

Kenora Borealis Multisport Club

May 2015 Newsletter

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

Register online: www.kenoraborealis.com

Register by May 8th

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 1st.

If you have not received it please contact Louise at 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

Web: 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

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

Garrow Park

Register online at www.kenoraborealis.com

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

Registration is now open
www.kenoraborealis.com

You may also be interested in.....

Kenora Sharks – Masters

Spring – Summer Registration Open

Contact: swimmingsharks@kmts.ca

Winnipeg Police Half Marathon

Sunday May 3rd

Registration closes May 1st

Shoppers Drug Mart Run for Women

May 23rd – Winnipeg, MB

Contact: infowinnipeg@runforwomen.ca

Trifactor Family Duathlon 2015

June 6th – Winnipeg, MB

Contact: trifactorfamilyduathlon@gmail.com

Triple Threat Triathlon

June 14th – Birds Hill Park, MB

St Malo Triathlon

June 27th St Malo, MB

Dryden Triathlon

June 28th Dryden, ON

2015 Morden Triathlon

July 11th – 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 7th/8th 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 12th.

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 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

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

