

Kingston Triathlon Club 2016



Swim, Bike, Run, Repeat

Agenda

- ▶ Welcome
- ▶ Introductions
- ▶ Web & Facebook sites
- ▶ Acknowledgements & Thank You's
- ▶ 2016 Programme
- ▶ Q&A's
- ▶ Guest Speaker
 - Martin Mack



Kingston
Triathlon Club

2016 KTC Board

President

Marc Lemieux

Vice-President

Guy Phillips

Treasurer

Amanda Meekel*

Secretary

Faye Thompson

Communications

Doug Ronson

Sponsorships

Katherine Hillen

Membership

Tara Davis

Kathy Webb*

Member-at-Large

Melanie Strickland*

* New in 2016

Website: Kingstontriathlonclub.com

Kingston Triathlon Club



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Welcome to the club

KTC Facebook Pages

The image shows a screenshot of the Kingston Triathlon Club Facebook group page. The page header includes the Facebook logo, the group name "Kingston Triathlon Club", and navigation links for "Guy", "Home", and "Find Friends". The cover photo features a group of club members in yellow and blue athletic gear. Below the cover photo, there are tabs for "Discussion", "Members", "Events", "Photos", and "Files", along with a search bar for the group. The main content area displays a post by Kathy Webb with Marc Lemieux, dated April 9 at 9:05am. The post text reads: "The Apex Big Spin kicking off today with lead rider Marc as part of the Kingston Triathlon Club team (Marc, Faye, Amanda, Melanie, Eddy, Kathy). It should be a great day, put on by great people, for a great cause!". Below the text is a photo of a man in a yellow jersey riding a bicycle in a gym. The right sidebar contains sections for "ADD MEMBERS" (with an input field for email), "MEMBERS" (listing 32 members), "DESCRIPTION" (stating the club's name and purpose), "TAGS" (with an "Add Tags" button), "GROUP CHATS" (with a "Start Now Chat" button), "CREATE NEW GROUPS" (with a "Create Group" button), and "RECENT GROUP PHOTOS" (with a "See All" link). The left sidebar lists various navigation options such as "Edit Profile", "News Feed", "Messages", "Events", "Pages", "Groups", "Apps", "Friends", and "Interests".

Acknowledgements & Thank You's

- ▶ 2015 Board Members
- ▶ 2015 Winter Spin Coach
 - Clay McMullen
- ▶ Swim Coach/Lifeguard
 - Aida Zaza



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Coaches – Winter Spinning

- ▶ “Ted’s” Leaders
 - Beth, Nicki & Leanne



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Acknowledgements & Thank You's

- ▶ 2015 Sponsors:
 - Gears & Grinds
 - Ridgway Confections
 - Runners' Choice
 - Ted's Road & Tri
 - T-I Cycle



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2016 Sponsors



Thanks to:

- Derek Ouellet @ Ridgway Confections



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2016 Coaches – Swimming

▶ Aida Zaza



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Coaches – Biking & Bricks

► Marc & Guy



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2016 Programme

- ▶ Swimming
- ▶ Biking & Bricks
- ▶ Running
- ▶ Triple Workout
- ▶ Social



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Pool Swimming

- ▶ On your own options:
 - Kingston Family YMCA
 - Queen's ARC (KBM) Masters
 - Ol' Henry Masters (KMCSC)
 - Artillery Park



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Open Water Swimming

- ▶ Mondays: 20 June – 29 August
 - 18:00 – 19:00
- ▶ Lake Ontario – Kingston Water Treatment Plant Dock
 - Beverly and King Streets
- ▶ Coach – Aida Zaza



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Wednesday Evenings

- ▶ Bike, TT & “brick” workouts
 - 27 April – 31 August
 - 6:30 – 8:00 (come early for warming up & instructions)
 - Grass Creek Park (Hwy # 2, east of Joyceville Road)
- ▶ Time Trials
 - 18 May – 15k
 - 15 June – 19k (+ 5k run)
 - 20 July – 35.2k (+ 5k run)
 - 31 August – 15k



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Long Rides

- ▶ Sunday mornings (Locations TBA)
 - 3 July
 - 21 August PEC
 - September (TBC)



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Triple Workout

- ▶ Sunday, 12 June @ ~9:00
- ▶ Sydenham Park
 - ~500m open water swim
 - 20k Bike
 - ≤5k run
- ▶ Wetsuit or Duathlon
- ▶ BBQ after



Fall Trail Runs

- ▶ September & October
 - Sunday morning monthly trail runs
 - Lemoine Point
 - Apple cider tailgating afterwards



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Cycling Options

- ▶ Ted's Road & Tri
 - Thursdays, 5 May on, 6:30 pm
 - Sunday, 29 May – Annual Women's Ride



- ▶ Kingston Velo Club



- ▶ Saturday AM Riders
 - Hwy 15 & 401 to Socialist Pig in Gan. & back



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Running – Runners' Choice/KRRA

- ▶ Tuesday Evening “Speed Session” Workouts
 - 17:30
 - Meet at Fort Henry old info booth parking lot
 - Track workouts @ Memorial Centre – TBA
- ▶ Thursday Evening Ladies Runs
 - 6:00 pm
 - Runners' Choice – 56 Brock St
- ▶ Saturday Tempo Runs (around RMC)
 - 9:15 am
 - Runners' Choice – 56 Brock St
- ▶ Sunday Group Runs + coffee
 - 8:30 am
 - Runners' Choice – 56 Brock St



Runners' Choice clinics - all levels, all runners, all fun
56 BROCK ST. | 613 542 2410 | RUNNERSCHOICERHISTON.COM



Local Triathlons

▶ The Kingston Kids' Triathlon

- Memorial Centre
- Saturday, 25 June



▶ Sydenham Triathlon, Duathlon, *etcetera*

- Sunday, 10 July



▶ K-Town Tri

- Sunday, 31 July



Truffle Shuffle

- ▶ 5k Run or Walk
- ▶ Seeley's Bay
- ▶ Sunday, 25 September

Ridgway
confections inc

RIDGWAY CONFECTIONS TRUFFLE SHUFFLE



2016 Social Events

- ▶ Kickoff Party
- ▶ Summer post-training BBQs
 - 12 June – “Triple” Workout
 - 26 August – post-15k TT
 - *ad hoc* post-Wednesdays’ workouts
- ▶ 2016 Ironman® World Championships NBC Telecast
 - TBA



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KTC Custom Clothing

- ▶ 2016 Champion System Order
 - Cycling jerseys & jackets
 - Tri tops



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Upcoming Events

- ▶ First Wednesday Workout
 - Wednesday, 27 April
 - 6:30 pm @ Grass Creek Park
- ▶ **Freestyle Clinic (TBC)**
- ▶ Bike Fixing Flat & Basic Maintenance Clinic
 - Ted's Road & Triathlon
 - Tuesday, 3 May (evening TBD)
- ▶ 15k TT
 - Wednesday, 18 May
 - 6:30 pm @ Grass Creek for registration & seeding



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KTC

- ▶ Join now at the website
- ▶ Only \$65 for all of this!



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Q&A's



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Guest Speaker – Martin Mack

2015/04/07 15:17:20

