



# SWIM > BIKE > RUN

## Mike's Update

Hi fellow athletes, volunteers and sports fans, it's now within a couple of weeks of race start and the mayhem begins. Boy, I love this time of year, "NOT", I think I would rather be training like most of you. I did however get a chance to ride the Ryder Hesjedal Grand Fondo out in Victoria and may I say that is a beautiful venue for a long bike race. I would recommend it to anyone, very challenging, as Victoria was not built in Regina for flat land, it's a rock and there are lots of steep ups and downs. Very scenic rides along the water front and the back country, we had a section where a 3.8k section went up 600 or 700 meters in elevation, probably 15 to 18% grade. They time trialed it and I was unaware it was a time trialed, as I was coughing up a lung 2/3rds of the way up, otherwise I would have hammered that climb.

Please be considerate of my time, this time of the year, I will try to answer your emails if they are important, but we will try and get all the information you need out in the newsletter. The main thing you need to know is Race Start is June 18th Saturday at 8am Lake Midnapore. If you show up for that day and time you will be racing.

Lake temperature at last check it was 60F/15C much better then last year at this time, so that is good news. We might even be able to swim without wetsuits, hahahah just kidding.

### Swim Tours

So the long waited times for the swim tours of the lake are finally being released. Midnapore Lake Residence Association has very strict guidelines to follow when it comes to allowing lake access to non residence. The policy is a maximum of 15 people per lake member so we have tracked down 3 lake members to help out.

- Lake Times:** Saturday June 11 at 9:30am max 30 people
- Sunday June 12 at 9:30am max 30 people
- Monday June 13th 7pm max 30 people
- Tuesday June 14th 7pm max 30 people
- Wednesday June 15th 7pm max 30 people
- Thursday June 16th 7pm max 30 people

Registration will be at chinookswim@gmail.com do not call Marcelo (Swim Captain) or the Lake Residence Association as they will not be able to accommodate you. Please keep your requests to one swim only as we have 450 athletes that are asking as well.

## In This Issue

- Sponsor Announcement
- Race Registration
- Race Clinics
- Q & A
- Race Day Checklist
- Chinook Apparel
- Bike Fitting





## **Mikes Update...continued**

### **Run Course**

If you would like to familiarize yourself with the run course you will have an opportunity to ride the run course, on Sunday June 12 at 10:30 am following the swim session. Riding the course will give you first hand knowledge of the race route and aid station locations. We will be leaving the south entrance of Lake Midnapore at 10:30 am sharp, helmets are mandatory. If I see you riding without a helmet there will be an automatic DNF.

### **Swim Clinic**

We will be hosting a first time Triathlete swim for newbies on Sunday at 4pm. Jordan Bryden will be hosting this clinic, he will talk about how to fit your suit, how to deal with the mass start of a triathlon, how to seed yourself, how to breath so you don't hyperventilate, how to deal with the stresses of a mass start, and any other questions or concerns you have. This will take place on Sunday June 12th at 4pm Midnapore Lake, you must register in advance for this event at chinookswim@gmail.com.

### **Nutrition Clinic**

If you're like many triathletes, you probably have plenty of questions about optimizing your sports nutrition, body composition, and health. Lanny Wilson from Threshold Performance Training will be on hand to talk about the basics of pre-race-post nutrition, Sunday June 12, at 5pm. Whether you're a novice triathlete, a seasoned veteran of the sport, or somewhere in between there will be something that you might learn. Space will be limited, so please register at run@chinookhalf.com

### **Bike Tire Changing Clinic**

Speed Theory is a proud sponsor of the 2011 Chinook Half Triathlon Festival. Come to Speed Theory on Wednesday May 15th at 7:00, prior to package pick-up, for a flat tire tutorial, free of charge to all registrants of the Chinook Triathlon (both distances). Learn the basics of what to do when you get a flat. Step-by-step instructions will be provided on how best to remove, fix and replace a flat tire. Individuals are encouraged to bring their own wheels to practice on however if preferred a

practice wheel will be provided. To attend please RSVP to calgary@speedtheory.ca. Space is limited so sign up now!

### **Transition Clinic**

Tri It will be doing a transition clinic on Tuesday June 14th, 2011 at 6:00 pm for anyone who is doing one of the Chinook triathlon festival races. There will be no cost to attend. The clinic will include; how to set up transition areas for the time between the swim and the bike, as well as between the bike and the run, tips and tricks to save time, what to do to make the race flow more smoothly, and how to increase your enjoyment on the day.

The clinic will take place at Tri It, located at 2640 Parkdale Blvd NW. If you would like to attend please confirm via email to Madi at madi1st@shaw.ca.

