming in first, second and third.

[Click on a Pic to View in Facebook](#)
[Don't forget to hit the Like button!](#)

Kyle Jones, Talyor Forbes, and Alexander Hinton, all Ontario athletes that finished 1st, 2nd, 3rd



Samantha Klus and Myles Zagar, Junior Bronze Medalists



[Multisport Canada - Bala Falls](#)

[Subaru - Series Niagara](#)

[Thunder Bay Triathlon](#)

August

[Elite-U23 & Junior Draft](#)

[Legal Provincial](#)

[Championship & U15 Race](#)

[Register Now](#)

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

[Multisport Canada Bracebridge \(2 Days\) \(Provincial Championship\)](#)

[Ontario Summer Games](#)

[Sundridge Triathlon](#)

[Iron Girl Canada](#)

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

[Tri KiDS Ottawa](#)

[TriAdventure for Africa \(3 Days\)](#)

[Courtice KOS® & Adult Triathlon \(2 Days\)](#)

[Chatham-Kent YMCA Triathlon Weekend](#)

[Orillia KOS®](#)

[St. Joseph Island](#)

[Subaru Series - Orillia](#)

[TRi KiDS Fergus](#)

[Multisport Canada - Toronto Island – \(2 Days\)](#)

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

Continuing Education Coaching Courses

Pre-production on Next Online Continuing Education Coaching Courses Has Begun

- Swim, Bike & Run courses to begin filming next month -

Triathlon Ontario has begun pre-production of its next three installments of its popular, ground breaking [online continuing education coaching courses](#). Course outlines have been finalized and filming is set to begin next month for the highly anticipated Swim, Bike and Run Technique courses. These installments will supplement the "Exercise Physiology for Triathletes", taught by internationally renowned physiologist Dr. Greg Wells, which was launched earlier this year.

In partnership with [Dr. Wells](#), Triathlon Ontario's premiere series of online con-ed courses targets [NCCP Community Level](#) trained triathlon coaches that are seeking to further develop their professional skill set. The series of courses will be comprised of a number of subjects such as Exercise Physiology, Psychology, Strength and Conditioning, Nutrition, Transitions and Sport Specific Technique (Swim, Bike and Run). Each subject heading will consist of 6-10 hours of content divided into approximately 45 minute segments. Coaches will be provided with access to watch the instructional videos and will be required to complete online quizzes.

Swim Technique

The Swim Technique course will be taught by swim coach [Mike Rutledge](#). Mike has over **30 years of experience** in the area of competitive swimming both as an athlete and coach...

[Read More](#)

Course Registration

For those coaches interested in signing up for the Exercise Physiology for Triathletes con-ed course or for the next NCCP Community Level coaching course you can do so by going to our Coaches home page on the Triathlon Ontario website at <http://triathlonontario.com/members/coaches-2/>.



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

Stay Tuned for more courses!

[Ontario Women's Triathlon](#)

[Dunrobin KOS® \(Ontario Youth Cup Race + Draft Legal\)](#)

[Tri FUN Kids Triathlon Oakville](#)

[TRi KiDS Niagara](#)

[Subaru Series - Guelph Lake II](#)

[Dash For The Sleigh](#)

[TRi KiDS Milton](#)

September

[Multisport Canada - Wasaga Beach \(2days\)](#)

[Xterra Sleeping Giant](#)

[Ironman 70.3 Muskoka](#)

[Lakeside Triathlon and KOS® \(2 Days\) \(Ontario Youth Cup Race & Provincial Championship\)](#)

[Family Fun Fit's 9th Annual Beaches Best KOS Du and Adult Try A Du](#)

[Multisport Canada - Niagara Barrelman](#)

[Courtice Multisport Series Mountain Bike Du](#)

[Calendars:](#)

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

Ottawa Draft Legal Race

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

Registration for the 2014 Draft Legal Provincial Championships in Ottawa on August 2 **will be closing Wednesday July 30th. There will be no race day registrations.**

You can register and see the [course maps](#) by going to our [Provincial Championships page here](#). Athlete briefing and race kit pick up on site **Friday, August 1 at 6pm.**



Don't miss out on one of the **few chances to race draft legal** in Ontario and for just **\$70**, a fraction of typical registration fees!

