



Penticton Triathlon Club Newsletter

Issue: August 2007



Happy 25th Anniversary IRONMAN CANADA 1983 - 2007



Memories are more than a link to the past.
Sometimes they're all we have that will last.
They remind us of times and things we hold dear.
They bring smiles and laughter, and even some tears.

It started as the 'Ultra Distance Race' in '83
Just a small field of only 23
Dianne Lynch, was braver than all of the others
The lone woman to race, never questioned her druthers.

Expanding and plans for the future were made.
Like the athletes, the challenges were faced, unafraid.
That first special race started something for Penticton
For many it has become a crazy addiction.

Directors, corporate sponsors, awards, and tents
In '86 it became an official 'Ironman' event.
With the field of athletes continuing to grow
CBC television said it was now worthy to show.

Records were broken year after year.
So athletes demanded improvements in gear.
Coaches now took the reins of the training
And 'elite' became a group and numbers were gaining.

The first prize purse was offered in 1990;
To follow was the formation of the Race Society.
The good people of Penticton made it a Class-A event;
The army of volunteers agreed the time was well spent.

The world came to our door and wanted to partake;
The 'best course' it was declared with our beautiful lakes.
TV networks around the world came on down;
The people of our little town felt pride all around.

Over the years just what Mother Nature would bring,
Had organizers stressing and sure made those phones ring.
The fires in '03 was a dilemma for Brad Lee,
Course changes meant a day on his bike supplying potty's with T.P.

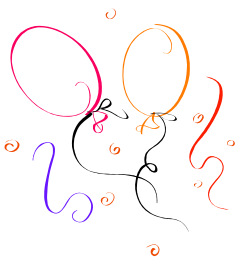
Beyond the beep of your timing chip at the finish mat,
Was hearing 'The Voice of Ironman' talk about you out of his hat.
A man so dedicated he is admired by all,
But humble Steve King says he was just having a ball.

With success it naturally became a business venture in part;
For the people of our area it's still a local event in their heart.
Just remember, no matter what 'doing business' may do or may say,
Nothing can ever take the special memories away.

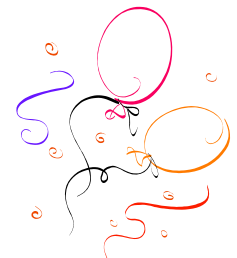
~ Sandy Ferguson

Congratulations Penticton and the South Okanagan for all your dedicated hard work and amazing spirit to bring Ironman Canada through its 25 years to the incredible event it is today.

On behalf of all our local triathletes from 1983 to 2007... we salute you and say a big



Thank You



IMC Tentative Schedule of Events

**** Please refer to the Ironman web site for all official up to the minute schedules, dates, times, and locations. <http://www.ironman.ca/schedule.php>**

Monday, August 20

10:00 am – 8:00 pm – ECM Merchandise Tent at Okanagan Park open

Tuesday, August 21

8:00 am – 8:00 pm – ECM Merchandise Tent at Okanagan Park open

Wednesday, August 22

8:00 am – 9:00 pm – Merchandise Tents at Okanagan Park open

Noon – 4:30 pm – Subaru Ironman Canada Village opens at Okanagan Park

Thursday, August 23

8:00 am – 9:00 pm – Merchandise Tents open

10:00 am – 4:30 pm – Subaru Ironman Canada Village open

10:00 am – 3:00 pm – Registration at Gyro Park

6:00 pm – Subaru 5K and Timex Ironkids 1K Fun Run

7:00 pm – 10:00 pm – Concert in the Park – Kinship performing at the Gyro Park Bandshell

Friday, August 24

8:00 am – 9:00 pm – Merchandise Tents open

8:00 am – Underpants Run (meet at Main St. & Front St.)

9:00 am – 3:00 pm – Registration at Gyro Park

10:00 am – 4:30 pm – Subaru Ironman Canada Village Open

11:00am – Pro Press Conference at IMTV tent in Subaru Ironman Canada Village in Okanagan Park

6:00 pm – 9:00 pm – Olivieri Welcome Dinner followed by a Pre-race meeting for all competing athletes

7:00 pm – 10:00 pm – Street Dance (200 – 400 block Mains Street four bands)

Saturday, August 25

NOTICE: There will be no Registration on Saturday

8:00 am – 9:00 pm – Merchandise Tents open

9:00 am – 11:30 am – Bike Check-in & Gear Check-in (go to the Bike Lot/Transition Area)

10:00 am – 6:00 pm - Subaru Ironman Canada Village open

11:30 am – 12:30 pm – Mandatory Pre-race meeting (Subaru Ironman Canada Village)

1:00pm – 3:45 pm – Bike Check-in & Gear Check-in (go to the Bike Lot/Transition Area)

4:30 pm – 5:30 pm – City of Penticton Parade of Athletes. starts at Main St. & White Avenue

5:30 pm – 6:30 pm – T-shirt exchange; Pro Autographs at Gyro Park

Sunday, August 26

5:00 am – 6:00 am – Athlete Check-In (North end of Main St.)

