



Vernon to host Junior Provincial Triathlon Championships

The 5th annual Paradigm Naturopathic Kids Triathlon promises to be an exciting event for athletes and spectators alike.

The 2017 event, to take place at Kin Beach on June 24, includes various races and distances for all ages. The event is an opportunity for everyone to come and play outside, in a safe, sanctioned, organized sport environment. "Anyone can do it, and it's really special for every kid who crosses the finish line, to walk away with the accomplishment of having completed the challenge." Says Laura Medcalf, volunteer Race Director. "Our local businesses who support, as well as the volunteer community, have come together year after year to host this low cost opportunity for entry level athletes, and that is truly something to be proud of". Over 175 kids between the ages of 3-19 toe the start line each June, rain or shine, on the shore of Okanagan Lake.

The event sees slight changes each year to accommodate the increased demand and skill level of kids participating. This coming year is no different, as the Paradigm Naturopathic Kids Triathlon announces it has been selected to host the Junior Triathlon Provincial Championships. The championship race will see youth aged 16-19 racing in a Draft Legal Supersprint format. The Draft Legal format, which includes a 400m swim, 10k bike, and 2.5k run, encourages individual athletes to work together in packs on the bike, providing exciting race and tactical experience for these up and coming high performance athletes. Youth aged 13-15 who are certified to race draft legal will also compete in the Supersprint format, as they race for points in the hotly contested, 3 race, Provincial Series.

Participation races for 6-7, 8-9, 10-11, 12-13, and 14-17 year olds also include a swim, bike, run format, in age appropriate distances.

Another highlight of the June 24 event includes the fun and colourful Splash and Dash, which is a swim & run event for 3-5 year olds. The Splash and Dash includes a short swim in knee deep water, followed by a run through the finish chute to receive a medal, all while being cheered along by enthusiastic volunteers and parents.

The Vernon Kids Triathlon committee is still seeking sponsorships, and volunteers who are interested in getting involved.

Home to the Tri Monsters Triathlon and Cycling Team, as well as the KalRATS Sprint Triathlon on June 25, Vernon has become a hot spot for triathlon opportunities throughout the season. In 2017 Vernon will host a number of TriathlonBC initiatives including NCCP (Coach) training opportunities, 2017 Canada Summer Games Eligibility Camp, 2018 BC Summer Games Development day, and a 55+ Training Clinic. To register for the Paradigm Naturopathic Kids Triathlon, please visit vernonkidstri.com.