



Winter  
2006 (1)

# The Turnaround

## Welcome

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Welcome to the first issue in a new look Turnaround, a bi-monthly e-zine to involve, engage and connect triathletes in Nova Scotia. In the coming months we will bring out a number of issues, available both as text and in pdf. formats, that will cover subjects of interest to our all our stakeholders, but most importantly you, the triathletes of Nova Scotia.

Sincerely

Andrew Dacanay  
Editor

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## Annual General Meeting

February 12<sup>th</sup> 2006

The Annual General Meeting of the Triathlon Association of Nova Scotia is to be held on February 12<sup>th</sup> at 13:00hrs at Sport Nova Scotia on Spring Garden Road in Halifax. All are welcome. This is your chance to become involved in your organization. Volunteers run TNS and many hands make light work. Even if you cannot attend the AGM contact TNS directly if you want to help. Alternatively you can work a race; the race schedule has been finalized and [will soon be available](#) and Technical Delegates (TD) also will be assigned shortly. Contact the race director or TD directly, they'll be glad to receive your call.

The agenda;

- 2005 AGM minutes
- President's report
- Financial report
- Budget report proposed fees for 2006
- All New & Improved TNS Point Series
- Update on new bylaws
- Election of officers
- Election of Board

- AGM to close with short board meeting to complete Joint Stocks paperwork, assign c'tee chairs, set next board meeting date.

Todd Saulnier  
Outgoing TNS president

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## Level II Clinic

February 12<sup>th</sup> 2006

Between 10:00 and 13:00 on Sunday February 12<sup>th</sup>, before the AGM, TNS is holding a Level II officials clinic. You need this if you want to do more at races than stand at a junction directing athletes. Level II certification will allow you to be the chief bike official or in charge of transition for example, or even the Technical Delegate. The clinic will be held at Sport Nova Scotia on Spring Garden Road. You do not need to have a Level I certification to take the course. Currently certified Level II officials are welcome to attend the course as a refresher.

To maintain your certification you have to work a given number of races each year, the details can be found on the TNS website on the Technical C'ttee page.

Working a race is an intensely rewarding experience and a bit of an eye opener the first time! If you want to take this next step and ensure that TNS has a solid, broad network of experienced officials to keep races running safe, clean and fair please [email TNS](#).

### That was the year that was

Yes, it's cold and dark and you're doing most of your training indoors, it sucks doesn't it? The 2005 season seems a long time ago and the 2006 season is just a list on a website. It can be hard to get any enthusiasm at all. So to whet your appetites here at The Turnaround we are going to serially present a 2005 season round up, prepared mainly from race reports published in the Halifax Triathlon Club newsletters.

This collection will cover a gamut of races from local duathalons and World Cups to the big Daddy of them all, Hawaii, not to mention the full range of human emotion from despair to happiness via abject sorrow and surprised delight. Hopefully they will lift your spirits during the long dark nights and inspire you to train for your best tri season ever!

Not all races will be covered so to fill in the gaps. The 2005 TNS season got off to slow start last year with the no-show of the Bayswater Duathlon and the ever-popular Hammerman Duathlon. The TNS season started at the third Navy triathlon on May 29<sup>th</sup>. Jen and Jason Lawton made some changes to the course this year, most notably the bike course being moved from a 20 km out-and-back to Cow Bay's concrete moose to a three-loop circuit of CFB Shearwater's runway. Navy is, ahem, fast becoming a float race. With a weed and wave free pool swim and a flat, smooth bike course, it can't be long before someone goes under the hour here. There were some fast boys registered and I was looking forward to seeing Kharim Schlievinsky and Aaron Webb go head to head. In the end Kharim DNS'd, a brutal Bluenose likely being to blame. You can read two different accounts of the Bluenose in our next issue. Back to Shearwater and Aaron had a huge lead coming out the pool but, ironically seeing as runways are meticulously groomed lest a stray Timmies cup gets sucked into an engine, he picked up something small and pointy on the first loop and *voila, cravaison*. Mac Grant was riding strong and inherited the lead, which he lost to a hard-charging Paul Crosby who held on for the win. Adrian Campbell easily took the accompanying duathlon.

The honour of the first Olympic distance *and* the first open water swim *and* the Provincial Championship race went to Angela Lauffer and the Heart of the Highlands in Ingonish. Now I'd never been to the Cabot Trail before until this year when I ran leg 5 of the CTR, the leg after Smokey, the week after the Bluenose. Three weeks or so later I was back on *exactly* the same stretch road for the Provincials. I must have done the entire 40 km course four or five times on the back of Moto #2. Word to Dan Gautreau, organizer of the team I ran the CTR with: I never want to see the road through Ingonish again – I'll run any leg you want, hell I'll run a mountain at two in the morning but I never, ever want to see leg 5 again! Anyway, Kurt Stevenson and Julie Curwin obviously

weren't as bored by the scenery as I was, they were going so fast on the way to their Champions titles I don't they had time to admire it at all.