6:45 am – PRO Start

7:00 am – RACE STARTS

8:00 am – 11:00 pm – Merchandise Tents Open

9:00 am – 8:00 pm – Subaru Ironman Village open

9:20 am – SWIM COURSE CLOSSES

5:30 pm – BIKE COURSE CLOSSES

Midnight – RUN COURSE CLOSSES – FIREWORKS !!!

Monday, August 27

7:00 am – Finishers Merchandise available

8:00 am – 5:00 pm – Merchandise Tents open

9:00 am – 3 pm – Subaru Ironman Canada Registration for 2008 (Lakeside Hotel Ballroom)

10:00 am – Noon – HAWAII Registration (Lakeside Hotel)

Noon – HAWAII Registration Roll Down for 2006 (Lakeside Hotel)

5:30 pm – Maple Leaf Awards Banquet at Penticton Trade and Convention Centre

Tuesday, August 28

5:00 pm – Volunteer Party at the Penticton Trade and Convention Centre

The Locals Jerseys Have Arrived !



The jerseys are in and they look fabulous. Gord Splay has done a great job of capturing the retro look for this year's 25th Anniversary. Congrats Gord!

To arrange to pick up your jersey prior to picture night, contact Gord at (250) 809-6111 or email gordspelay@telus.net. He would really like to get them all distributed prior to picture night so please make that effort in the next week. Cost is \$30.

LOCAL'S PHOTO NIGHT:

THURSDAY, August 16th

Rotary Park (between the Peach and the hotel)

6:00pm – 6:30pm - Locals Jersey pick up

6:45 pm – photo taking will begin

PLEASE BE EARLY

No sunglasses or hats please so get your hair and makeup done!

25TH ANNIVERSARY LOCAL'S PHOTO SPECIAL

James Dewar of GAME Photography is taking our local's photo this year. He is offering some VERY reasonably priced photography packages to us. Click on the link to his web site to see the different 'personal poster', 'personal photo collage', and 'sponsor thank you' pictures and poster deals.

<http://yougottalovethisgame.com/triathlon.htm>

As it is expected to be a pretty busy night for him on both the group and individual photos, he will be doing the individual picture taking in the same order that the online orders come in to him. Get your order in early if you don't want to stand around waiting on photo night!! Payments are via the web site ordering system (PayPal) with major credit cards excepted.





Congratulations to all our 2007 local Ironman Canada participants

Lee Agur
Patrick Amundsen
Gary Apolzer
Jenny Ayers
Shelley Bedard
Dave Bell
Myers Bennett
Linda Bergstrom
Don Bergstrom
Pierre Berube
Victor Bhatt
John Bone
Tammy Briere
Andrew Burden
Peter Cambridge
John Cambridge
Jo-Anne Cardinal
Alan Clarke
Brad Cochrane
Martha Collins
Mike Cooke
Brent Cyn
Karen D'Amato
Alan Davies
Douglas Dean
Dave Del Rizzo
Chris Durnford
Daniel Durnford
Colin Edge
Brian Edge
Kevin Edge
Matt Evans
Bruce Fairweather
Sandy Ferguson
Carol Flynn

Doug Fox
Len Fox
Dan Fudge
Christian Gaumont
Stephanie Grahame
Milton Guignion
Gordon Hall
Andy Hamilton
Steve Hardwicke
Chris Hawkins
Scott Hayter
Marty Heck
Lee Heffren
Louise Hivon
Tina Hoeben
Joy Hollingdale
Kieth Holman
Ron Holmes
Lisa Hopper
Robert Horan
Darryl Jones
Leanne Karpuk
Tom Kelly
Holly Kemp
Steve King
Christopher Kircher
Brenda Kotzian
Rachel L'Orza
Ellen Langton
Stephen Lapointe
Karen Lapointe
James Lefebvre
Don Ludington
Duncan MacArthur
Daniel MacDonald

Ryan Mahaffy
Gwen Marsh
Karl Martin
Dave Matheson
Donna Mazurkewich
Paul McCann
Paula McGraw
Catherine McLean
Dean McMillen
Paul McPhail
Tracey McQuair
Laura Medcalf
Lydia Miller
Sheena Miller
Joanne Montgomery
Bryce Munro
Sherrie Myers
Julie Nurse
James Palanio
Diane Parchomchuk
Alex Piggan
Oliver Piggan
Simon Ree
Barb Richard
Gabriel Rossi
Caroline Rowland
James Ruhland
Stephan Samoyloff
Donna Sawchyn
Gary Scatchard
Lynn Schoenne
Bruce Schoenne
Brian Schroeder
Leonard Silvius
Paul Smith

Gordon Spelay
Craig Stephens
Michael Stokker
Kathleen Swanson
Richard Szabo
Rowena Tansley
Anthony Trabinger
Scott Tremblay
Kirk Vandeweghe
Brian Vennard
Chris Walker
Dale Ward
Brittany Watson
Maria Watson
Michael Welsh
Craig Welsman
John Wenger
Wyn West
Joan Wickwire
Jason Wild
Mark Woods
Gloria Woolner
Len Wright
Petra Wright
Ryan Wright
Thomas Wyatt
Adam Wylie
Robert Wylie
Shane Yamamoto
Martina Zamecnik
Vlad Zamecnik
Lucia Zamecnik

