

TRI  **THLON**
SASKATCHEWAN

TRI THLON SK

Rookie Award Molly Lakustiak



Triathlon

Saskatchewan Summer Games

- 2016 – Individual 12-13 Female - Gold Medalist
- 2016 – Team 12-13 Female - Gold Medalist
- 2016 – Team 12-13 Mixed - Gold Medalist

Kelowna Apple Triathlon

- 2016 – Individual 12-13 Female - Second Place

Triple Threat KOS Birds Hill Park Summer Games Test Event

- 2016 – Individual 12-13 Female - First Place

Regina KOS Icebreaker

- 2016 – Individual 12-13 Female - First Place

Saskatoon Subaru Living Sky Triathlon

- 2016 – Individual 12-13 Female - First Place

Cross Country Running

- 2016 – Saskatchewan Provincial Age Class Cross Country Championships, 2km Bantam female (2003-2004) 7:46.36 - First Place
- 2016 – Regina Public Schools Champion 12 year old female - First Place

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Female Youth Award Mette Siemens



Competition Name	Date	Location	Category	Overall Placing	Age Group Placing	Time
Regina Icebreaker	May/16	Regina	youth	2/3	2	55:31
Subaru Youth race	June 25	Saskatoon	youth	2/3	2	49:03
Birds Hill Park	June/16	Winnipeg	youth	6	6/9 CRASHED	28:31
Ottawa Youth race - duathlon	July/16	Ottawa	Youth	14/38	14	40:47
Edmonton Youth Nationals Championships	Sept./16	Edmonton	Youth	9/22	9	38:24

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Male Youth Award

Kaelen Kolb



Competition Name	Date	Location	Category	Overall Placing	Age Group Placing	Time
Regina Icebreaker	May/16	Regina	youth	1/3	1	52:00
Subaru Youth race	June 25	Saskatoon	youth	1/6	1	42:51
Birds Hill Park	June/16	Winnipeg	KOS 14/15	1/7	3	41:48
Verdun duathlon	Aug/16	Verdun, PQ	youth	10/32	10	40:55
Edmonton Youth Nationals Championships	Sept./16	Edmonton	Youth	10/20	10	34:52

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Officials Award

Marlene Hooper

Marlene took over the officials portfolio last year

Marlene's leadership has grown the officials ranks

In 2016 we added more than 20 level 1 officials
And recently added an additional 11 Level 2 officials

Officiated across the province
and across the country
Including in Quebec and Alberta



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Female Junior Athlete

Kaycee Schroeder



Competition Name	Date	Location	Category	Overall Placing	Age Group Placing	Time
Regina Icebreaker	May/16	Regina	overall	1	1	1:11.33
North American Jr. Champs	Mar/16	Sarasota	Junior	31	31	1:06.34
Birds Hill Park CSG test race	June/16	Winnipeg	Junior	2	2/13	1:07.44
Ottawa National Jr. Champs	July/16	Ottawa	Junior	12/58	12/58	1:04.15
Montreal Jr. elite series race	July/16	Montreal	Junior	9/48	9	1:13.19
Verdun Jr.elite Series race - duathlon	July/16	Verdun, PQ	Junior	22/42	22/42	1:05.45
Challenge Penticton	Aug/16	Penticton	Junior	3/54	1/1	36.29
Edmonton Jr. elite series race	Sept./16	Edmonton	Junior	11/30	11	1:08.22

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Male Junior Athlete Award Josh Windsor

Competition Name	Date	Location	Category	Overall Placing	Age Group Placing	Time
Regina Icebreaker	May/16	Regina	overall	2/50	2	1:06.53
Birds Hill Park CSG test race	June/16	Winnipeg	Junior	2	8/15	1:03.53
Ottawa National Jr. Champs	July/16	Ottawa	Junior	47/75	47	1:01.38
Montreal Jr. elite series race	July/16	Montreal	Junior	48/50	48 CRASHED	1:12.32
Verdun Jr.elite Series race - duathlon	July/16	Verdun, PQ	Junior	34/64	34	57:35
Edmonton Jr. elite series race	Sept./16	Edmonton	Junior	23/30	23	1:04.14

Just beginning triathlon in 2014, Josh has had a progressive improvement over the past three years.

