

# Kenora Borealis Multisport Club

## April 2015 Newsletter

### Welcome Spring Training!

#### Club Member Events:

#### Group Ride – Saturday April 11<sup>th</sup>

Meet at the Rec Centre at 10:30 am – Watch Facebook page for updates or text Kim at 407-2772

#### Sunday Runs

Anyone interested in hosting a Sunday Run? Let Jodi know and she will include in the Club Events. Contact Jodi at [rjmilne@shaw.ca](mailto:rjmilne@shaw.ca)

Looking to join a group run or bike and it's not mentioned here? Be sure to **Friend us on Facebook** for those spur of the moment Club Events ☺

### Club Member Perk.....

Yoga – Reduced class fee

**Borealis members are able to attend any drop in class for \$8 a class *once a week* at either Nourish or with Laurie Jo at KACL.**

**Check out drop in schedules at Nourish at [www.nourishkenora.ca](http://www.nourishkenora.ca) or on their Facebook page.**

**There is a sign in sheet for Borealis Members at both locations.**

Contact Kenora Borealis;

Phone: 807-467-2772 (daytime)

Phone: 807-547-3373 (evening)

Email: [info@kenoraborealis.com](mailto:info@kenoraborealis.com)

Web: [kenoraborealis.com](http://kenoraborealis.com)

### Quote of the Month

“Whether you think you can, or think you can't.... you're right”

Anonymous

### Upcoming Local Events

#### Lake Runs – Kenora's Weekly 5K

Meets every Saturday 9 am at the HarbourFront

#### Mother's Day Run 2015 May 10th

Kenora HarbourFront

Register online at [www.kenoraborealis.com](http://www.kenoraborealis.com)

#### Share the Road Father's Day Community Bike Ride June 21st

Garrow Park

Register online at [www.kenoraborealis.com](http://www.kenoraborealis.com)

#### Triathlon/Dualthon July 19th 7 am – 12 pm Garrow Park

Registration is now open  
[www.kenoraborealis.com](http://www.kenoraborealis.com)

You may also be interested in.....

#### Kenora Sharks – Masters

Spring – Summer Registration Open

Contact: [swimmingsharks@kmts.ca](mailto:swimmingsharks@kmts.ca)

#### Winnipeg Police Half Marathon

Sunday May 3<sup>rd</sup>

Registration closes May 1st

#### Shoppers Drug Mart Run for Women

May 23<sup>rd</sup> – Winnipeg, MB

Contact: [infowinnipeg@runforwomen.ca](mailto:infowinnipeg@runforwomen.ca)

#### Trifactor Family Duathlon 2015

June 6<sup>th</sup> – Winnipeg, MB

Contact: [trifactorfamilyduathlon@gmail.com](mailto:trifactorfamilyduathlon@gmail.com)

#### Triple Threat Triathlon

June 14<sup>th</sup> – Birds Hill Park, MB

#### St Malo Triathlon

June 27<sup>th</sup> St Malo, MB

#### Dryden Triathlon

June 28<sup>th</sup> Dryden, ON

#### 2015 Morden Triathlon

July 11<sup>th</sup> – Morden, MB

## Getting to know our Members....

### Kim Mahon – Kenora Borealis President

I am the proud owner of Bearheart Kid's Boutique. I have been a member of Borealis for over 10 years. I love to bike and hate to run (this is no secret). I have 3 almost grown girls and a very supportive husband who is always there to rescue me when I end up stuck somewhere. I have been an instructor at the Recreation Center for about 10 years and do mainly spin classes, strengthening classes and step. I was a master's swimmer for many years but my crazy schedule between the store and leading classes has left no time to commit to swimming...It is greatly missed. I have competed in many triathlons over the years including a half ironman a couple of years ago.

I now enjoy volunteering at our triathlon. I'm very excited to see so many new members join on our club this year and look forward to many bike rides both short and long, fast and slow.

Let's get out there and pedal our hearts out!

### Jodi Milne – Kenora Borealis Secretary

I am an administrative assistant at Evergreen School and have been there for over 7 years. To get me moving after a long day at my desk – I hit the pool. I have been a Master swimmer with the Kenora Sharks for the past 4 yrs. Swimming is what I love. I am not very sports oriented and this has been the perfect fit for me.

Through friends my interest in attempting a triathlon has grown. I do enjoy running but must admit that biking is not a favorite just yet. Looking forward to doing my first Sprint triathlon in June!

**We are interested in getting to know our fellow Borealis members better**

Please send a brief blurb about yourself to [rjmilne@shaw.ca](mailto:rjmilne@shaw.ca) we will include a couple with each newsletter.

### No Bake Energy Bites

- 1 cup Rolled Oats
- 1/3 cup Coconut Flakes
- 1/2 cup Nut Butter (I've used ¼ almond & ¼ peanut butter)
- 1/2 cup Ground Flax Seeds
- 1/2 cup Chocolate Chips (optional)
- 1/4 cup Honey
- 1 tsp Vanilla

Directions:

Mix together all ingredients. May take a wee bit of elbow grease but you want to make sure it is well mixed.

Chill mixture in the fridge for at least 1 hour.

Roll mixture into approx. 1" balls (the longer the mixture is chilled the easier it is to make the balls)

Makes about 20 – 30 Bites. They keep for about 2 weeks in the fridge. Enjoy!

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**Do you have a Power Snack/Drink that you Enjoy before/after a training session?**

Share your favorite recipes with us  
At [rjmilne@shaw.ca](mailto:rjmilne@shaw.ca)

### Kenora Borealis Executive

Club President	Kim Mahon
Vice President	Edie Fisher
Treasurer	Louis Tresoor
Membership & Media	Collen Snyder
Membership & Media	Judy Nagy
Secretary	Jodi Milne
Website & Technical	Jimmy Carambetsos
Race Director	Jennifer Findlay
Triathlon Race Director	Ashley West

Mother's Day Run: Jennifer Findlay  
Father's Day Ride: Kim Mahon

