



# Penticton Triathlon Club Newsletter

Issue: June 2007

Penticton  
Triathlon Club

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## Anthony's Pub Bare Bones Duathlon 2007

This year's duathlon was the first for the Penticton Triathlon club as organizers. A big thank you to our sponsors, The Bike Barn and Peach City Runners.

We had an excellent turnout of 149 entrants, from 17 to 70 years young. The weather was almost perfect, with sunshine, warm temperatures, but a fair amount of south winds. Transition this year was based out of the east Skaha Lake parking lot as Wonderful Waterworld no longer exists. The event had a new run course, with each 5 km part involving 3 loops around Lee St., South Main, Skaha Beach, Parkview, Elm and around the lacrosse box.

The race was a fast and tough contest in the first run, with Hugh Trenchard and Nathan Champness leading in to the bike. Local athletes Dan Macdonald and Scott Tremblay, and new Scottish pro triathlete Scott Neyedli (just raced IM South Africa) chased aggressively, catching the leaders on the hill outside OK Falls. The race was ultimately won by Neyedli as he and Scott Tremblay led the others in the second run. Neyedli is visiting family in Kelowna, and has decided to enter the Bare Bones duathlon, the Peach City Half Marathon, and the Oliver Half Ironman as part of his training. It would appear that he is hoping to cover some of his travel expenses by finishing in the money! Top female Anne-Marie Madden, as a recent elite athlete, led veteran elite triathlete Yvonne Timewell for the top prize. For a few athletes, the Bare Bones was their first duathlon. One of Penticton's upcoming triathlete prodige's, 18 year old Rob Smith, won his age group and finished 9<sup>th</sup> overall. Watch for Rob in future races! Local Penticton Triathlon Club members finished well in the race, many winning their age group.

These are the local athlete results:

2 <sup>nd</sup> Scott Tremblay	1:25:04	Anthony Trabinger	1:53:16
6 <sup>th</sup> Dan Macdonald	1:28:29	Cathy Sheehan	1:53:20
7 <sup>th</sup> Simon Ree	1:29:11	Frank Reimer	1:53:33
8 <sup>th</sup> David Matheson	1:30:27	John Mitchell	1:53:53
9 <sup>th</sup> Rob Smith	1:31:19 (1 <sup>st</sup> M16-19)	Donna Sawchyn	1:55:00
18 <sup>th</sup> Brian Schroeder	1:35:14	Calvin Deeg	1:56:47
23 <sup>rd</sup> Clive Asplen	1:36:52	Peter Cambridge	1:57:20
33 <sup>rd</sup> Steve Hardwicke	1:39:52 (1 <sup>st</sup> M60-64)	Pat Amundsen	1:57:31
Dave Bell	1:44:19	Frank Wolfinger	1:58:40
Stephanie Grahame	1:44:25	Lydia Miller	1:59:25 (1 <sup>st</sup> F60-64)
Milton Guignon	1:44:59	Julie Nurse	2:00:37
Richard Szabo	1:45:40	Emma Lujan	2:01:03 (1 <sup>st</sup> F16-19)
Patrick Buchanan	1:45:58	Sybilie Bartram	2:02:53 (1 <sup>st</sup> F50-54)
Alan Davies	1:47:24 (1 <sup>st</sup> M55-59)	Jerry Mitchell	2:03:35
Ryan Mahaffy	1:47:39	Terry Ingles	2:04:34
Jenny Ayers	1:47:49	Dan Fudge	2:05:00
Gloria Woolner	1:48:52	Jo-Anne Cardinal	2:05:47
Miroslav Kavicky	1:49:50	Gabriella Zonta	2:27:06
Jim Miller	1:50:06	Michael Harrison	2:24:39
Dave Ellis	1:52:02	Elle McMillan	2:24:50
Dean McMillen	1:52:05	James Palanio	2:28:00
Paul McPhail	1:53:14	Kerry Younie	2:38:19



## Tom Evans Seminar

Tom Evans gave a great seminar March 15<sup>th</sup> at the Bike Barn on bike training, and group ride etiquette. Here are some highlights:

- talk about the purpose of the group ride before heading out so all participants know what the goals are
- determine the route appropriate for the goals
- educate newcomers to hand and arm signals
- ride in the middle of the shoulder, not on the white line
- the leader should be slightly closer to the white line so he can clearly see the traffic coming from behind
- never ride in your aerobars unless you are the leader
- don't over train just to keep up with other riders. Ride at YOUR pace for your training requirements to ensure you are building muscles, not burning them out. Use your heart rate monitor.
- do drills while riding to improve your techniques. Smooth equal pedal rotation is very important.
- eat while going up hills as this is where you don't want to be hammering anyways. You can gain more time on the flats than the hills so utilize this for nutritional needs.