The contest lasts for moments

Though the training's taken years

It wasn't the winning alone that

Was worth the work and tears

The applause will be forgotten

The prize will be misplaced

But the long hard hours of practice

Will never be a waste

For in trying to win

You build a skill

You learn that winning

Depends on will

You never grow by how much you win

You only grow by how much you put in

So any new challenge

You've just begun

Put forth your best

And you've already won



The Countdown Has Started

It's that time of your training where you know there is only a short time left to the big Ironman day. You start to count the sleeps and your emotions really start to run crazy. Sooooo many thoughts are going through your head.... "Have I really achieved the fitness level I needed to achieve to be able to reach my goals?"....."You're running out of rides to test different foods, you better get things figured out soon."....."That swim was tough, what if the water is that wavy Ironman morning?"....."I better start a list, I keep forgetting to get new socks"....."What am I going to put in my special needs bag?"....."Where am I going to seed myself for the swim start? I don't want to get swam over"...."What am I going to eat that last week and especially the night before?"....

Your family, friends, and coworkers are starting to notice the edginess in your demeanor. Sleep seems to be getting more and more difficult because you just can't seem to turn your brain off when you lay down. All you think about is how little time is left and all the things you need to finish and start doing.

For me, this last month has really been a roller coaster of loving it and hating it. Summer is passing by and everyone is at the beach or out in their boats and I have to go do another six or seven hour ride Saturday! I haven't water skied once and my ball team is having a blast! As a newbie I was quite concerned about these thoughts. I kept trying to turn them off and stay positive and focused. After all, I made the choice to make this commitment and what's more important in life, conquering Ironman or playing in the water a bit? There was no denying it though, I just wanted the day to come and get it over with.

I talked with my coach about this gamut of emotions and was very relieved to hear that I was totally normal. Whew! Apparently even seasoned triathletes go through it at about this time. I then asked her what she thought if I took a little holiday to Alberta to visit a friend. She was all for it if I took my gear and promised to stick to the program. So, off I went, and what perfect timing. The Wednesday I drove to Calgary it was raining hard here. The next day, Penticton and area was getting hammered with the biggest rain storm in decades.... and there I was on my bike riding from Calgary to Canmore and back for my big ride of the week in gorgeous, sunny weather!!!

Now, I'm sure everyone experiences that point in their ride where things start to become irritating or down right uncomfortable. Mine started about Kananaskis. The head winds going west were pretty nasty and even the grass at the side of the road was being blown flat. I fidgeted in my seat and readjusted my arms to relax my neck while in the aerobars, but those thoughts of being sick of training came back.

Then I looked up..... "What are you complaining about..... look around you girl..... YOU ARE RIDING YOUR BIKE THROUGH THE ROCKY MOUNTAINS....just how much more spectacular do you want it?" Wow, talk about a Steve King motivational 'attitude' moment....the smile was back, nothing hurt, and I was rock'n down the Trans Canada Highway absolutely thrilled to be on my bike; and my neck sure didn't hurt any more, cause I was looking around way too much!! It really was *Athletic Tourism* at its best folks!!

The next three days we went to Windermere Lake and I got in a ski and wakeboard and was able to run around the area and do a couple swims in that lake. A change of scenery was just what the doctor ordered. From there forward I've been back on track and loving every minute of it.

~ Sandy Ferguson



"This last month has been a roller coaster of loving it and hating it."



THE BIKE BARN
300 WESTMINSTER AVE. W
PENTICTON, BC. V2A 1K2
PHONE: (250) 492 4140
FAX: (250) 492 3152
CHRIS & LISA FROUSE
WILL PRATT



Carbohydrate Loading

The concept of carbohydrate loading is popular amongst triathletes prior to competition. Carbohydrate loading is more than simply eating pasta for dinner the night before competition and certainly doesn't mean gorging yourself with food the entire week leading into a race.

As your training decreases, energy and carbohydrate requirements also decrease. During an easy week prior to competition it is important to taper your food intake accordingly to avoid unwanted weight gain immediately prior to racing. To adequately fill muscle glycogen, athletes need to consume between 7-12g of carbs per kilogram of body weight for 24-48 hours prior to your race. The length and total amount of carbs consumed by an athlete will depend largely on the length of the triathlon to be completed.

For Sprint and Olympic distance competitors, the couple days of taper in training leading into the race in conjunction with maintaining 7-10g of carbs per kg of body weight for just 24 hours before competition is adequate to increase muscle glycogen stores. However, athletes competing in half ironman, long course, and ironman races should taper from two to three weeks, and increase their carb intake to 10-12g for 48 hours before race start. This will allow the muscles to maximally load with glycogen prior to race start which will help off-set fatigue.

Having said that, the source of these carbs is also important. Stick to carbohydrate rich, low fat, easily digested, low fibre foods and of course hydrate, hydrate, hydrate.

Avoiding caffeine drinks in the last few days leading into your race is said to provide a greater reaction to the caffeine by your body on race day.

Gastro Intestinal Distress

By **Ilana Katz, M.S., R.D., L.D.**

(copied from Active.com)

For any fluid to be beneficial during exercise, it must first empty from the stomach, and then be absorbed into the bloodstream from the intestines. A number of factors influence the gastric emptying rate, including hydration status, concentration of the liquid, volume, caloric density (concentration of the fluid), temperature of the liquid, as well as external temperature and exercise intensity.

