

# TriFactor

## Club Report



## Club Executive

- President: Grant Gelinas-Brown
- Vice President: Jason Gren
- Secretary: Ciara Shattuck
- Treasurer: Penny Van Den Berg
- Social Coordinator: Dawn Huck
- Members at Large: Kerri Edison & Randy Gabel

## Overview

The Trifactor Executive is pleased to report the 2008 season a success. Our membership grew to about 45, with 3 new members joining in the early spring, just as we approached training outside. We continue to be a mix of experienced triathletes and newcomers to the sport. The Trifactor philosophy maintains training hard, training smart, but not to spend all our free hours outside work training. We feel its important to keep group spirit high and encourage camaraderie and group social activities.

Our memberships were offered at an exceptional value of \$120 for the training year, including all facility fees, TriMB membership, coaching and one quality apparel item. Coaching the team was Jason Brescasin, a native Winnipegger who spent several years in Calgary, returning an experienced triathlete. His build program successfully prepared our newcomers for their first duathlons and triathlons, while pushing more experienced members to shave seconds, if not minutes, off their race times.

We were once again affiliated with Endurance Matters, who joined our Wednesday night track workouts at Max Bell. This group of about a dozen regular runners give our members an added push on the track and increases the social element of the workouts. With the \$30 associate membership, associate memberships help to contribute to the financial viability of our club.

Many of our members also participate with Winnipeg Iron Cops for Cancer, who train for IMC every two years. This was the last 2-year cycle for the Winnipeg chapter. While we anticipate a few of the Iron Cops to withdraw from Trifactor now that the club has folded, we are optimistic we will pick up new members for the 2009 season, having answered numerous inquiries throughout the summer and early fall.

## Club Participation

The 2008 season saw Trifactor members participating in local events throughout the season, as well as several non-local events in Canada and the US. We even have two members who continue to follow the team and live in Australia, and wear our team jerseys at events there (in particular, Ironman New Zealand, as well as local races).

Many of our members were training for IMC in 2008, following their own training program, which would account for slightly fewer athletes at local events. We anticipate our local representation to substantially increase for the 2009 season with many athletes indicating they are not repeating their IMC commitment this year, and will be choosing to spend more time doing sprint and olympic distances.

## Club Development

Trifactor has noticed a swing from a largely male group of athletes to a fair split of men and women. In fact, at many of our indoor workouts we found the number of women outnumbering men almost 2 to 1. We hope this is reflective of a congenial group environment, but also attribute this to our coach, Jason, who is extremely talented at making newcomers comfortable and answering all questions respectfully, no matter how elementary they might seem. The executive would like to attract more women to the team, and to this end we were active to promote our team at the Girls Tri at U of M (June). We supplied the race with our goodie packs (gum, a hair elastic, a few candies and our card—unfortunately the water bottles we ordered did not arrive in time), and volunteered as course marshals.

Our website, while currently being redeveloped for the 2009 season, has been a useful tool as a marketing tool to attract members. Our secretary and president answered many queries throughout the year regarding memberships. We offer generous time—usually about 3 three weeks—to allow newcomers to participate in workouts and evaluate the group.

Generally, word is spread about our club by direct conversation, and posterings at local bike shops, pools, and rec centres. We feel we could grow the club another 20% and maintain the same facility rentals, and keep the coaching on a personal level. This is an objective we are looking towards for the 2009 season, in particular, with respect to recruiting female members.

## Workout schedule

As in previous years, Trifactor has maintained three indoor coached workouts, plus one outdoor group run throughout Jan-April.

Monday	Brick workout	8-9:15 pm
Wednesday	Track workout	8-9:15 pm
Saturday	Bike workout	9-11 am
Sunday	Outdoor run	9 am

Swim workouts are self-scheduled. Extra runs are suggested by Jason, usually to fit in on Tuesday/Thursday. A yoga or stretch class once a week is highly recommended.

Currently the post-race schedule for 2008 (Sept/Oct) has been Sunday runs. Beginning the last week in October Trifactor will start Wednesday evening workouts outside (either hill or speed work). Saturday bike workouts are to be confirmed shortly and will likely happen on Saturday mornings at Max Bell, as they do in January. Jason has created a pre-season ramp-up to ensure new members are comfortable when January training begins, and to keep current members fit. While we find members excited that they have more free time in the fall off-season, it is often too loose for members who want to keep maintain a fitness level and miss the group participation.s

We are excited to introduce a core/stretch class, conducted by one of our members with training in core workouts. These will be held at least 3 times before the end of the year, in Nov-Dec on either Fridays or Sundays, and will be open to spouses as well. Trifactor had a similar yoga class in place two years ago and was enthusiastically attended—we anticipate this will be as well.

## Looking Forward to 2009

As 2009 approaches, we look forward to organizing the Morden Triathlon. Even with extremely challenging weather, the 2008 race was the most successful fundraiser to date, with over \$6000 raised for the Canadian Cancer Society. For 2009, we will be without the manpower of Iron Cops, but we are committed to ensuring the only half-iron distance in Manitoba continues. We are also very excited to have such a talented coach back a second year, and anticipate more Trifactor participation in local races.