### Bike Set Up:

- Comfort is the most important thing. Aerodynamics is wonderful, but if you aren't comfortable you simply won't perform. You don't want to be getting off the bike all cramped up. Have your bike ergonomics set up by someone well trained and then tweak it to really work for you.
- Invest in a good seat.
- Never change your bike set up pre-race. Always make sure you have ridden lots of miles at the setting you will use for a race.
- Learn to change tires and tubes properly!! 80% of flats during a race are because people have never ridden on their changed tires or tubes prior to race day. You should change to the tires and tubes you want to use in a race at least a week prior and put some miles on them to ensure there are no problems.

Lisa Prowse, co-owner of The Bike Barn added to the seminar by speaking on some basic bike maintenance.

- Keeping your bike clean is probably the number one thing to do in an effort to maintain your bike in good condition.
- Never use a high pressure sprayer as it ruins chain systems and gearing mechanisms. Simply wipe down the frame after every ride to remove sweat and food. Pay great attention to the headset (top of the handlebar post). Rust, decay, and damaged bearings from foreign intruders getting in here can really cost you in repairs when it is totally preventable.
- Regularly clean your chain with a toothbrush or chain cleaning system using a proper cleaning solution. Frequency is based on your mileage.
- Only oil your chain with proper bike chain oil. Other types are totally no's!
- Have your bike professionally serviced as often as appropriate for the amount of mileage you put on. A check of your chain every couple of months is a good idea to ensure slippage isn't occurring due to a stretched chain. A worn chain is damaging the entire gear cluster, and it is much less expensive to replace a chain than an entire gear cluster!

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*“Aerodynamics is wonderful, but if you aren't comfortable you simply won't perform well.”*



# Triathlon Giggles!!

We all have experienced something in our training, racing, coaching, or event organization that has made us laugh, and most likely allowed others to laugh at us!!  
I WANT TO HEAR ABOUT IT!!

I am compiling a book of stories from triathletes, coaches, and anyone else associated with the sport, at all levels, and from all over the world in regard to their most memorable funny experiences in this silly sport of ours!!

le. trying to be your own bike mechanic – getting lost – begging for money – forgetting equipment or clothing – traveling dilemmas – bonking situations - announcer errors gags on others – well meant efforts for others gone wrong – wet suit issues – newbie naivety – race organization dilemmas – language barrier issues

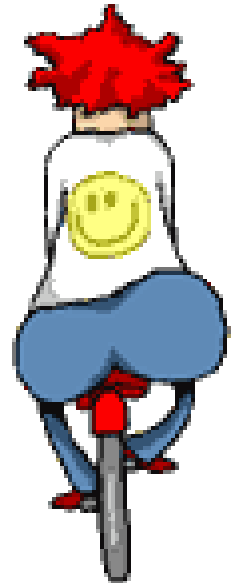
.....basically any mishap of the comical nature that just goes with this sport!

Everyone has something that has happened to them. Write it out and send it to me at [sandy.f@shaw.ca](mailto:sandy.f@shaw.ca). It doesn't have to be a literary piece of art - I can help you there – and pictures are always a bonus! Deadline for entries is December 31, 2007.  
(Names of those submitting stories will only be printed in the book with full permission. 'Anonymous' will be noted if desired.)

In an effort to gather more stories, please pass the message on to all the people you know that are triathletes, or are associated with the sport – including volunteers, race organizers, physio, chiro, sports equipment stores owners etc. that might have a few stories to tell as well.

Be watching in the future for the little bathroom book of 'Triathlon Giggles'!!

*Sandy Ferguson*



## Brain or Brawn??

As human nature generally has it, we have a need to feel we have a good chance of succeeding at an undertaking before we will attempt it. This certainly seems to translate into our sporting life as well.