The most common causes of GI distress are thus a spin off from these influences:

Hydration status

A delayed gastric emptying response results from dehydration. Therefore, drinking when in a dehydrated state can cause gastrointestinal distress. Moreover, drinking at this point is unlikely to adequately hydrate the muscles. A common mistake made by many athletes is waiting to feel thirsty before hydrating. Furthermore, if lost fluids and electrolytes are not replenished, fatigue and heat illness can result.

Thirst is a sign that dehydration has already set in and performance is already being reduced. Thirst also tends to cause consumption of higher volumes of liquid at one time -- and with the delayed gastric emptying, GI distress is almost guaranteed. Remember that dehydration is cumulative.

To overcome this risk, don't wait until you feel thirsty; maintain fluid hydration regularly throughout training. Continuous sipping -- if appropriate -- is recommended, or else hydrate with small volumes every 20 to 30 minutes.

Fluid concentration

The speed a beverage travels from the stomach to the small intestine (the gastric emptying rate) depends on the energy content (calories) and volume of the beverage consumed. A small concentration of carbohydrate will encourage rapid absorption, but too much carbohydrate will slow gastric emptying and can result in GI distress.

Research has consistently found that beverages with a carbohydrate concentration of six to eight percent take longer to empty from the stomach than either water or lower concentrations of carbohydrate. Thus, carbohydrate/electrolyte drinks are often better than water for endurance training. Sports drinks may also aid in replenishing glycogen stores in working muscles and will balance and replenish electrolytes.

Exercise intensity

Stomach and intestinal distress tend to increase during high-intensity training. Stomach fullness is also directly related to gastrointestinal discomfort levels during intense sporting activity. Different intensities also result in different carbohydrate utilization.

~ continued



For instance, in endurance running and intermittent stop-and-go sports, there's a reduction in the rate of muscle-glycogen depletion when carb drinks are consumed. However, for strenuous cycling, the rate of muscle-glycogen depletion hasn't been affected. Keeping in mind that gastric emptying is optimal with sports drinks at six- to eight-percent carbohydrate, consuming these fluids regardless of activity may help maintain athletic performance and prevent over-volumizing with water.

Carbohydrate type

There appears to be no major difference between glucose, sucrose, maltodextrins and starch on athletic performance. However sports drinks that contain mainly fructose may cause GI distress due to the fructose's slower absorption rate. Read labels carefully; look for a combination of these carbohydrates. Fructose is sweeter than maltodextrins and is often used to make the drink more appealing. Maltodextrins remove the unpalatable sweetness, and sucrose is absorbed more rapidly than fructose.

Carbohydrates, regardless of whether solid or liquid, will aid in athletic performance. Consider drinking them rather than eating them, since fluids take care of two very important performance issues: hydration and energy.

Ergogenic aids

High doses of vitamins and minerals -- and some ergogenic aids, such as creatine or caffeine -- may cause GI distress. Creatine has recently become one of the most popular ergogenic aids marketed to athletes. Some studies have shown creatine supplementation may promote gains in strength, performance and fat-free mass, either due to increased muscle mass or water retention.

While not all studies report ergogenic benefits, most studies warn about the dangers of incorrect dosing. There are also concerns about muscle cramping, increased muscle injuries and, of course, GI distress.

Although ingesting a carbohydrate drink with creatine has been shown to increase muscular creatine accumulation, it also increases water retention. The risk of developing GI distress is thus increased when combining sports drinks with ergogenic aids.

In summary

GI distress may be an individual adversary. It's important to experiment to find out which sports products work best for you. Water is a good drink if exercising for less than one hour. Carbohydrate/electrolyte drinks are good for endurance and high intensity training because they are absorbed at optimal rates.

Water provides no flavor or electrolytes -- factors which cause athletes to want to drink, and therefore, keep them hydrated. Water provides no energy, while sports beverages contain carbohydrates, which help athletes provide their muscles with the needed fuel to avoid early fatigue and poor performance.

The sodium provided by sports beverages helps athletes maintain blood volume, a factor critical to maintaining sweat rates and performance. Sweat contains sodium that water alone cannot replace.

However, to prevent GI distress, these fluids should not be more than six- to eight-percent carbohydrate-concentrated (approximately 14 grams of carbohydrate per eight oz); they should have a mixture of sucrose, glucose and fructose; and they should provide a minimum of 100 mg sodium and 28 mg potassium per eight oz servings.

RACE RESULTS

KAL RATS Sprint

July 8, 2007 Vernon, BC

750m Swim ~ 18.5 km Bike ~ 5 km Run

Place	Name	FinalTime
Overall		
1	Jeff Symonds	0:58:27 (1 st M2024)
18	Miroslav Kavicky	1:13:34 (5 th M3539)
49	Calvin Deeg	1:20:49 (2 nd M4549)
54	Mike Townley	1:22:07 (1 st M6064)
99	Carol McQuaid	1:31:13 (10 th F4044)

RACE RESULTS



July 15, 2007
Penticton, BC

1.5 km swim
40 km bike
10 km run

The 25th Annual Investor's Group Peach Classic Olympic Distance triathlon took place on July 15, 2007 and it was one of the most exciting races yet. It was Race #5 in the TriBC Race Series, and the BC Provincial Championships. This brought the best triathletes in the Province here to vie for their BC team spot. The course is a favorite for many due to the challenge of the hilly bike and run courses. It was a weekend of festivities celebrating the 25th Anniversary of this, the oldest triathlon in the Okanagan Valley.

