

# Kenora Borealis Multisport Club

## July 2015 Newsletter

### 11<sup>th</sup> Annual Kenora Borealis

### Triathlon/Duathlon

SUNDAY JULY 19<sup>TH</sup> GARROW PARK

#### Events:

- Olympic Triathlon or Duathlon
- Sprint Triathlon or Duathlon
- Tri-A-Try
- Mixed Relay – male/female for Olympic or Sprint

Register **NOW**

This event is capped at 250 Participants

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

#### Kenora Borealis – Tri Manitoba

#### Membership Cards

Membership cards are available for pick up at Kim's store – Bareheart Boutique on Second St S.

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

#### Reminder: Weekly Time Trials

Every Thursday 6:30 pm  
Meet at Valleyview School

## Volunteers Needed

### For Kenora Borealis Triathlon July 19th

It takes many volunteers to make an event like this a success!

We are currently looking for volunteers to help out in the following areas:

- Registration (Saturday & Sunday)
- Event Set-up (Saturday)
- Start/Finish area & parking (Sunday)
- Swim Course – certified lifeguards (Sunday)
- Bike Course (Sunday)
- Run Course (Sunday)
- Event take-down (Sunday)

If you are participating in the event you can still help as we are looking for support on Saturday or Sunday following the event. For Kenora Borealis Members it's a great opportunity to fulfill your 4 hr volunteer commitment with the club.

If you are interested in volunteering please contact Lana Marcine @ [lmarcine@kmts.ca](mailto:lmarcine@kmts.ca) or 466-3807

## Kenora Borealis Members

### Race Results

#### Birds Hill Duathlon May 26<sup>th</sup>

Dan Morwood 1:03:54 1<sup>st</sup> place overall  
Jim Carambetsos 1:13:00 2<sup>nd</sup> place age group  
Adam Gray 1:29:48

#### Birds Hill Triathlon June 13<sup>th</sup>

Jim Carambetsos 1:20:48 2<sup>nd</sup> place age group

#### Manitoba Marathon June 21<sup>st</sup>

Linda Wilson 3:59:47 4<sup>th</sup> place age group  
Matt Yeo 4:13:03

#### St Malo Triathlon June 28<sup>th</sup>

Lana Marcine 1:48:39 1<sup>st</sup> place age group  
Jim Carambetsos 1:10:29 1<sup>st</sup> place age group

#### Dryden Triathlon June 28<sup>th</sup>

Dan Moorwod 00:58 1<sup>st</sup> place overall  
Nicole Kurtz 1:32  
Jodi Milne 1:28

### Quote of the Month

You've worked for this.

You've put in the time, dedication, commitment.

Now is the time to believe in yourself.

Now is the time to give your all.

Be Strong. Be Focused. Be Positive.

*You Can Do This.*

@lizitivity

## Upcoming Events

### **(Members participating in brackets)**

Based only on information shared – not inclusive

#### 2015 Morden Triathlon

July 11<sup>th</sup> – Morden, MB

#### Kenora Borealis Triathlon/Duathlon

July 19<sup>th</sup> – Kenora, ON  
(Laurie & Jim Carambetsos, Nicole Kurtz,  
Kate MacIver, Paloma Corrin)

#### Sioux Lookout Triathlon

Aug 3, 2015 – Sioux Lookout, ON

#### Hecla Triathlon

Aug 9, 2015 – Hecla Island, MB

#### Riding Mountain Triathlon

Aug 15, 2015 – Wasagaming, MB

#### Pinawa Free Spirit Triathlon

Aug 23, 2015 Pinawa, MB  
(Lana Marcine, Jodi Milne)

#### Winnipeg 10 & 10 by Investors Group

Sept 13, 2015 – Winnipeg, MB

#### World Triathlon Championships

Sept 15 – 20, 2015 – Chicago  
(Edie Fisher, Lana Marcine)

#### Fort Garry Rotary Half Marathon

Sept 20, 2015 – Winnipeg, MB

If you know of an event not mentioned  
please email [jmilne@shaw.ca](mailto:jmilne@shaw.ca) and it will be  
included next issue.

## Kenora Borealis Executive

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

**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)