

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 4:00 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.

Official 2012 TTF Merchandise

We are honoured to have C4 Sports as our Official Merchandise Partner.

We believe all TTF athletes should have the chance to commemorate their achievements with some great looking, TTF branded apparel.

In addition to the technical gear below, casual pieces will also soon be added to the apparel roster. You can see 2012 TTF clothing here: www.c4sports.ca/?page_id=128

All of this – plus more – will be available at the TTF Sports and Fitness Expo on Saturday, July 21, 2012, at The Westin Harbour Castle.



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
4:00 pm Final Triathlon Mandatory Race Briefing
6:00 pm Sports and Fitness Expo Closes

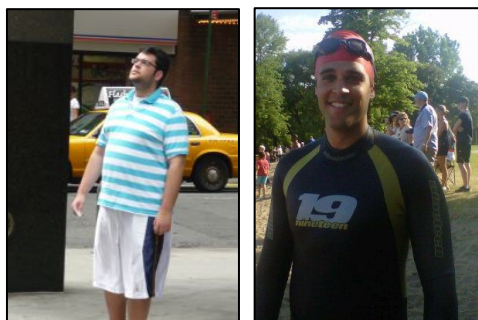
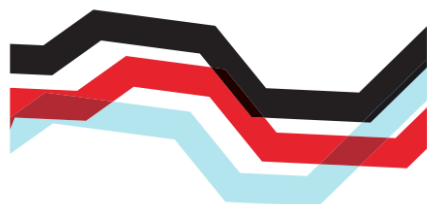
Sunday, July 22, 2012

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 4:00) 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.





TTF Athlete of the Month, Gerry Antman.

Porter Airlines Fun Run: "Celebrate Canada"

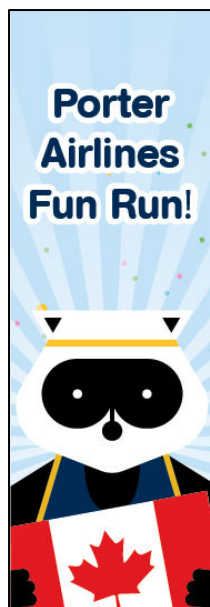
Friday, July 20, 2012, 7:30 pm

Porter Airlines, Training Mobs and the TTF have teamed up to bring you a 1.2 km fun run to kick off the weekend.

Celebrate Canada by pulling out your best Wayne Gretzky, beaver, raccoon or other red and white inspired costume! Dress to impress and WIN 1 of 5 Porter flights!

Competition categories include:

1. Fastest Runner
2. Craziest Costume
3. Most Athletic
4. Most Patriotic
5. Most "Likes" Online



The Porter Airlines Fun Run: "Celebrate Canada" will honour the achievement of a healthy mind and body resulting from an active lifestyle. It will be the perfect opportunity to share your passion and patriotism with other athletes.

Sign up at:

www.facebook.com/events/340557186021131/



TTF Athlete of the Month

Gerry Antman, Thornhill, Ontario

"My name is Gerry Antman and I am a 25 year old triathlete. I'm a member and soon-to-be triathlon coach of Thornhill Multisport, a local triathlon club.

In May 2009, I weighed 320 pounds. I had not exercised in years. Through a combination of heavy drinking and drug use, my body generally felt like it was in its 70's. For 3 or 4 years, my existence was terrible and I knew that I could not keep my lifestyle up for much longer. I always knew that I needed to lose weight and in May 2009, I finally had realized that enough was enough. It was time to get healthy.

When I was a kid, my father did triathlons, so I had exposure to this amazing sport at a very young age. In February 2010, after losing approximately 60 pounds, having not swam in 6 years, having not biked on a road bike ever and having not ran since high school, I signed up for my first sprint triathlon in July 2010.

Competing in Peterborough, Ontario, and crossing the finish line to the cheering of hundreds of spectators immediately got me addicted to the sport. That very day, I signed up for another sprint later that summer.

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TTF Athlete of the Month (cont'd)

To date, I have completed 4 sprint triathlons and two Olympic distance triathlons. I am signed up for my first 1/2 ironman in Mt. Tremblant in June 2012 and am looking forward to completing an Ironman distance triathlon in the summer of 2013.

Using the triathlon lifestyle of daily exercise and healthy eating, I have lost over 100 pounds and at 6'3" and 215 pounds, I am looking forward to improving my racing and lifestyle. I have learned that it is amazing what determination and commitment can do for someone, who at one point had little to nothing to look forward to. I am excited to continue my upward health trajectory on the downtown highways of Toronto as part of the inaugural TTF!

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

TTF Charity Challenge

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

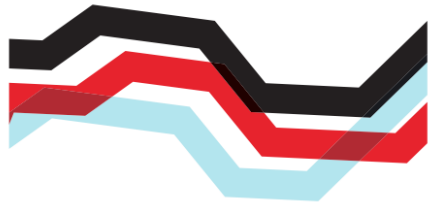
We are encouraging all participants to challenge themselves even further by fundraising in support of the MLSE Team Up Foundation.

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





**T.O. Attraction:
Ontario Science Centre**



20 % Discount for TTF Athletes & Families

This summer, use science to unlock the wonders of the Big Top with thrilling experiences in Circus! the Exhibition. Check out STAR TREK LIVE, an action-packed, interactive spectacle that is out of this world! Plus step up to the blocks for a 10-metre dash against an Olympian, a cheetah or a dinosaur in the Sport exhibition. All 3 experiences are included with general admission.

Must present this coupon at Box Office.
Not valid for the Shoppers Drug Mart
OMNIMAX Theatre.
No cash value.
Expires: September 30, 2012.



T.O. Attraction: Casa Loma

Voucher for 15% Discount for TTF Athletes and Families will be in Athlete Race Packets

An unabashed romantic, Sir Henry Pellatt engaged noted architect E.J. Lennox to help him realize a lifelong dream – the creation of a Medieval castle on the brow of a hill overlooking Toronto. Begun in 1911, it took 300 men nearly three years to complete and cost \$3,500,000 at that time. Today this unique piece of Canadian history is open daily as a tourist attraction.

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Final TTF Transition Orientation Session

Nine17sports is a TTF Community Partner. It provides beginner triathletes with a place to feel comfortable, learn the sport and improve in a fun, non-competitive environment. It is also a service for seasoned athletes to take their training and racing to the next level.

This Toronto based training group will facilitate the final TTF Transition Orientation Session. It will include info on transition flow, swim entry/exit, bike entry/exit and finish area familiarization. The session will conclude with a 5.0 km TTF "course orientation" run.

Date: Sunday, July 15, 11:00 am **Cost:** Free
Location: Ontario Place Parking Lot 1
To Register: Contact travis@nine17sports.com

Open Water Swim Clinics in Toronto

Nine17sports is also offering open water swim clinics.

Learn more at: www.nine17sports.com

Final Two Open Water Swim Clinics:

- Thursday, July 12 at 7:00 pm
- Thursday, July 19 at 7:00 pm
- LOCATION: Cherry Beach
- Time: Arrive at 6:45 pm
- Wetsuits encouraged, Cost: \$10

T.O. Attraction: Casa Loma (cont'd)

Visit Canada's Majestic Castle, Casa Loma and step back in time to a period of European elegance and splendour.

The former home of Canadian financier Sir Henry Pellatt, Canada's foremost castle is complete with decorated suites, secret passages, an 800-foot tunnel, towers, stables, and beautiful 5-acre estate gardens.

Casa Loma remains one of Toronto's top ten tourist attractions and hospitality venues.

The tour of the castle is self-guided. Visitors can experience the castle at their leisure with the aid of multimedia audio guides.



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