From the starting gun to the final home stretch it was a tight race between the top four. Penticton's own Tom Evans managed to maintain the lead throughout and finished in a time of 2:02:09. Paul Krochak of Vancouver had great bike and run splits to come within one minute of Evans, finishing at 2:03:10. Tom Rushton of Tsawwassen, who came out of the water with Evans fell back on the run and finished 3rd in a time of 2:03:17.

The story of the day was young Jeff Symonds of Penticton who had the top run split of all competitors and finished 4th at 2:03:43. Olly Pigginn, also of Penticton had a consistent and solid race placing 5th in 2:06:36.

A total of 73 local athletes took part in the field of 426 and there were a number of top finishing age groupers among them.

For full race results <http://www.wi.ca/peach/results2007.htm>

Achieving Your Goals



It is often at life's "turning points" that we tend to focus on what was "lost" or what will "never be". And although every life has "turning points" – and if you are really living, these show up virtually every day – more and more I look for what has been "gained" or what is "new".

Last year, on July 15, 2006, in the midst of a LOT of life changes, I looked at a blank "Goal Card" I had been given. I sat alone in the empty room staring at that blank card. "What did I want?" That is a question we often ask ourselves but seldom stick with the empty discomfort of it long enough for an answer to form out of the mists. That day, I decided I wanted to take my life to the next level – those words just kept ringing inside me over and over.

Although I was fit and had been working out for years, I wanted to take my level of fitness to this "next level". With some awesome role models just entering my life, like Ironmen Richard Walter and Tony Rotherham, I wrote down "*I will train for and compete in a triathlon by this time next year*". Pretty big stretch for a guy who had not been on a bike since I was 19, quit running when I was 40, and could NEVER swim!

Sunday, July 15, 2007, one year to the day that I wrote that card, I crossed the finish line of the Peach Classic Olympic distance triathlon in my new home town of Penticton BC. A mere 7 minutes behind me was the wonderful lady in my life, Mary-Ellen Piotrowski, also a first time triathlete who, remarkably, only got her racing bike 4 weeks before the race.

It was, in many, many ways, a dream come true. ~ Rob Mason

Rob Mason & Mary-Ellen Piotrowski after finishing their first ever triathlon – The 2007 Peach Classic



Final organization is coming together for this year's Ultraman Canada event taking place August 31st thru September 4th, 2007. With 14 racers and 3 relay teams, this ultra-endurance event covers 512.6 KM (318.6 miles) of the Okanagan/Similkameen regions of the Province.

Day 1 starts with a 10km swim in Skaha Lake followed by a 145 km bike ride which ends in Okanagan Falls. Day 2 consists of a 275 km bike ride starting in Penticton and ending in Princeton. Day 3 is an 84 km run starting in Princeton and going along the old Princeton/Summerland highway to the finish line at Memorial Park in Summerland.

****PADDLERS with their own boats are still needed.**

Please contact Steve or Neil at Peach City Runners 490-3334 or e-mail info@peachcityrunners.com

Peach City Gang Goes Above & Beyond Again

How many of you rode the Ironman bike course on Saturday or Sunday of the August long weekend? If you did, then you are well aware of the two aid stations set up by Steve Brown and his Peach City Runners and Nordic Ski crew on both days to support any and all triathletes out there putting in their last long rides before the big day. I'm sure you will agree there aren't too many people that would give up their August long weekend to stand in the blistering heat and hand out water, Gatorade and fuel to the bunch of us. We can't say thank you enough.

Steve Brown and Nick Mallett were at Barchello Road and the highway with a hydration aid station Saturday and Sunday from 9:00 am till 2:30 pm, and Frank Perrier and Barb Hanuszak were at the fuel and hydration station at the top of Yellow Lake both days from 10:00am till approx 4:30 pm.

Barb says they figure they served over 200 athletes at each station on Saturday and about half that number on Sunday. Steve says they are looking at making this an annual tradition for these first two weekends in August and already have some ideas for improvement and a little entertainment for next year!!

PLEASE make the extra effort to pop in to Peach City Runners & Nordic Ski and give them a personal thank you.

