

## Triple Threat Triathlon President's Report 2019

Triple Threat Triathlon Club enjoyed a successful and exciting season of growth for the club and its members.

We hosted a get to know the team/coach session on October 17<sup>th</sup> which was well attended. Programming and goals for the year were discussed. Training kicked off in early November with indoor cycling, track, and outdoor Sunday long runs. In spring, we started hill runs at Westview Park, and all summer we practiced on Thursday nights biking and running at Birds Hill. We hosted the season opener race at Birds Hill in June, where we were thrilled to offer the opportunity for one of our local paratriathletes to race.

The club hosted several events for our members: Louis Riel Day open water skills and drills clinic, January, February and March coached swim sessions with Jen Onyskie. An endurance sport physiology talk by Daryl Hurie "We Are All Quitters" at Pure Lifestyle that was free to Triple Threat members and was equally attended by other triathletes and cyclists from Manitoba for a small fee. Training Camp in May at Falcon Trails Resort. Potlucks and Hot Dog Rides were held in the Summer, as well as Boston Pizza gatherings on recovery week. Our windup was held on September 14<sup>th</sup> and had the highest attendance ever for a wind up.

Our athletes enjoyed great personal successes this season, from finishing a first triathlon, to improving times, to qualifying for World Championships. A special thanks to our coach Tom for his guidance and programming.

I look forward to our 2019/2020 season with great optimism and enthusiasm. Triple Threat continues to be a forerunner in introducing adults to the sport of triathlon, and supporting a healthy, sustainable and balanced approach to sport. Bravo team!

Heather McDonell

President, Triple Threat Triathlon

2018-2020 term