Race update information: Rules and regulations are posted on the web site under the Race Info tab.

### **Pre Race Meeting**

Also posted on the web site, same section. However, we will have a pre race meeting on Friday night June 17th at the Lake Bonavista Community Association, 1401 Acadia Drive in the community of Lake Bonavista, starts at 6pm. We will have a small expo with Tri it Sports and Speed Theory for any late minute items you need. As well we will have some previous year items up for sale for a small fee, so bring cash. If you have purchased a Triathlon top or Bike Jacket it will be available for pickup, as well we have ordered extra if you would like to purchase one of these cool items.

### **New Sponsor**

H2O audio has become our latest sponsor to the event with a new product to use during your training. Check it out at [www.h2audio.ca](http://www.h2audio.ca).

Follow us on Facebook!! We will be drawing prizes for all the people that register as new friends!

<http://www.facebook.com/pages/H2O-Audio-Canada/214782945220221?sk=wall>





**WATERPROOF // SWEATPROOF  
HEADPHONES AND ACCESSORIES**  
FOR ALL IPHONES, IPODS, DROIDS AND MORE

H2O Audio is the leading innovator of high-performance waterproof // sweatproof headphones and accessories for iPods, iPhones, and other smartphones and mp3 players. Our products remove the boundaries between water and electronics, providing fully functional solutions for swimmers, surfers, runners, or anyone looking to bring their own personal soundtrack to any activity, wet or dry.



Natalie Coughlin



Greg Bennett



Laura Bennett



Slater Trout

**Used By The Best**

Developed by athletes for athletes, H2O Audio's high-performance waterproof products are used by Gold Medal Swimmer Natalie Coughlin, World Champion Triathletes Greg and Laura Bennett and Elite Stand Up Paddler Slater Trout.

**Rated The Best**

"Highly Recommended: best-of-class... the best-sounding, best fitting pair of waterproof headphones" - iLounge.com



As Seen In



**Customer Service**

All our products are backed by a one year warranty and we're here to help. You or your customers can contact us directly whenever you have a question, comment, or concern.

Contact: Customer Support M-F 9am - 5pm PT  
Toll Free: 1-800-708-6080  
Email: support@h2oaudio.com

**FAQs**

**Will H2O Audio Headphones stay in your ears while running, surfing, swimming, etc.?**

Yes. H2O Audio Waterproof Headphones include a wide range of earplug sizes to ensure headphones stay in place under all conditions.

**Can you hear music clearly even under water?**

Yes. The earplugs included with the headphones provide a watertight seal to ensure crisp, clear sound in the water and out.

**Can H2O Audio Waterproof Headphones be used as an everyday pair of headphones?**

Yes. Our waterproof headphones feature a standard 3.5mm headphone plug that connects easily to all iPods, iPhones, mp3 players, and H2O Audio Waterproof Armbands.

Sunday, June 12th @ 4pm

**CHINOOK  
TRIATHLON**

Swim 119.1 and 51.5  
Bike  
Run

Come join us at race site to learn the secrets to a successful open-water swim! Get tips on wetsuits, open water, technique, and racing!



This clinic is free to the first 30 "first-time" Chinook Tri participants

email: [jordan@tri-it.ca](mailto:jordan@tri-it.ca) to register

Jordan Bryden is currently racing and training on the ITU and XTERRA pro triathlon circuits. He has been first out of the water at Xterra World Champs, and is one of the worlds best swimmers in the sport of triathlon.

**SWIM CLINIC**

with Pro Triathlete Jordan Bryden



## Canadian HEMOCHROMATOSIS SOCIETY

"Hemo what?" was my reaction when my family physician told me that I had a genetic disorder called hemochromatosis.

I am an Ironman but also one in 300 Canadians who has the genetic marker that can cause an iron overload. Estimates are that 110,000 Canadians may have this condition, but many people are unaware of it. In Canada, it is the most common genetic disorder among Caucasians especially those of northern European origin.

Diagnosis can be difficult since symptoms are often vague (like chronic fatigue, abdominal or joint pain, impotence, thyroid problems, mood disorders, etc.) or similar to those of other conditions like liver disease, arthritis, diabetes, Crohns or even heart disease.

Look for us in our "Hemo What" t-shirts on the run course at this year Chinook Triathlon Festival.

I encourage all Calgarians to learn more about iron overload by visiting [www.toomuchiron.ca](http://www.toomuchiron.ca), the website for the Canadian Hemochromatosis Society. By getting the necessary tests you may save your own life as well as that of a loved one.

## Chinook Festival Race Jersey & Cycling Jacket

Chinook jerseys and jackets can be purchased throughout the race week.

Supplies are limited, so don't miss out!!