His swim has improved from 11:49.20 in November, 2015 to a 2016 PB of 10:47.6. His run has also steadily improved.

In addition to time improvements, his skills, tactics and confidence in all the disciplines have developed.

His ranking in the Jr. series in 2016 was 47th; This was a big improvement over his 2015 season where he placed 60th at Jr. Nationals in Magog.

All indications are that this trend will continue in the 2017 season. Josh's dedication and commitment to training resulted in the most significant improvement in the Jr. Series National rankings among the Sask Jr. men.



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Age Group

Kerri Hysuick



Competition Name	Date	Location	Category	Overall Placing	Age Group Placing	Time
BGMT	MAY 24/16	REGINA	F 40-49	15th	2nd	1:18:55
SISO SASKATOON	JUN 26/16	SASKATOON	F 40-49	45th	1st	2:47:43
TRIATHLON ITU EDMONTON	SEPT 3/16	EDMONTON	F 40-44	STANDARD	3rd	2:28:15
RTSE TRI	AUG 21/16	REGINA	F 40-49	1ST F/9th	1st	1:19:50
ITU GRAND FINAL	SEPT 18/16	COZUMEL, MX	F 40-44		44th	2:39:32

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Male Age Group Award Scott Hysuick

Competition Name	Date	Location	Category	Overall Placing	Age Group Placing	Time
BGMT	MAY 29/16	REGINA	M 40-49	13TH	2ND	1:17:31
SISO SASKATOON	JUNE 26/16	SASKATOON	M 40-49	35	2ND	2:41:20
TRIATHLON						
ITW/UTS EDMONTON	SEPT 3/16	EDMONTON	M 40-49	STANDARD	5TH	2:25:28
RISE + TRI	AUG 27/16	REGINA	M 40-49	7TH	2ND	1:48:31
ITU GRAND	SEPT 18/16	COZUMEL	M 40-49	-	68TH	2:32:13
FINAL	SEPT	MX				2:32:13



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Coach Award

Carly Priebe

Over the years, Carly has coached both developmental or beginner athletes as well as high performance athlete of all ages. She has over fifteen years of coaching experience including coaching , for Swim Saskatchewan High Performance Team, for Saskatoon's Youth/Junior Triathlon Teams, coaching at various triathlon skills clinics throughout Saskatchewan (youth, junior, and age-group athletes), for Saskatoon Laser's Swim Club, Huskies Cross Country Camps, at Saskatoon's Kids-of-Steel clinics and events, for the Leukemia and Lymphoma Society's Team in Training, and as the instructor of the U of S College of Kinesiology's Track and Field activity class. In 2010 and 2011 she was selected by Triathlon Canada as head coach for the Par triathlon World Championships training camps and races in Budapest, Hungary and Beijing, China. She works as a Triathlon Canada "Coach Developer" to train other coaches and has previously served as Coaching Director on the Saskatchewan Triathlon Association (STAC) Carly is constantly learning and giving back to her athletes by just completing her post doctorate.



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Women's Long Course Award Christina Charles



Subaru 5150 2:19 6th overall 1st in age group

Great White North 27th overall 1st in age group

Frank Dunn Triathlon 5th overall 1st in age group

Arizona 70.3 4:46 5th overall 1st in age group

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Long Course Male

Shawn Rempel

Ironman Whistler 9:51!... 29th overall and 5th in age group

Saskatoon 5150 2:17... 5th overall and 1st in the age group

Ironman World Championships 10:05!
499th overall, 113th in age group



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Volunteer Award Michelle LeFranc



Michelle registered as a participant in JTI a number of years in a row. In 2010 she returned as a volunteer. During that 10-week period in 2010 it became apparent that the program leaders were unable to maintain their responsibilities. Michelle had recently become unemployed (McCain Foods - your loss was triathlon's gain!) and she, along with Maryann Deutscher, stepped up to complete the job, improve the program and better the participation of female triathletes in Saskatoon.

