

Kenora Borealis Multisport Club

July 2015 Newsletter

11th Annual Kenora Borealis

Triathlon/Duathlon

SUNDAY JULY 19TH 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

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 Sugo, 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 or 466-3807

Kenora Borealis Members

Race Results

Birds Hill Duathlon May 26th

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

Birds Hill Triathlon June 13th

Jim Carambetsos 1:20:48 2nd place age group

Manitoba Marathon June 21st

Linda Wilson 3:59:47 4th place age group
Matt Yeo 4:13:03

St Malo Triathlon June 28th

Lana Marcine 1:48:39 1st place age group
Jim Carambetsos 1:10:29 1st place age group

Dryden Triathlon June 28th

Dan Moorwod 00:58 1st 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 11th – Morden, MB

Kenora Borealis Triathlon/Duathlon

July 19th – 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 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)
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