Thank You

Steve, Nick, Frank, and Barb



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**** Meet A Local Triathlete ****

Name: Brad Lee, Secretary, Penticton Tri Club
Age: Young at Heart
Occupation: Financial Planner – Investors Group
Started Triathlon: 1990
Coach: Kevin Cutjar, myself, visiting Pros
Key Motivation: I can keep eating ice cream!
Best Advice Received: listen to your body; process before outcome
Races Done: Peach Classic – 14 times
Ironman Canada –5 times
Ironman Florida – 1 time
Prestige Half, Honolulu ITU, Kelowna Apple – 5 times
Favorite Food: black bean crab, mango salad
Favorite Beverage: tropical fruit juice (guava, pineapple, mango)
Pet Peeves: inconsiderate, narrow-minded, selfish, people and litterbugs
Favorite TV Shows: don't watch TV, I rent movies or read books
Dream Vacation: powder skiing in Western Canada followed by laying on a sunny beach in the Med or Caribbean
Books: Sho-Gun, Shibumi, Voyageur, Bear & The Dragon, Kite Runner, Bourne Trilogy, Tale of Two Cities



BRAD LEE

1. What do you think is your strongest and weakest area in the sport?
Cycling is my strength, and my current knee issues and lower back are my weaknesses
 2. How do you think triathlon has changed you or impacted your life?
It hasn't. I could live without it! Impact = It keeps me from being bored! Reality = It keeps me fit for ski season LOL!
 3. What is the hardest thing you've had to overcome in your journey through this sport?
Patience and Discipline! Patience in dealing with injuries, aches, gradual muscle strength to get to the finish line. Discipline in sticking to a work out plan to achieve the goal, to not get caught up in the adrenaline rush, or to catch someone else, to not let my ego drive me and forget what my body says.
 4. What is your ultimate triathlon goal for yourself?
To race again would sure be nice!! LOL I'd like to improve my standing in my age group at ITU Worlds and of course to race Hawaii, but mostly to finish the run strong without a visit to the med tent!
 5. What is something very few people know about you?
They still don't know it!! Oh all right, I love RAP music! Don't believe me? Ok, I like classical when I'm reading, and modern jazz when I'm in the mood too. I really enjoy the colors of the sun rise off the Pacific (i.e. Australia) and sunsets while on a tropical beach or mountain.
 6. You've been involved in the development of triathlon in Penticton for a very long time. What are some of the different roles you've held?
The Penticton Triathlon Club started in 1993 with Tina Hoeben, Don Gemmell, Lee Heffren, Lance Bishops, and myself. We wanted to create a club that would provide services and promote triathlon in Penticton. I was President for seven years and have continued as an Executive member when not President. The intent has been to enhance training for locals and help them to increase their knowledge of the sport, sports nutrition, and racing in's and outs. (Last months newsletter listed the details of what services and support we offer to do this) The one thing we really promote is group workouts to help inspire each other. I've also been on the Board of Directors for the Ironman Canada Race Society. For 4 years I was in charge of the bike and run courses. This meant organizing all 25 Aid Stations, including recruiting the Captains and their army of volunteers; guiding the supply of product and equipment pre, during, and post race; educating the Captains on the proper set up of the stations, and how to coach their helpers in the techniques to get the fuel and hydration to the athletes on the fly!! In 2003 the fires presented us with really interesting challenges and CONSTANT course changes. I faxed the provider of the port-a-potties the new locations at the last minute only to find out his house (and fax) had burnt down in the fire, so when he came to town he placed them where he estimated they should go. I carried a lot of T.P. on my bike that year!! I've also worked for Ironman Florida doing their run and bike course in 2001.
 7. What changes have you seen IMC go through over the last 25 years and how do you think the corporate changes are affecting the sport in our small town?
There is no doubt the race has evolved from a small community event to a large corporate run event, however, having worked in the administrative end of things, I know there is no way a 'society' of volunteers could have handled the size it has become. Everyone has their opinion on the pro's and con's of some of the changes, but the one thing that has consistently grown along side it in our community is the financial spin offs because of the event. Many, many athletes come to Penticton numerous times to train prior to race week and there are training camps every weekend for months prior to the big day. These people all spend a lot of money in our community. The influx of people the weeks leading up to and post Ironman also support our businesses on a large scale. The world television coverage promoting our area is priceless. So yes, we may have lost the intimate 'local race' feel and I certainly would like to see our local businesses that have always been a big part of it remain part of the corporate plans (and definitely Steve King back on the mic), but in the big picture, what it gives back to the whole area is huge and we need to recognize this and continue to support the event just as we always have.
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Supported Course Ride

We had 43 people take part in the Penticton Triathlon Club supported ride on Saturday July 21st and think there were about 10-15 others that were out there that also took advantage of the assistance!

It was a bit of a crazy week previous as a large number of people wanted to join in after the registration deadline. We didn't want to turn them down, but rounding up enough Gatorade powder and PowerBars in town on the short notice was then a challenge and we wiped out Zellers, Cdn Wholesale foods and Wal-Mart. Special thanks to Brad Lee who did all the running around. Also thanks to Richard Szabo who sweet talked the Gatorade and Powerbar reps at Ironman Coeur d'Alene earlier this year into donating some product for this upcoming club supported ride.

A good number swam before heading out and everyone was on the road by 7 am. Some people rode 160 km, some 180 km, and some had rides ranging from 100 to 135km. It was a fantastic turn out and we can't say thanks enough to our 4 vehicle support crew of Tammy Szabo, Gord Spelay, Debbie Jones, and Brad Lee. The larger than anticipated numbers made their schedules pretty crazy.

Everyone seeded themselves perfectly as far as their estimated ride times, and we were all back at the Peach within one hour from first to last rider. Just about everyone did a little run after to ensure they continued to get their bodies used to that transition from bike to run.