We realize our goals best if we plan and prepare diligently, and in the sport of triathlon this means ensuring we establish a good relationship with our mind as well. How often in your training is your mind and body in conflict? When your body is wet, cold or tired, when the head wind seems stronger than your muscle energy, when the sun is so hot you just want to jump into the lake rather than finish that run, it is amazing how we train our mind to convince our body to go on. To master the battle of wills is to master becoming a great athlete. You can prepare most arduously for a specific goal but it will be your mind that will decide its success. – *Sandy Ferguson* "The power is in the body, the ability is in the mind."

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*"Triathletes don't suffer from insanity, we enjoy every minute of it."*



2006 Ironman Canada Champion

## Jasper Blake

At 5'5" and 130 lbs, Jasper Blake is the epitome of the little engine that could. Jasper came out of the womb running and hasn't looked back. As a kid his passion for sport centered around the downhill slopes in Kimberley BC then led him to the National Ski Academy in Collingwood ON for high school. Academy life consisted of early morning dryland sessions followed by a half day on the hill and classes in the afternoon. Dryland training after school then dinner and evening helped streamline Jaspers' strong work ethic for what has turned into a lifetime in sport.

In 1992, realizing that he was not going to excel to the level he had dreamed of in skiing, Jasper packed his bags and moved to Toronto to pursue his second love, Tennis. Long commutes and long hours on the court landed Jasper a full tennis scholarship to the University of Wisconsin, an NCAA division 1 school.

Sometimes it takes a number of years and several sporting setbacks to steer a person in the right direction. Perhaps it was a combination of genetics, pure stubbornness, and the belief that he was willing to suffer more than anyone else to win, that landed Jasper in the world of endurance sports.

Now living in Victoria, for the past ten years Jasper has raced across the globe in Ironman and triathlon events. To this point his career has been highlighted by four Ironman top five finishes and a top ten at the 2005 World Long Course Championships, but nothing ranked higher than his win here at Ironman Canada in 2006.

On Monday, May 14<sup>th</sup>, Jasper spoke at the Penticton Community Centre. His presentation was focused on what he has come to realize really matters in this sport. Whether you are an age-grouper or a pro, the model for success starts with your state of mind. To be happy just to be on your bike seat or in a championship race is what should matter. Certainly we all have personal goals, but if we rule our experiences by strictly focusing on our time goals, all the trials and tribulations thrown at you in the course of your efforts can become more stressful and overwhelming than they need to be. "We can only ever be where we are currently at." We walk a fine line between injury and building strength in this sport, and injuries are just part of the game. A flat tire is just the luck of the day. There are way too many factors that can come into play in our daily lives, in our training, and on the race day that if you don't have the right state of mind you'll never find the true enjoyment from why you are doing this in the first place. Jasper stated that once he realized where his mind needed to be, his best performances just came - the stress and anxiety was gone and his body excelled.

His advise for us in training - have a blood lactate analysis test done so you are truly training according to your own individual lactate balance point for heart rate zones. Figure out your heart rate game plan for your races and minutes per mile etc. and practice these in training over and over. For race days - suck up the crowd's energy rather than be overwhelmed by it. Don't race under the emotions of the day, but race to what you've practiced as far as heart rate and minutes per mile etc. Whether it is training or racing, always be aware of signs in your body for your fuel and hydration needs. Nail down what your individual body needs and can handle. Also, if your body is telling you it needs a rest, listen to it and take a day or two off. Injuries happen when your body doesn't want to perform and it's telling you so. Most importantly, always focus on how far you've come and what you've already accomplished. Be proud of where you are at in that moment and your body will react in the same positive manner.

## Nailing Your Nutrition

Any sport or activity requires you to provide your body with the correct fuel and hydration to successfully complete the task at hand. Hands down, the most individual element of an endurance sport like triathlon is figuring out your body's nutritional requirements and what your digestive system will tolerate. We all sweat at different rates, we all have different stomach sensitivities, likes and dislikes, allergies, the list goes on and on. "Experiment" is all the guidance your coach can tell you. If it doesn't make you cramp, or expel in another unfriendly way, then you've found something that works for you!! But when and how much should we take in?

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## Basic Five of Eating to Perform

You need to nail down a nutrition plan leading into, during, and out of workouts and this is something that if done right will contribute to a better performance and an effective recovery.