This is also an important stop on the [Youth Cup series](#) for the U15s (14-15), where points are worth **~25% more.**

Check out what's New for 2014:

- **New swim course**
- **Increased prize money for the Elite/U23 wave**
- **Use of transition bins for all waves**



Don't forget, you need to have an active **TriOnt** or **other PGB** membership and draft card to take part.

[Download PDF](#)

Train Like The Pro's

Triathlon Ontario & LiquidGym Ottawa OPEN HOUSE

WHEN : THURSDAY JULY 31ST 2014 6-9pm

WHERE : LiquidGym 34 Stafford Road Ottawa



THE DET'S: Triathlon Ontario and LiquidGym Ottawa (training centre for the Bytown Storm) have partnered to offer a FREE night of training and testing for a limited number of Provincial Youth / Junior / U23 athletes. Join Top triathlon Coaches including Triathlon Ontario's Provincial Coach Greg Kealey and 2008 USAT Olympic Coach Sharon Donnelly, for training tips, seminars and train on some of the best equipment in the World.

PLUS

Draws for **FREE** massages

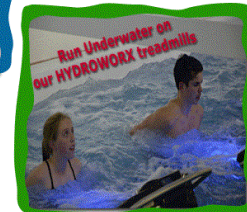
FREE Physiotherapy seminars

FREE Chiropractic seminars

courtesy of



☀️ TO RESERVE YOUR SPOT CONTACT LYNN MILLER at info@triathlonontario.com



- ☀️ **SPACE IS LIMITED TO 20 PARTICIPANTS**
- ☀️ **FREE VIDEO SWIM ASSESSMENTS**
- ☀️ **FREE POWER PROFILES ON THE WAHOO KICKRS**
- ☀️ **UNDERWATER RUNNING ON HYDROWORX TREADMILLS**
- ☀️ **UNDERWATER CYCLING ON HYDRORIDER BIKES**

supported by



[Download Poster](#)

Triple Crown Challenge

2014 Triple Crown Challenge (Update)

Provincial Sprint Triathlon Championship on July 6, the first race for the [Inaugural Triathlon Ontario Triple Crown Challenge](#), in [Belle River, Ontario](#). 2014 intends to be an exhilarating and unique moment for many triathletes where each male and female group participating in the Sprint and Olympic distance races, will compete for a \$500 cash prize. This depends solely on how they finish in their age group at this year's (2014) [World](#), [National](#) and [Provincial](#) races, which make up the "Triple Crown", and will be held on Canadian soil.

[Click Here](#) for Sprint updated standings - (Reminder: Least amount of points wins!)

For more info on the Triple Crown [Click Here](#)

2015 Pan Am Games



Volunteer with the TORONTO 2015 Pan Am/Parapan Am Games Triathlon

The TORONTO 2015 Pan Am/Parapan Am Games will be the **largest international multi-sport Games** ever held in Canada, with a geographical footprint stretching from Welland to Oshawa to Minden Hills, Ontario.

Athletes from 41 countries across the Americas and Caribbean will be training and competing in the Pan Am Games between **July 10 and 26**, and the Parapan Am Games between **August 7 and 15, 2015**.

We are looking to identify **specialized field-of-play volunteers for Triathlon**, and want to know if you would like to become a Games-time volunteer.

[Read More](#)

Ontario Summer games (Update)

The relay teams have been announced for the 2014 Ontario Summer games team. The relays are a mixed event (male & female) and are a not medal event.



