

MANDATORY Race Briefings on Saturday, July 21, are for EVERYONE!

All TTF athletes MUST attend a race briefing on Saturday at The Westin Harbour Castle.

Triathlon race briefings start at 10:15 am and will be offered at the top of every hour thereafter until 3:00 pm on Sat. Jul. 21, 2012. If any TTF participant does not attend a race briefing, he/she will not be allowed to race.

This means that all Relay Team members must attend a briefing, not just a "Team Captain".

We will provide TTF Wristbands after race briefings. TTF Wristband and photo ID are required for Race Packet pickup!

MANDATORY Duathlon Race Briefing

All those competing in the TTF Duathlon MUST attend a 1:00 pm mandatory race briefing on Sat. Jul. 21, at The Westin Harbour Castle.

There will only be ONE Duathlon Race Briefing, so please ensure that you attend!

We will provide TTF Wristbands after race briefing has been attended. TTF Wristband and photo ID are required for Race Packet pickup!

The Westin Harbour Castle Location (Race Briefings, Expo & Packet Pickup)

The Westin Harbour Castle is located just west of Yonge St. & Queen's Quay West (1 Harbour Square, Toronto, ON, M5J 1A6, 416.869.1600, www.westinharbourcastletoronto.com).

The hotel is easily accessible by public transportation – take the TTC to Union Station and walk south on Yonge Street towards the lake! Alternatively, pay parking is available just east of the hotel in "Captain John's" lot.



Will you own the Toronto Skyline on July 22 at the inaugural TTF?

Q&A with Triathlon Canada's Executive Director

Alan Trivett has been Executive Director of Triathlon Canada since 2005. He and his staff lead the growth and development of the sport across the country. Triathlon Canada's National Office is in Toronto and it maintains a National Triathlon Centre in Victoria, B.C.

Alan recently sat down with the TTF to answer a few questions.

TTF: What are your primary roles as the Executive Director?

AT: My primary role is to lead Triathlon Canada in its goal to grow, foster, organize and develop the sport of triathlon in our country.

Working with a team of highly-dedicated individuals (and our Board of Directors), along with our government, corporate and sport partners, it is my responsibility to develop a long-term strategic plan that focuses on facilitating the development of the sport from the grassroots to elite level.

The ultimate goal, of course, is to put more Canadian triathletes on the Olympic and Paralympic podiums.

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Updated TTF Schedule Highlights

Friday, July 20, 2012

7:30 pm The Porter Airlines Fun Run: Celebrate Canada

Saturday, July 21, 2012

10:00 am Sports and Fitness Expo, Triathlon Mandatory Race Briefings (beginning @ 10:15), Race Packet Pickup Opens
1:00 pm Duathlon Mandatory Race Briefing
3:00 pm Final Triathlon Mandatory Race Briefing
6:00 pm Sports and Fitness Expo Closes

Sunday, July 22, 2012

5:30 am Transition Opens for Olympic and Duathlon Races
6:45 am Transition Closes for Olympic and Duathlon Races
7:00 am RACE – Olympic Starts
7:00 am RACE – Duathlon Starts
8:00 am Transition Opens for Sprint Race
9:00 am Finish Line Festival Begins
9:15 am Transition Closes for Sprint Race
9:30 am RACE – Sprint Starts

** PLEASE NOTE CAREFULLY **

- ▶ There is NO bike drop off on Saturday!
- ▶ Saturday Race Briefings are MANDATORY – there are NO exceptions!
- ▶ Mandatory Saturday Race Briefings offered at top of every hour (until 3:00) and will run approximately 30 minutes.
- ▶ Official TTF Wristbands issued after attending Mandatory Saturday Race Briefing.
- ▶ Race Packet pickup only possible with Official TTF Wristband and photo ID.
- ▶ All Relay Team Members must attend a Mandatory Race Briefing and pick up their own Race Packet.





Call for TTF Volunteers

Do you know of anyone who might be interested in volunteering for the TTF? Perhaps a spouse who will already be on hand to watch? A parent, by chance?

The TTF will provide Volunteer Nike Golf Shirts and a Volunteer Appreciation Night following the inaugural TTF.

If you or anyone you know is interested in volunteering for the TTF, please email Suzanne Clark, our Volunteer Director, at suzanne@torontotriathlonfestival.com.

TTF Volunteer Opportunities

Sunday, July 22, 2012

6:30 am Run and Bike Course

- The TTF needs the help of those familiar with "Triathlon Things" (yes, we've been told that's a technical term!!)
- *Location: Ontario Place*

8:30 am Finish Line Festival

- These events will be fun and a tad crazy; we expect about 2,000 people – you like crowds?
- *Location: Coronation Park*

TTF Volunteer Contests & Prizes

All TTF Volunteers will qualify for random draws (held after Race Day) to win the following prizing:

- ▶ A complimentary (round trip) flight to anywhere Porter Airlines flies
- ▶ Select triathlon gear
- ▶ TTF branded merchandise and apparel
- ▶ One free entry for the 2013 TTF (for you or for you to give away)



TTF Athlete of the Month, Barry Emo.