Aaron cleaned up at the Cyclesmith duathlon (report to follow), beating Adrian at his own game and probably setting a course record in the process. Aaron saw Cyclesmith as a final tune-up for the big one: Investors Group. Sylvain Morin, long time RD for Investors, scored a major coup for triathlon in the Maritimes by earning the right to host the first National Sprint Championships. The age-group waves went off early for a local Sprint, the first wave in the water by 07:00, but we all had to be off the course for the Elites to race at 10:00. Andy MacDonald took the age group race for the third year in a row ahead of Mathias Jaepel. Rayleen Hill came back to competition after a four year absence with a win leaving hubby Kurt wondering when she was training. The women's elite race was small; Suzanne Weckend took the win handily after leading out of the swim. Following her on Moto #1 was a lesson in time-trialing; she didn't stop pedaling for the entire course, up-hill, down-hill, around corners, she just kept on tapping it out, apart from maybe a few seconds coming down off the overpass and making that sweeping left-hander onto the Waverly Road. Similarly I had a ringside (well pillion) seat for the men's race. Jason Wickie and Nick Hastie, the latter racing in borrowed kit (thank-you Air Canada) had maybe 30 seconds coming out of the water but a chasing group of four, including Aaron, somehow threaded their way through the traffic (literally) and were on by the 5 km mark. Aaron used his local knowledge and attacked on the climbs up to Lake Loon Road and had maybe 50 m by the turn. The chasers never got organized and if it wasn't for the fact they were chasing downhill I believe he would have stayed away. They all hit the run together. Kurt Stevenson, after racing the age-group event, was the lead vehicle for the Elites, leading them around Shubie Park on a borrowed mountain bike. Kyle Jones took the run and the championship ahead of Antigonish's Colin Edwards and Jason Wickie; the former two going under an hour.

Elsewhere Al Poitier and Amy Gough were doing Ironman Austria (I don't know but it sounds hilly) whilst the rest of us had a couple of weeks off before we had four very different races in four weeks; Port Hood, Bridgetown, New Glasgow and Yarmouth. These races will be covered in detail in a later edition. At the same time Kurt Stevenson was racing Worlds in Denmark and you can read about that later too.

In late August Tracy Crowell, Jason Murphy, Mark Campbell, Jan Trojanowski and Scott Garinther trekked out to Penticton and joined Jeff O'Connell for Ironman Canada. Brent Bowden tackled the big one, Hawaii, and speaking of Hawaii, Ken Marr had a bash at IM last year too. We will bring you some of their long tales of long course in due course.

The Guysborough triathlon, the last ocean swim of the season was held in early September. After

a season of doing what I was told by Jason and Tracy and Todd I TD'd this one. You may think that you as an athlete breathe a huge sigh of relief when you get out of the water but I can tell you its nothing like the sigh of relief the TD has when you all get out of the water. Matthias won after a controversial run in front of Chris Milburn and Geoff Bennett.

Mark and Jason were back racing a couple of weeks after IM Canada at Shubie, the last triathlon of the season. Jason was out for the win but in a re-run of Bridgetown, Chris MacKenzie had a gap out of the water that Jason just couldn't close. Shubie was touch and go as the remnants of Hurricane Ophelia blew over the province the night before. RD Ian Burton promised the athletes that they would race, come hell or, more likely, high water. Fortunately the storm was gone by morning so the only hiccup was an hour's delay, as we had to do all the set-up after dawn on Sunday rather than doing half of it on Saturday. Let's face it with a hurricane coming if we'd set, say, the buoys on Saturday afternoon we'd have spent half of Sunday morning pulling them out of trees.

The Yarmouth YMCA held its annual duathlon in early October. In a reversal of last year's result Chris MacKenzie held off Adrian Campbell and missed breaking the hour by a handful of seconds. Of course the season was far from over just because TNS didn't have any more sanctioned races, TNS was also well represented at the plethora of late season marathons. Adrian Campbell, Steve Abbott, Peter Hanna, Caryn Small-Legs Nagge and Todd Saulnier ran the Valley where Adrian clocked a rather rapid 3:03. George Clarke, Mark Campbell, myself and Highland Challenge RD Patsy Galvin ran PEI, Patsy running her second marathon in two weeks. Patsy (again), Angela Lauffer, Peter Hanna, Julie Curwin and Chris Milburn all ran Sydney's inaugural Fiddler's Marathon. Finally our season's review will close with the St Andrew's half-marathon in Middleton where at least fourteen TNS members signed on on the Sunday after the TNS banquet with Kevin Piggot running a PB. Talk about closing the season in style.

Andrew Dacanay

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