Every single year thereafter Michelle has spent numerous volunteer hours promoting the sport of triathlon to women in Saskatoon – urging them to Just-Tri-It! Her impact has been enormous, both to the triathlon community, but more importantly to the mindset and self-belief of the hundreds of women she has met and inspired.

Michelle's organization skills are legendary – she has a 'get it done' attitude while making the job seem fun. She has created meaningful collaborations for JTI with corporate sponsors such as Brainsport, the Bike Doctor and Craven Sport Services as well as created mutually beneficial partnerships between JTI, Tri for Marlene, the YWCA and STCI and STAC itself. These partnerships have benefitted, and will continue to benefit, every single party for years to come.

Michelle's other volunteer endeavors include Member at Large and Volunteer Director for STCI, Race Director-in-training for Living Sky Triathlon, various duties at the Bridge City Duathlon, Sask Marathon amongst others. She organizes teams, comprised of previous JTI participants, for events such as CIBC Run for the Cure and Beads of Courage. She organizes informal groups for non-event activities such as autumn running and cycling groups for those that want to continue training.

I have been able to calculate the number of hours Michelle has contributed to the triathlon community and it equates to over 6 weeks of full time effort (unpaid) each and every year for the past 6 years. She remains invested and involved in all her endeavors and continues to look for new opportunities to help.

But despite the important efforts mentioned above it is not her stellar organizational skills and time spent on triathlon that has created the most impact – it is her dedication to building the capacity of everyone she meets that is truly inspiring. Hundreds of women have embraced sport and gained self-belief due to her participation in continuing the JTI program. Michelle is humble, relatable, full of life, inspiring, tireless and encouraging to all who meet her and I know I speak for all of them when I say thank-you. We hope that STAC also sees the enormous value that Michelle LeFranc brings to our community and awards her with Volunteer of the Year.





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Volunteer Award

Erin is the President of the Regina Multisport Club (RMC), but she goes above and beyond her duties as President in volunteering and building the sport of triathlon in Regina. She leads the club of 300 members, and continues to grow the opportunities available for people in the sport of triathlon. Since she has become President, along with the RMC Board of Directors she has negotiated additional pool times for the club (never an easy task in the swimming pool limited city of Regina), and arranged for coaches for additional swimming and cycling sessions. Working to find coaches and training times for three sports involves a lot of time and effort, often involving multiple and ongoing meetings with city or building officials in order to secure space for RMC member training. The result of all this effort is a robust training program available to all RMC members; strength training classes twice a week, indoor cycling during the winter three times a week, six swim class a week for all levels of ability, as well as indoor brick sessions during the winter and outdoor group rides during the summer. As well there has been tremendous growth of the youth triathlon program under Erin's tutelage, with several tremendous athletes competing in the Junior Elite category and a large number of younger children taking part in triathlon training programs several days a week.

Erin Kiefer



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Builder Award

Terry Hooper



Terry is a critical volunteer for the Regina Multisport Club and for Saskatchewan Triathlon. Terry has served as an RMC board member for 6 years and served several terms on the STAC Board, before moving on to now serve on the Triathlon Canada Board of Directors. Terry has implemented a an impressive athlete development model in Regina that has become the envy of other provinces and is now being viewed as a best practice in Canada. Terry achieved this by working tirelessly to negotiate training space, coaching partnerships and community engagements, creating a low-cost, low-risk entry point for families to try triathlon. He has also implemented a growth ladder to support youth as they mature in the sport. Terry is also a recognized leader in the national triathlon officials community. Terry has so many projects on the go I couldn't possibly capture them all!