The event fees brought in \$620 of which \$195 went towards new memberships. We paid \$30 to each vehicle for gas, and \$10 for each driver for lunch. \$25 was needed for ice (we emptied the Chevron/Triple OOO's ice machine - be sure to thank Craig Stephens for that!!!!) and the rest was for the nutrition and hydration products. In the end the cost was \$634. We've had great feedback, but as a word of warning for next year... the sign up deadline will be a true deadline to ensure we have time to gather enough product and enough support vehicles. Watch the website and Newsletter next June and July for details.

Please be sure to thank Tammy, Gord, Debbie, and Brad again for giving up their Saturday in support of our efforts.

Putting it in Perspective

When I took my trip to Alberta a couple of weeks ago, I decided to have a little odometer fun. How many friends and family members have you tried to explain just what this Ironman thing is? You can tell them it's a 3.8 km swim, 180km bike, and 42.2 km run... and yes, you do it all in one day. They're impressed, but for my gang that lives throughout the Okanagan, putting it into geographics they were familiar with sure elicited some interesting responses! Now they REALLY get it!! I'll confess, it actually shocked me as well. ~ *Sandy Ferguson*

Here it is...

If you swim from 'The Peach' in Penticton directly along the beach and then out along the highway for a total of 3.8km, you'd get almost half way to Trout Creek. From there, you crawl out of the water, rip off your wet suit and hop on your bike and go 180km east on Hwy 97/Hwy 1. That will take you through Trout Creek, Summerland, Peachland, Westbank, Kelowna, Winfield, Oyama, Vernon, Armstrong, Enderby, Grindrod.... all the way to the Kingbaker Resort which is located in the middle of Mara Lake. (Oh, but we decided to elevate Kelowna about 1200 ft over 11km and made Winfield to Enderby a bunch of up and down rollers, and for Grindrod we really wanted to make your legs burn so we elevated it to about 2000 ft... did that work??) Whew... oh, but wait.... now you have to climb off your bike, throw on your runners and continue heading east on this Hwy 1. You're going to run through Mara, Sicamous, Malakwa, past Craigellachie (the last spike), sorry...no stopping at Crazy Creek or Beardelle Castle... nope, keep going until you're 3 km short of The Enchanted Forest just west of Revelstoke!!! Oh... and by the way... you start at 7am and hope to see you at the Forest before midnight!!

Ironman - Where the ordinary accomplish the extraordinary!!



World's Long Course in Lorient France 2007 And a Spain Adventure!

Steve Hardwicke and Gloria Woolner of Penticton both qualified for the 2007 Lorient ITU Long Distance Triathlon World Championships through their stellar performances in Victoria last year. The following is Gloria's account of their experience. Be watching next month for another article on their full traveling adventures.



Steve and I had an amazing trip to Europe this summer in pursuit of triathlon dreams at the 2007 World's Long Course Championships in Lorient, France. We were two of about 35 Canadians making up the team, ranging from one girl in her twenties to the oldest man in his late sixties. We all became very close as we shared many breakfast conversations, did some pre-race workouts, and walked the parade of nations together.

There were 1000 participants in this race from all over the world, including the elite athletes of which Canada had no one registered. The elites went off first at 8:30 am, diving off the pontoon. It was a 3km swim of 2 loops, in which after the first loop you swam up onto the pontoon and either dove or jumped (as I did) off it before finishing your second loop.

Age groupers then went at 9:15am with 2 minutes apart between groups. All females went last which was a bit frustrating as we had to swim over many of the "open men" swimmers who went ahead of us. And these guys didn't even have to qualify to get there! They did not like to be shown up by the women as many of them kicked and elbowed us as we swam by them. I took it as good Ironman training!!

The cycle was a scenic out and back double loop of 40km following along the coastline. It was gentle rolling with several long speed bumps in it and one steep hill at the turnaround. Difficult to break away from those who were doing the same speed as you but the draft marshals were somewhat forgiving.



The run was a three loop course on a closed highway that swung us back past the finish line and spectators. It had several hills on it and was the most challenging element of the race.

Steve ended up with a Silver medal in his age group (4:47) and I was 11th out of 29 in mine (5:01).

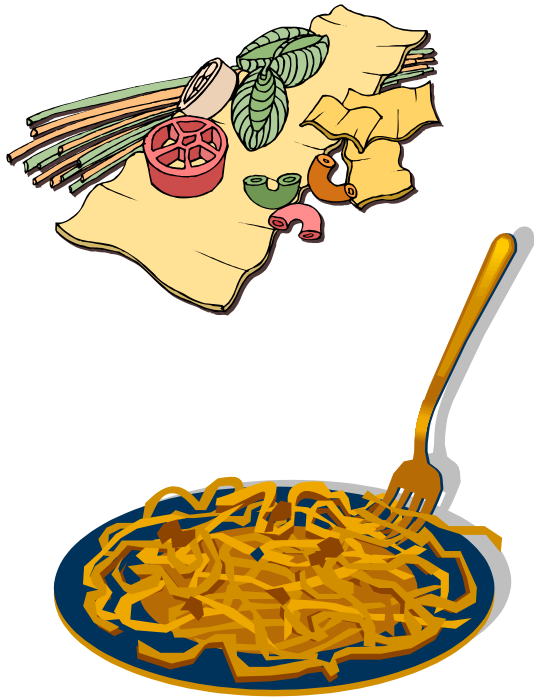
Our second part of our trip took us to Spain, to a cycling/triathlon camp in Bayolas near Girona and Barcelona. We wanted to continue our training in a scenic environment and do some sightseeing. So we linked up with a coach (Gareth) who runs an individualized and/or group training week. You can visit his website at gironacycling.com. This was an unbelievable experience, well worth the

