# 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



#### 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\*

## Website: Kingstontriathlonclub.com



Welcome to the club

## KTC Facebook Pages



#### Acknowledgements & Thank You's

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







## Coaches - Winter Spinning

- "Ted's" Leaders
  - Beth, Nicki & Leanne







Kingston
Triathlon Club

#### Acknowledgements & Thank You's

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



## 2016 Sponsors



#### Thanks to:

Derek Ouellet @ Ridgway Confections



## 2016 Coaches - Swimming

Aida Zaza





## Coaches - Biking & Bricks

Marc & Guy





## 2016 Programme

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





## **Pool Swimming**

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





## 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





#### Wednesday Evenings

- ▶ Bike, TT & "brick" workouts
  - 27 April 31 August
  - $\circ$  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



## Long Rides

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





#### **Triple Workout**

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













#### Fall Trail Runs

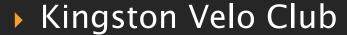
- September & October
  - Sunday morning monthly trail runs
  - Lemoine Point
  - Apple cider tailgating afterwards





## **Cycling Options**

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





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





#### 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





#### Local Triathlons

- The Kingston Kids' Triathlon
  - Memorial Centre
  - Saturday, 25 June



- Sydenham Triathlon, Duathlon, etcetera
  - Sunday, 10 July



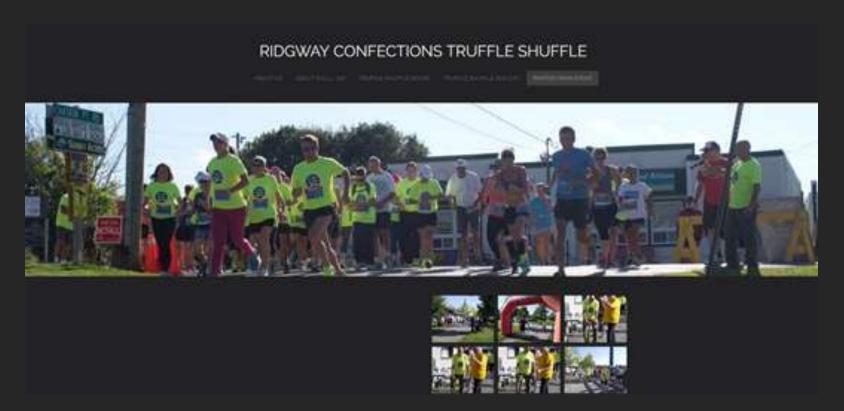
- ▶ K-Town Tri
  - Sunday, 31 July



#### Truffle Shuffle

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





#### 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



#### KTC Custom Clothing

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





## **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



#### KTC

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



# Q&A's





Kingston Triathlon Club

## Guest Speaker – Martin Mack