Relays

Team Simon Whitfield		Team Kirsten Sweetland		Team Kyle Jones		Team Craig Alexander	
Bethell	Bridget	Borrans	Sara	Burgess	Tamara	Cooke	Samantha
Justin	Attfield	Wisner	Tyler	Westbroek	Daniel	Tonguzzi	Daniel
Guthrie	Hailey	Chant	Emily	Gregoire	Megan	Zaza	Yossra
Nixon	Addison	Allen	Spencer	Bone	Jack	Caie	Kyle

Team Chrissie Wellington		Team Lisa Bentley		Team Javier Gomez		Team Gwen Jorgensen	
DeLone	Ariel	Douglas	Jacqueline	Garcia	Trella	Gibb	Allison
Serratore	Frederick	Rudderham	Ryan	Robinson	Spencer	McCallum	Ryan
Tremblay	Emilie	Shearer	Lauren	Ritchie	Nicole	Rankin	Erika
Card	Riley	Cherry	Liam	Cooke	James	Cunningham	Jeremy

Team Alistair Brownlee		Team Mirinda Carfrae		Team Lionel Sanders		Team Heather Wurtele	
Howard	Samantha	Hunt	Chloe	Jones	Kaitlyn	Mayer	Katarina
MacKinnon	Ian	Kirkham	Aidan	Harris	Matthew	Gurrin-Smith	Nathan
Price	Tarrah	Panko	Lucy	Menegotto	Talijia	McAllister	Ginny
Davies	Oliver	Donnelly	Liam	Goble	Drew	Gagnon	Marc-Antonie

Recent Results

2014 Ontario Youth Cup Series' First Stop: Guelph KOS®

Guelph Lake KOS® was the first stop in the expanded 2014 edition of the [Triathlon Ontario Youth Cup Series](#). The start time was pushed back approximately an hour due to cooler temperatures but that didn't cool down some blazing times put in by our competitors.

Boys 14-15

Liam Donnelly took a Series lead with 25 points from his 1 min. 28 sec. victory over second place finisher Kyle Caie. Donnelly came out of the water in 7th place, 1:28 behind leader Will Stewart who had a swim time of 5:40 over the 400m swim course. Donnelly made up ground over the technical 10km bike course posting the fastest bike split of the day averaging 35.9km/hr. He also posted the fastest 4km run time of the day averaging 3:43/km to solidify his victory.

Girls 14-15

Sara Borrens put on a dominating performance on Sunday in Guelph, winning by nearly 3 minutes over the rest of the field. Borrens and a group of five other girls came out of the water within 12 seconds of each other, but she began to put the pack behind her with a blistering bike split (5th fastest overall bike split). Coming into T2 Borrens had over a minute lead over Emilie Tremblay and extended it even more on the run leg to comfortably take the first race in this year's Series.



[Read More](#)

[Click here for full Series standings](#)

National Junior Series

Ontario Triathletes Battle Hard in National Junior Series Opener

In the first of four National Junior Series events Provincial Team member and Quest for Gold supported athlete, Samantha Klus showed her strength and grabs Ontario's solo podium spot finishing 3rd.

Triathlon Ontario supported athletes racked up a number of top 10 finishes, including 4th (**Myles Zagar** - RTC Guelph) and 5th (**Oliver Blecher** - C3) on the men's side, and 3rd (**Samantha Klus**- Bytown Storm) and 6th place (**Meagan Adams** - Bytown Storm) . Early Saturday morning with water temperature at a "balmy 16 degrees" and 10 degree air temp with 20k winds. It promised to be an interesting start to the season.

Up first were the men, with the woman following 5 min behind. Over 60 Junior men and almost 30 Junior women lined up on the beach for the 750m swim, 20k bike and 5k run.

On the men's side two Ontario athletes, Myles Zagar and Oliver Blecher exited the water first with a 15-20 second lead over a group of 6-7 other men...

[Read More](#)

Greg Kealey is based out of Ottawa and is Triathlon Ontario's Provincial Development Coach and Ontario's Canada Summer Games coach for Triathlon. He is also a member of Bytown Storm's Development Team www.bytowntriathlon.com.

Triathlon World Cup

Dominika Jamnicky Solid in 11th at Triathlon World Cup in Mexico —John Rasmussen leads Canadian men in 17th—

HUATULCO, Mex.—**Dominika Jamnicky** got her World Cup season off to a solid start with an 11h-place finish on Sunday in **Huatulco, Mexico**.

