



Triathlon Club

Scenic Training Grounds

Club de Triathlon Memphrémagog

Set in one of Canada's most beautiful skiing areas and on beautiful Lake Memphrémagog, Magog, Que. enjoys some of the best training opportunities in Canada. Members of the Club de Triathlon Memphrémagog take full advantage of all that as they enjoy spectacular rides and runs in the area, while the summer months offer easy swim access in the pristine lake.

The 30-plus members of the club utilize those training opportunities throughout the year. Started in 1992, club membership has numbered as many as 80. Thanks to an innovative kids' program run by the club last summer that provided morning training sessions through summer camps, the membership is expected to grow over the next year.

Serving as both a kids' and adult club poses some coaching challenges, according to club president Richard Therrien, but the club has been ably served by a steady stream of enthusiastic kinesiology students from the University of Sherbrooke over the years. Those coaches manage to create a nice balance of workouts for the athletes regardless of their age. Competitive club members have become regular participants at Quebec Cup events, but also regularly take part in everything from Ironman to sprint to XTERRA races.

According to Therrien, the club wouldn't exist were it not for the

Tri Memphre triathlon, which serves as a fundraiser for the club. The event, which takes place at the end of July, will celebrate its 15th anniversary next year and has grown to become one of Quebec's most popular races with a field of over 1,200 athletes.

Therrien says the philosophy for both the Club de Triathlon Memphrémagog and the Tri Memphre event are similar—the goal is to increase participation in the sport by the general public. Last summer's kids' clinics helped on that front, while the popularity of the relay event in the race has helped get more people involved in the sport, too.

Through the fall, winter and spring the club training schedule includes two swim sessions, one spin workout that includes a circuit training session and a weekly Saturday morning run workout. Starting in May, the club adds weekly duathlon or triathlon events on Wednesday evenings, providing friendly competitions that serve as training for the more serious club members and as an opportunity for novice members to get some race experience.

As the hosts for the Canada Games triathlon event in 2013, we'll certainly hear much more about from the Club de Triathlon Memphrémagog over the next few years. For now, though, the rest of us in Canada can enviously look on as they enjoy some great training in one of Canada's most beautiful training grounds.—KM 