



Kenora Borealis Multisport Newsletter

May, 2014

I am back and it's time to get the race season rolling. Let's tell SUMMER that bit of news!

Firstly, I would like to welcome everyone back and a big hello to new and returning members. Laurine reminds me that if you haven't paid your \$50 membership dues, please do so asap.

Congrats to Clay Hammet and all his volunteers for the new run series on Saturday mornings in Kenora, they have been very successful. On that note, I have a training session on May 31st to cover a couple of volunteer shifts at the run. I am able to do my training date but am not available for my first shift on June 7th. If anyone is interested in helping me out with this, it would be greatly appreciated. It would mean training with me on the 31st of May also.

The Mother's Day run takes place this Sunday morning. We are looking for sweepers on

bikes out on the course and for some finish line monitors please. Get ahold of Colleen at: t.csnyder@shaw.ca if you or any family members are able to help out. Register to run at <http://new.zone4.ca/> There will be no race day registration. Race kit pick up and the \$12 pasta dinner are both at Borrelli's on Saturday from 4-8 pm.

It sounds like all systems are go for our Triathlon on July 20th. Jenn, Deb and Patti have been very busy getting everything in place for the 10th Anniversary of our race. When they call for help, please step up to give them a hand and I know without asking that they will need many of us for set up the evening of the 19th and for take down in the early afternoon on the 20th. Registration is up and running at <http://new.zone4.ca/> or www.kenoraborealis.com

Lana

Calendar of Events

May 11th: Mother's Day Run, Kenora- Janet,

May 17th: Superior Trail Race, Lutsen Minnesota, 50 km.-Barb, Patty, Colleen, Deb

June 8th- Bird's Hill Triple Threat Triathlon, Bird's Hill MB.-Lana

June 14th: River Valley Revenge, Edmonton Alberta, 100 KM.-Linda

June 21st: St Malo, St Malo MB-Lana

June 22nd: Father's Day Ride, Kenora

June 29: ITU World Triathlon, Chicago Illinois, Sprint- Lana

July 12: Laugavegur Ultra Marathon, Iceland, 55 km-Linda

July 12th: [Morden Triathlon, Morden MB-](#)



10th Anniversary of Triathlon/Duathlon

Registration is now live for the 10th Anniversary of Kenora Borealis Multi-sport's Triathlon/Duathlon! Please check out the NEW website at

www.kenoraborealis.com to learn more about the race. Featured this year is: Race bag pick up the night before at LOW Brew Pub! We welcome back our own Steve Strachan who will be having a bike maintenance set up on site race day and Free massages by JF! More surprises to come. Register now or volunteer, we need your help.

Kenora Borealis Multisport Executive

President - Colleen Snyder: t.csnyder@shaw.ca

Vice - Edie Fisher: edie_fisher@hotmail.com

Secretary - Lana Marcine: lmarcine@kmts.ca

Treasurer - Laurine Goerzen: lgoerzen@kmts.ca ,

Patty Mcleod: pattymcleod@rbc.com

Events Co-ordinator & Membership - Kim Mahon: mahons@kmts.ca or bareheart@kmts.ca

Web Master - Deb Weedon: dpweedon@bell.net

Triathlon/Duathlon Race Directors- Patti Mcleod- pattyann.mcleod@gmail.com,

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Calendar of Events Continued

July 5th: Underground Gran Fondo, Kenora- Minaki Cycle, 8 am Norman Community Club

July 20: Kenora Borealis Triathlon- Lana

August 9th: Sioux Narrows Paradise Triathlon, Sioux Narrows, ON.-Lana

August 16th: Riding Mountain Triathlon, Clear Lake MB-

August 24th: Free Spirit Triathlon, Pinawa MB-

August 29th: Edmonton World Triathlon – Lana

Sept 7th: Ironman 70.3 World Championships, Mont Tremblant, Quebec-Edie

September 28th: Tri MB awards

Oct 11th: Ironman world Championships, Kailua Kona, Hawaii – Dan