Jamnicky, who gained valuable experience after racing the challenging Huatulco course one year ago, was solid from start-to-finish in the 1.5-kilometre swim, 40-kilometre bike and 10-kilometre run course. Jamnicky clocked a time two hours, 21 minutes, 11 seconds (2:21:11) under the intense heat.

“This course absolutely crushed me last year so I came back this year with much better preparation,” said the 21-year-old Jamnicky. “I knew what to expect in terms of the course and hot weather. The goal was to stay cool as long as possible, position myself well and stay hydrated. I did my best to commit to the plan from start to finish and execute a smart race...

[Read More](#)

Complete ITU World Cup Results (1.5km swim, 40km bike, 10km run):

<http://www.competitions.com.tr/itu/2014/huatulco> <http://www.competitions.com.tr/itu/2014/huatulco>

Upcoming Races

Sharbot Lake

This weekend (**July 27th**) the **Improved and Expanded Ontario Youth Cup Race Series** moves to **Sharbot Lake**. This will be the first Draft Legal race for the 14-15 year olds however it will still be Draft Illegal for the 12-13 year olds. The [Sharbot Lake KOS[®]](#) is a classic Kids of Steel event that has a rich history of friendly competition and sportsmanship and not surprisingly the beginning of our very own Simon Whitfield's Triathlon career. It was organized by triathlon legend [Rudy Hollywood and his wife Joan](#) in the 1970's and was revived in 2013 by the [Bytown Storm Triathlon Club](#)

Are You Registered? On line registration is closed however, you can register in person on Saturday July 26th from 3-6pm at the race site.

Stop by the [Ontario Youth Cup page](#) to check out Leaderboard updates and for on the named



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

Provincial Olympic Championship - Bracebridge

Bracebridge will play host to the 2014 Provincial Olympic Triathlon Championship on August 10, 2014. Bracebridge is located in relaxing cottage country and will be the only Ontario based qualifier for the Olympic distance in Chicago for 2015 . Chicago will be host to the ITU World Triathlon Series Grand

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.



2014 Membership

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



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 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](#)

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

HELP CONTROL INFLAMMATION THROUGH YOUR DIET

FACE IT, TRAINING IS HARD ON THE BODY. WITH ALL OF THAT POUNDING, OUR MUSCLES, JOINTS AND LIGAMENTS FACE A LOT OF STRESS. TOO MUCH STRESS LEADS TO INFLAMMATION IN THE BODY, WHICH OVER TIME CAN LEAD TO INJURY. ADD ANTI-INFLAMMATORY FOODS TO YOUR DIET DAILY SUCH AS: GINGER, TURMERIC, PINEAPPLE, FISH OIL AND GARLIC TO HELP KEEP YOUR INFLAMMATION IN CHECK AND YOUR IMMUNE SYSTEM STRONG!

NUTRITION TIP #112

~Tara

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

Membership Benefits Exclusive to TriOntario Members

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**

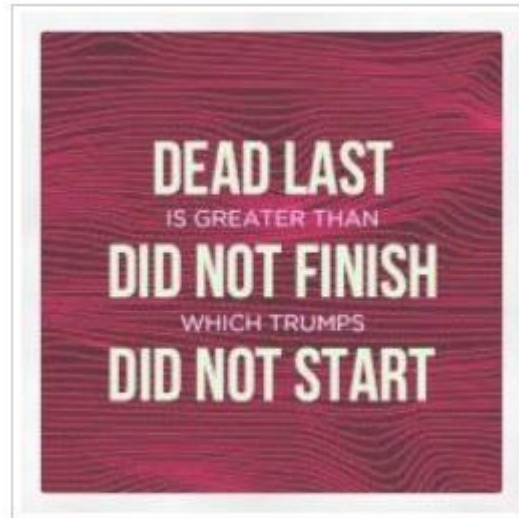
List Price: **\$120.00**

You Save: **\$50.05**

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

GET YOURS TODAY!

TRInspiration



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

 [/facebook.com/TriathlonOntario](https://facebook.com/TriathlonOntario) |  [@TriOntario](https://twitter.com/TriOntario) |  info@triathlonontario.com

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

to unsubscribe, reply with unsubscribe