TTF Athlete of the Month

Barry Emo, Toronto, Ontario

"About 2 years ago someone snapped a photo of me while I was coaching University football here in Canada. I looked at the photo and realized I needed to make some changes.

At 365 lbs and 6'7", I was huge and at 51, not a good idea to be that big. Having been a football player and avid weight lifter, I decided it was time for a change in my training regime. Gone were the heavy weights and hello to the world of endurance sports, such as running.

When I began I could hardly complete 2 minutes of running, but with dogged determination, I proceeded to hit milestone after milestone, competing in 5K races then 10K then 1/2 marathons to 30K races and finally marathons. After ticking those off of the "bucket list", next up was the transition into the triathlon world.

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TTF Athlete of the Month (cont'd)

Barry Emo, Toronto, Ontario

WOW what an exhilarating experience this was – I completed 4 mini triathlons last summer and have thoroughly enjoyed the events, the camaraderie and the enhanced vision of myself as a triathlete. Along with this comes the flavour of "more" ... can I do more? will I do more? and am I prepared to do more? This fall I hired a coach, bought myself a triathlon bike and committed that I WILL complete an Ironman event by 2013.

Anything is possible. I have transformed myself from 365lbs to 240lbs and from a 48" waist to a 36" waist over the course of the past 2 years, by training hard and eating right. Love life and love TRI life!

My goals this year are to compete in 6 Sprint distance races, 1 Olympic distance race and a ½ Ironman race with my longer term goal of completing an Ironman in 2013. I am excited to be registered for the TTF and am looking forward to competing in this first class event."

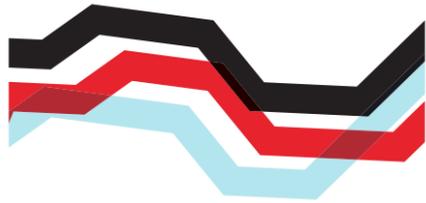
The TTF is proud to have Barry as Athlete of the Month and he has been given a complimentary Porter Airlines flight!

Do you have an interesting or inspiring story? Recovering from illness or injury? Competing to honour someone or someone's memory?

Please share your story with us by submitting 500 words (or less) to:

athleteofthemonth@torontotriathlonfestival.com.





Q&A with Alan Trivett (cont'd)

TTF: How do you like Canada's chances in triathlon at the upcoming London Olympics?

AT: We are getting set to announce a very dynamic team of five individuals that bring a unique blend of veteran leadership with youthful energy and drive.

The three men and two women that Triathlon Canada has selected have demonstrated over the last Olympic "quadrennial" that Canada has the ability to contend with the world's best athletes in the sport of triathlon. This group has endured significant highs and lows in their journey to qualify for London, but have not lost sight of our collective goal of seeing the Canadian flag raised above the triathlon podium.

When healthy, this truly is one of the most talented Canadian teams in our sport's history heading into an Olympics. I think this is a testament to the continued strength and growth of our National Program.

That all said – the Olympics is the ultimate test and measuring stick of where we stand against the world's best. We will go into London fully prepared to achieve our goals and see where we stand.

We are now fully engaged in completing our journey with the aim to contribute to the Canadian Olympic Team's goal of finishing in the Top-12 of the overall medal count.

TTF: What do you like about the Toronto Triathlon Festival Platform?

AT: The TTF gives Triathlon Canada a very unique opportunity to showcase and

celebrate our sport in a major market in eastern Canada - much of our focus for event hosting has been in western Canada.

In addition, hosting major events at home is critical to the sport's development for so many more reasons. Most obvious is it gives our elite athletes a competitive advantage to compete at a high level, gives more athletes the opportunity to start in elite races, but most importantly, this is a very good opportunity for us to display the sport and ultimately, encourage more Canadians to get started in triathlon and encourage them to swim, bike and run.

TTF Charity Challenge

The inaugural TTF is an event that will test your spirit and reward you immeasurably.

We are encouraging all participants to challenge themselves even further by fundraising in support of the MLSE Team Up Foundation.

The MLSE Team Up Foundation's vision is to change lives through the spirit and power of sports by providing kids with more access to sports (www.mlseteamupfoundation.org).

The TTF is excited to create a strong charitable legacy by raising significant funds for this great cause!

Check out info on the TTF Charity Challenge under: **CONNECT/News and Releases** at www.torontotriathlonfestival.com

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