You put in long hours in order to compete in triathlon and because of that your body has higher nutrition and hydration demands. One of the biggest mistakes a triathlete can make is running on empty; this affects performance and recovery in a negative way. Consider the following five smart nutritional strategies and your body will thank you.



**1. Eat before your workouts.** You want to start each workout with a full tank so test out what foods work for you prior to swimming, biking and running. Your goal is to eat early enough before the session so that you don't feel like you just ate, but you do have the energy you need to get the job done. Aim to consume 60-100 grams of carbohydrates between one and three hours before your workout (i.e., one energy bar and a piece of fruit or a bagel with jam and a piece of fruit). Keep the foods high in carbohydrates and low in protein and fat, because the latter two take much more time and work for your body to digest.

**2. Pre-hydrate.** Once again you need to start on the plus side. Swimming, biking and running will make you sweat and therefore you know you will be losing fluids. As little as 1% of your weight lost in water will negatively affect your performance, so top up before heading out for your next workout. Select a combination of sports drinks, fruit juices and water to keep you hydrated. Water alone has not been found to absorb as well into our bodies as fruit juices and sports drinks. Drink a combination of these three items.

**3. Fuel up during long workouts.** Make it a habit to drink every 10-15 minutes during a long ride or run. Running can be tricky for hydration, because not everyone likes to carry fluids while running, but try placing water bottles on your route before you head out or wearing a fuel belt. If you need a reminder to drink then try setting your watch alarm to jog your memory. Generally, one litre per hour is a good target. Once this becomes a habit you will start to notice how much better you feel during your long workouts and how much better your body recovers.

As far as eating goes, you should aim to consume 1 to 1.5 grams of carbohydrate for every kg of your body weight per hour. Finding foods that you enjoy will increase the likelihood of regular eating. Test out what works for you and your stomach and then turn it into a habit. One thing to think about is how you feel after a long workout. If you feel like eating everything in your fridge and that feeling stays with you for a while even though you've had a decent meal then you did not eat well enough during the workout. Try different combinations of food and drink and you will find something that works for you.

**4. Hydrate and re-fuel post race or workout.** Once you have mastered the art of keeping topped up prior to and during your workouts you will start to feel the benefits. However you must still keep in mind the importance of eating and drinking after your race or workout. It is likely that you will lose more water than you can replace during hot workout sessions or races. Using a scale can help you measure and figure out how much more you needed to ingest to keep topped up. For each pound/half a kilogram of weight lost you will need to drink 20 ounces/500mL of fluids to get back to where you were. Checking the color of your urine will also tell you how well hydrated you are. Aim for your urine to be pale yellow and mostly clear.

**5. Glycogen replacement has a short window of opportunity.** Plan for and aim to eat within 15 minutes of completing your workout or race. The food you eat should be high in carbohydrates and the quantity should be similar to the number of grams that you should have consumed leading up to the workout. High carbohydrate foods will replace the glycogen your muscles need in order to repair and recover from the stress they were under during your training session. If you would like to add a bit of protein to this snack/meal then do so, it will help, but keep it to a maximum of 25% of the total calorie count (i.e., cereal with milk is a good option.)

If you work on these five tips your body will feel better after your workouts and recover more quickly in order to be ready for the next session. When you are able to train better you will race better, so set yourself up for good nutrition and hydration pre, during and post workouts.

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*"If it doesn't make you cramp, or expel in another unfriendly way, then you've found something that works for you!"*

# **\*\* Meet A Local Triathlete \*\***

Name: *Sandy Ferguson* Age: *45*  
Nickname: *Sam* Occupation: *Healthcare*  
Personal: *Daughter 21, Son 18*  
Started Triathlon: *2006*  
Coach: *Jenny Andrews*  
Key Motivation: *Getting my Ironman tattoo!*  
Best Advice Received: *"You can only be where you are at today"*  
*– Jasper Blake*  
Mentor: *a few for different purposes*  
Races Done: *Nelson Olympic August 2006, Summerland Sprint*  
*Sept 2006, Oliver Half Iron June 2007*



