



## The history of Triple Threat Triathlon Club

The Triple Threat Triathlon Club was formed in 1983 as a vehicle to promote triathlon in Manitoba. Philip Roadley was Triple Threat's founder and first president. The club started with 15 to 20 members. In 1985, the Triple Threat Triathlon Club evolved into the Manitoba Triathlon Association (now known as Triathlon Manitoba) because triathlon enthusiasts wanted to join the Manitoba Sports Federation (now known as Sport Manitoba).

In autumn 1995, David Markham approached Mitch & Terry Kolbuck, Barry & Pauline Breiter, and Arthur & Suzanne Gzebowski about forming a club to deliver high performance triathlon training for kids and a lifestyle fitness triathlon program for parents. The Triple Threat name was revived, with Mitch Kolbuck serving as the President. Barry Briscoe took over in 2001 and led the club for 3 years. Karen Armstrong took over as Triple Threat President in October 2004.

David Markham was the club's coach in 1996 and 1997. His original Triple Threat youth program became Triathlon Manitoba's Junior Development Team (youth and junior program) from 1997 to 2001. Triple Threat member Philippe Chabot coached the club from 1998 to 2000, and again in 2002 when he was named Triathlon Manitoba's Coach of the Year. The club did not have a coach in 2001 and 2003. Dave Lipchen was hired to coach Triple Threat in 2004. In 2005, he received Triathlon Manitoba's Coach of the Year award.

The club has assisted with, or hosted, a number of events over the years. It provided support to the Tuesday Night Race series at Birds Hill Park in 1996 and 1997. The club took over the Snowman Triathlon (running, skiing and skating) in February 1996 and hosted the event until 2003. A couple of years of declining participation and bone chilling temperatures led to the permanent cancellation of this race. The club supported the Buffalo Point Sprint Triathlon during its four year run (1996-1999). This race served as a Junior Development Team Camp and the Manitoba-Saskatchewan Regional Youth Championships in 1999. Ironically, the date change from mid-July to mid-August in 1999, to accommodate the Regional Youth Championships, resulted in 1999 being the last year for the race. When the club wanted to move the race back to July in 2000, all of the available weekends on the Triathlon Manitoba events calendar had already been filled.

The club's current race, the **Triple Threat Triathlon & Duathlon**, started as a duathlon only in 1996. In that first year, the event was 4k run/25k bike/4k run and Race Director David Markham patterned it after the Manitoba Duathlon Championships that he had organized a year earlier. The Triple Threat Duathlon was held at East Beach in Birds Hill Provincial Park. The challenge at the time was the extremely poor condition of the park's ring road. This forced the cycling course to run from East Beach, through East Gate and onto Highway 206 before returning back to East Beach. The park started road reconstruction on May 11, 1998 in preparation for the 1998 Canadian Triathlon Championships and the 1999 Pan Am Games, so the '98 Triple Threat Duathlon was moved to May 9. This is the only time the race has been held on a weekend other than the weekend before the Manitoba Marathon.

Triathlon was added to the event in 1999 and the Triple Threat Triathlon & Duathlon became part of Triathlon Manitoba's Grand Prix Series. With a newly re-surfaced ring road, Race Director David Markham was able to use the same bike course that Pan Am Games triathletes would use later that summer - three 13.3K loops of the park, with each lap starting and ending at East Beach. Two years later, the club hosted the Canadian Junior Triathlon Championships as part of the Triple Threat Triathlon & Duathlon. Barry Briscoe was Race Director for this event.

In 2002, the Triple Threat Triathlon Club's major race became a race weekend. The 10-year old Transcona Kids of Steel (KOS), which had been directed by club member Philippe Chabot and supported by the club for a few years, moved from the first Saturday in June to the 2nd Saturday, and became the Triple Threat Kids of Steel & Try-a-Tri. The Triple Threat Triathlon & Duathlon moved from Saturday to Sunday. Brent Miller managed the Triple Threat Kids of Steel & Try-a-Tri from 2003 to 2006. 2004 was a Manitoba Summer Games year and the Triple Threat KOS served as the Winnipeg regional qualifier for the Games. Barry Briscoe continued as Race Director for the triathlon and duathlon until Jaromir Samek took over for the 2005 and 2006 events. Karen Armstrong served as Race Director for both the KOS and adult events in 2007.

The 2008 Triple Threat race weekend will be directed by Kate Okany. The KOS triathlon will once again serve as the Winnipeg qualifier for the Manitoba Summer Games.

Credits : Thanks to Kevin Miller for researching the club's history and providing the details for this summary.