

**MEDIA ADVISORY:
June 4, 2009**

Western Junior Triathlon Championships Birds Hill Park - Winnipeg, Manitoba June 7, 2009

WINNIPEG—Canada's next generation of triathlon heroes will be hitting the startline for fast and furious swimming, cycling, and running this weekend at Bird's Hill Park in Winnipeg as part of the inaugural race in the Teck National Junior Triathlon Series.

The Triple Threat Triathlon club is hosting their annual Triple Threat Triathlon. In addition to race categories for all levels of athletes, a record number of competitive junior athletes will take to the waters and paths of Birds Hill, vying for Canada Games positions and the title of Western Canadian Junior Triathlon Champion.

This is the first race in the 2009 TECK National Junior Triathlon Series. Many provinces are also using the event as a key qualifier for their Canada Games teams. This will be triathlon's inaugural event in the Canada Games, which take place in Prince Edward Island in August.

On Sunday, athletes will contest a 750m swim, 20km cycle, and 5 km run. The cycle is draft-legal so competitors can ride in groups making it very difficult for anyone to gain a solo advantage on the bike. The transition area will be a focal point in the race, where athletes grab their bikes after the swim and their running shoes following the bike leg. Seconds lost or gained in this change of equipment can make the difference between winning and missing the medals. Expect an exciting 5km sprint as athletes vie for podium positions.

Returning 2008 champions **Sarah-Anne Brault** and **Mark Okany**, both from Winnipeg, will race against an impressive field of young athletes including the recent Pan American Junior Champion **Kyla Coates** (BC) and 2008 Junior National Triathlon Champion **Matt Vierula** (ON). The field also includes **Alex Coates** (BC), **Christine Ridenour** (BC) - top 5 finisher at the 2009 Australian Youth Olympic Festival, **Rachael Edwards** (MB) – 4th at the 2009 Pan Am Champs, **Jeff Phillips** (BC) – third in the 2008 National TECH Junior Series, **Matt Sharpe** (BC) – winner of the 2008 TECK National Junior Series, and **Cole Stewart** (BC) – top 10 at the 2009 Australian Olympic Youth Festival.

More than 60 inspiring Junior athletes will be lining up at the start line on June 7. Junior women start at 8:00am and Junior Men start at 8:05am.

A special thank you to all the sponsors, and the hard work of all volunteers who make it possible to host such an exciting event.

For more information see the race website at www.triple-threat-tri.ca.

For More Information:

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