## 1. What got you interested and started in the sport of triathlon?

*I was always very athletic as a kid and young adult and let things slide other than playing a bit of ball and volleyball while raising the kids. I moved to Penticton 2 years ago and knew I was missing real exercise in my life to keep me physically and mentally healthy. I met a couple people that had done an Ironman previously and started to join them at the pool. As I was getting back into shape I was feeling better. At this point I believed anyone who wanted to do Ironman was truly nuts! Once I started listening to all the stories and seeing what the training programs were really like, I realized it was a little more rational than perceived. Next thing I knew, it was June and I was buying a bike and a good pair of runners and was in full training. In July of 2006 I decided I needed that goal and signed up for Ironman 2007. Go Big or Go Home!!*

## 2. What do you think is your strongest and weakest area in the sport?

*I've always had strong quads, so felt biking would be my strongest, but working with Karl Donahue in the pool, I've come to find my swimming is getting really strong too. I've never been a runner, so starting that at my age... let's just say the body is rebelling. I'm dealing with some IT/quad adhesion problems so have had to water run and learn power walking since the new year. Tracey McQuair's 'Active Release' treatments and Anke Smit's 'Intramuscular Stimulation' needle treatments at Pro Physio have really helped things improve and we are confident I'll be doing full impact running again in the next week.*

## 3. What do you enjoy doing during your down time?

*golfing, hiking, playing ball, mountain biking, camping, boating, drafting, interior decorating, home renos, snuggling in to watch a great movie, or having an evening of laughs with friends or family over a great meal with even better wine! I'm never bored!!*

## 4. How would you describe the high of crossing a finish line of an event?

*Wow... what a rush! That magic sound ~ the beep of my timing chip as I cross the mats. I don't think it will matter what size race, how many times I've done it, or how I got there, there is nothing like that sound and what it means. And, if we are fortunate, to hear Steve King announcing your name and a little bit about you from that incredible brain of his, is only an experience someone who's been there can get. It really is an extra thrill to have him on the microphone.*

## 5. What do you like to think about when you are training?

*Because I'm so new to this sport and I'm taking on such a large feat in a pretty short time period, I tend to always concentrate on what is going on with my body. How are my muscles feeling, what's my cadence, what's my heart rate at, how long since I had a drink, how's this nutrition feeling in my stomach. I also tend to visualize the big race a lot, especially if I'm training on part of the actual Ironman course. I'm thinking about where I should try and eat a solid food or gel so that I've given my body a shot before a big hill climb or something. I wish I could just mellow out and listen to some tunes or something, but my time is limited so learning is the priority!!*

## 6. What parts of training do you like the most and least?

*Most is definitely riding out in our gorgeous country side. Least would have to be track work outs!!*

## 7. How do you think triathlon has changed you or impacted your life?

*It has changed my life in a huge way. When I really started training, I was still smoking!! The night I made the decision to do Ironman I quit and haven't smoked since - can't stand it now!! The exercise has done nothing but make me feel emotionally and physically stronger so other areas of my life have improved as well. I've learned a ton on healthier eating habits and the affect on the body which will benefit me far beyond just the athletic performance. But I think the best part is that the participation has given me the opportunity to meet a lot of great people in a new town.*

## 8. What is the hardest thing you've had to overcome in your journey through this sport?

*Being that I was pretty competitive in my sports when younger, I was finding not being able to run really difficult. I had the mind set that if I didn't run the run portion, I really wasn't accomplishing anything great. I've now come to realize that how a person gets across the finish line doesn't matter, it's such an effort in so many ways just to get to the starting line!! If I have to power walk in my races I now don't care, it's still a big effort and at least I'm not sitting on my couch and still smoking!!*

## 9. What is your ultimate triathlon goal for yourself?

*Finishing Ironman Canada 2007 will be quite an accomplishment in only one year. If I'm running, I'd like to finish under 14 hrs. Some day I'd like to win my age group in a half iron. I'm certainly going to work in that direction, but it might take me till I'm 70!! As long as I'm having fun and I have balance in my life, I'll continue in the sport.*

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## Mission Statement

October 26, 2005

To encourage and develop participation in triathlon and duathlon in the South Okanagan & Similkameen

- provide training opportunities
- developing events that encourage new triathletes
- provide some financial support for members traveling to participate in Championship races, or to youth that show particular promise and dedication to the sport
- provide library, coaching, and website resources

It was a scorcher! A record 38 degrees was dealt to the group of almost 700 triathletes on Sunday, June 3<sup>rd</sup>, for the 4<sup>th</sup> Annual Outback Events Oliver Half Iron race. With almost 60 competitors getting through the swim and bike but unable to stand the heat and having to quit the run, those numbers told the story.