cost as he gave us one-on-one attention for 7 days! We cycled 4 days through the newly paved back country roads past old stone cities and masias and into the Pyrenees. Traffic was light (4-5 cars), sheep crossing was evident, and patisserie stopping was mandatory. We had one day of sightseeing in Barcelona where we visited the artwork of Gaudi in the Parc de Guell, and went to the big church "Sagrada de la Famille", and one day at the time trial in Albi, France, part of the Tour de France.

After this we flew to Paris and spent 2 days walking the city, taking in all the highlights along the "Champs Elysees" as any typical tourist would do.

All in all, this trip was the highlight of our summer and we will never forget it! ~ Gloria Woolner

NOTICES



LOCAL'S PASTA FEED NIGHT

Monday, August 20th at Smith & Co.

The Penticton Triathlon Club has organized the return of the Monday night Pasta Feed during Ironman race week. The function takes place at Smith & Co. coffee shop. This is the main social event for local athletes and it does not matter if you are doing Ironman or not. We will have some photos taken, thus those people with local's jerseys, please wear them.

The cost is \$5, with the proceeds going to the Heart & Stroke Foundation in honor of Stacey Butterfield and Dave Cleveland's "Heart Across Canada Ride". The \$5 will cover a hearty veggie pasta, green salad and garlic bread. All beverages additional.

To ensure that Meika preps enough food, please **BUY TICKETS IN ADVANCE** from Smith & Co. Children will be free to join us.

Please email Brad at bradxtlee@yahoo.ca if you have any questions.

Smith & Company
Beverage Purveyors
215 Winnipeg Street

Thursday Night Mini Tri's are done for the year

Thank you to Jenny Andrews for organizing and coaching us on the in's and out's of fast transitions. It has been interesting to watch her changing profile week after week through this pregnancy!! Also a thank you to her son Robin for watching the bikes while we were swimming.

Richard Szabo Interview

Please note some info was missed for Richard Szabo's 'Meet A Local Triathlete' last month. Richard has also done Ironman Coeur d'Alene '03,'05 and The Grand Columbian Iron Distance tri's at Grand Coulee Dam '04,'05,'06 This year will be his 12th Ironman.

Did You Know...?

- The Kelowna Apple Triathlon has a special **Try-A-Tri** event for novices and first timers. This year's event will be on Saturday, August 18th. For full details <http://www.appletriathlon.com/try-a-tri.asp>
 - Proceeds from the sale of the 'Platinum Packages' for the 25th Anniversary IMC entry are going to create an indoor track at the new indoor soccer facility. This will be a lasting legacy from the NA Sports Community Fund set up to give back to communities that host Ironman events. For more info <http://www.nasports.com/commfund/index.php>
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Penticton
Triathlon Club

President **Richard Szabo**
Vice **James Palanio**
Treasurer **Barb Hanuzsak**
Secretary **Brad Lee**

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bradxtlee@yahoo.ca

We're on the Web!

See us at:
www.pentictontriathlonclub.com

Newsletter Editor
Sandy Ferguson
sandy.f@shaw.ca



Coach Karl Donoghue and some of the
M,W,F, morning Tri Club swim gang

CLUB TRAINING

- Swim open water swims M, W, F mornings in Okanagan Lake (meet at the benches west of the Peach). Be in your wet suit **ready to swim** at 7am sharp.
Coach – Karl Donoghue
Kayak assisted full course swims are each Wednesday. If you are available to paddle please contact Karl at karltd@telus.net
- Bike Wednesday's leaving at 5:30pm from Smith & Co (215 Winnipeg) – time trials, technique rides, hill repeats
Saturday's leaving at 7:00am from Smith & Co – long rides
- Run Tuesday and Thursday's leaving at 5:30pm from Peach City Runners.
Sunday's meeting at 7:50am east of the Lakeside Resort parkade. For info <http://www.pentictonpounders.com/>

UPCOMING EVENTS

- Rattlesnake Island Swim (7km)** – Saturday, August 11, 2007
- Ironman Canada** – Sunday, August 26, 2007 <http://www.ironman.ca/>
- Ultraman Canada** - August 31st thru September 4th, 2007 www.ultramancanada.com
- Kelowna Apple** - Saturday, August 18, 2007 – Try-A-Tri, Sprint, Youth & Jr. Races
Sunday, August 19, 2007 – Adult Olympic Race <http://www.appletriathlon.com/>
- Ironman Underpants Run** – Friday, August 24, 2007 8:00am
- Summerland Sprint** – Sunday, September 2, 2007 <http://summerland.net/sprinttri/>
- Bike Barn 10K Run** - Sunday, September 9, 2007 9:00am * New flat course for PB's!!