

2008 Long Course Athlete of the Year is Stephen Johnson.



Stephen's been doing triathlon longer than well, most. Over the expanse of 20 + years at all distances, Stephen has established himself among Saskatchewan's best age group athletes. Not limited to endurance events, he excels in short course, and athletics as well. Perhaps his best training secret is his support team of wife Mary and their 3 kids who are there for track practices, races, bottle exchanges and of course the finish line. Stephen is always ready to offer advice and "fitness opportunities" for those who ask. Many have enjoyed some personal bests and wins under his guidance.

In 2008, Stephen only competed in 3 events. Pancake Half Ironman, where he placed first overall, The Canadian Masters Athletic Championships: where he was a Silver medalist in the Men's 45-49 800m, and the World Deca Triathlon Championships , where he placed 12th in a time of 296 hours and 34 minutes: that is 10 ironmans back to back. Stephen spent 2 and a half years preparing for this event. His daily emails sent from the front line were the window into the event, its participants, the conditions, challenges and the mindset. Never lacking in his sense of humor, he kept us in awe and laughter. This award seems tailor made for Stephen Johnson.