For a number of our local triathletes, it was a stellar performance day, winning their age category or placing in the top ten. Well done to all that beat the heat!



Place Overall	Name	FinalTime	Place Overall	Name	FinalTime
5	Dave Matheson	4:33:26 (2 <sup>nd</sup> M35-39)	295	Paul McCann	6:07:40
7	Scott Tremblay	4:35:22 (2 <sup>nd</sup> M30-34)	300	Carla Kufeldt	6:08:20
14	Olly Piggan	4:42:07 (5 <sup>th</sup> M30-34)	318	Cathy Sheehan	6:13:50
17	Clive Asplen	4:43:59 (7 <sup>th</sup> M30-34)	333	Len Wright	6:17:54
18	Brent Cyr	4:44:19 (8 <sup>th</sup> M30-34)	352	Doug Dean	6:21:47
21	Lee Heffren	4:44:45 (1 <sup>st</sup> M50-54)	359	Jim Miller	6:23:30
27	Brian Schroeder	4:51:38 (2 <sup>nd</sup> M50-54)	393	Cathy Rooke	6:32:37
34	Kirk Vandeweghe	4:57:10 (6 <sup>th</sup> M40-44)	396	Petra Wright	6:32:47
41	Chris Hawkins	4:59:45 (7 <sup>th</sup> M40-44)	428	Kevin Sweetman	6:39:32
61	Carl Peterson	5:06:08 (1 <sup>st</sup> M55-59)	430	Joan Wickwire	6:39:46
86	Kyle Stevens	5:15:28	434	Joy Hollingdale	6:41:12
87	Steve Hardwicke	5:15:35 (1 <sup>st</sup> M60-64)	469	Holly Kemp	6:52:50
107	Tracey McQuire	5:20:35 (2 <sup>nd</sup> F30-34)	488	Sandy Ferguson	6:58:22
119	Gloria Woolner	5:24:54 (1 <sup>st</sup> F45-49)	500	Gwen Marsh	7:02:03
157	Tom Wyatt	5:35:05	533	Len Fox	7:15:35
176	Paul Smith	5:39:26	569	Jacqueline Stewart	7:32:43
183	Andy Hamilton	5:41:52	589	Dale Ward	7:47:51
215	Brian Edge	5:50:46	608	Hank Guckuk	8:12:52
240	Bryce Munro	5:56:11			
267	Ryan Wright	6:01:54			
274	Steve LaPointe	6:03:25			
277	Bruce Fairweather	6:03:54			

For full results:  
[www.raceheadquarters.com](http://www.raceheadquarters.com)

### GROUP TRAINING:

**Mini Triathlons** – Bi-Weekly starting Thursday, June 8<sup>th</sup> – 5:45pm meeting near the kids water park at Skaha Lake Distances will be kept small so they won't interrupt or stress your regular training plan. Bring all your gear for swimming, biking, and running. This is a GREAT chance for you to practice your transitions!! For more information contact Jenny Andrews [andrewsjenni@gmail.com](mailto:andrewsjenni@gmail.com)

**Swim** Starting Friday, June 8<sup>th</sup>, open water swims will begin at Okanagan Lake (meet at the Peach) every Monday, Wednesday, and Friday mornings. Be in your wet suit ready to swim at 7am. Coach – Karl Donoghue

**Bike** Wednesday's leaving at 5:30pm from Smith & Co (215 Winnipeg) – time trials, technique rides, hill repeats Saturday's leaving at 8:00am from Smith & Co – long rides \*\* time will be changing to 7am soon

**Run** Tuesday and Thursday's leaving at 5:30pm Sunday's meeting at 7:50am east of the Lakeside Resort parkade. (See Pounder's web site for details)

### **Next Triathlon Club Meeting:**

7:30pm Wednesday, July 4<sup>th</sup> – Investors Group Meeting Room

### **Upcoming Events:**

Jr. Triathlon Camp – Sunday, July 8<sup>th</sup> – contact Jenny Andrews for information [andrewsjenni@gmail.com](mailto:andrewsjenni@gmail.com)