

# Kenora Borealis Multisport Club

## May 2015 Newsletter

### **Mother's Day Charity Road Race Sunday May 10, 2015**

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

Register by May 8<sup>th</sup>

#### **5K Course**

Kenora Harbourfront to Q104 & Back

#### **10K Course**

Kenora Harbourfront to Keewatin & Back

Net Proceeds Donated to Kenora & Lake of the Woods  
Regional Community Foundation

### **Triathlon Manitoba Membership Cards**

All paid up Kenora Borealis members will be receiving their Triathlon Manitoba Membership number by email from TriMB by May 1<sup>st</sup>.

If you have not received it please contact Louise at [louisetresoor@hotmail.com](mailto:louisetresoor@hotmail.com). A notice will go out to members when membership cards are ready for pick up from Bearheart Boutique.

Be sure to check out the back of your membership cards. They give you access to discounts at a number of Winnipeg businesses *PLUS* Kenora's Hardware Company is offering members a 15% discount on Sugoi, Salomon and Lole athletic/cycle wear, shoes as well as 10% of cycling parts & accessories

#### **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**

**"The miracle isn't  
that I FINISHED. The  
miracle is that I had  
the COURAGE to  
START"**

**John Bingham**

### 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....

### Colleen Snyder – Kenora Borealis Memberships

I have been a resident of Kenora for 15 years and am the proud parent of four amazing young adults.

I have been a member of the Borealis for over 10 yrs but have been a runner since high school. I have participated in many different distances from 10K to most recently 50K trail runs. Shortly after joining Borealis – I got hooked on triathlon and have worked up from the sprint distance to half Iron Man distance.

A full Iron Man is still on my Bucket List.

What I like most about the Borealis Club is learning from other members!

My upcoming adventures are May 7<sup>th</sup>/8<sup>th</sup> Spruce Woods Ultra 10 and 10 (10 miler night trail run then a 10 K trail run the next morning) and the Morden Triathlon July 12<sup>th</sup>.

### Ashley West – Kenora Borealis Race Director

I moved to Kenora in February. My partner Blair Hancharik and I are excited to get out biking with the Borealis group this spring/summer. I started road biking a few summers ago and I also mountain Bike.

I spent the last several years living in Thunder Bay and I'm originally from Parry Sound. I love all things outdoors, so I'm really enjoying living in Kenora!

I'm excited to be the new Race Director for the Borealis Triathlon in July. I look forward to meeting all the triathlon athletes and volunteers!

### 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.

### Banana-Pecan Pancakes

- 1 cup Rolled Oats
- 1 cup Egg Whites
- ½ cup Cottage Cheese
- 1 Banana
- 1 tsp Vanilla Extract
- 2 tsp Baking Powder
- ¼ cup chopped Pecans

#### Directions:

Combine oats, egg whites, cottage cheese, banana and vanilla in blender. Process until completely smooth. Add baking powder and process for just a second or two.

Heat skillet over medium heat and coat with cooking spray. Pour batter into pan to desired size and sprinkle with pecans. Cook until golden brown on bottom then flip.

Recipe from Racing Weight Cookbook

### Do you have a recipe 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

