



Attention: Press Release - August 5, 2009

After months of training the Saskatchewan Canada Summer Games Triathlon Team will depart for Summerside PEI on August 14. The athletes are excited to see all their preparation transforming into reality. The team will rendezvous with other CSG sport teams in Regina and depart by charter on WestJet for arrival in Summerside Friday afternoon. Last week the athletes received their Team Sask uniforms and this has certainly added to the excitement.

There will be the opportunity for several days preparation prior to the individual events on Tuesday August 18th. Joel Howlett from Saskatoon, who is a third year Junior Elite competitor is ranked 8th. in Canada. He has been a fourth place finisher in two Junior Elite races this year and will be a medal contender at the games. Abby Miller from Saskatoon, a second year Junior elite competitor hopes to finish in the top five.

On Friday August 21st. the Team Triathlon will take place. Each of the three athletes of each gender will complete the shortened course (300m Swim, 7km Bike, 2km Run) in succession. The men's team of Joel Howlett, Jeramie Anderson and Sash Broda have all performed well this year and have continually achieved personal bests in their racing. A top five to medal placing is possible. Our women's team of Abby Miller, Nadine Brenaut and Alecia Lukash are newer to the sport yet a strong showing is expected, especially against our western Canada rivals. Team points will be tabulated and will go towards the Saskatchewan total.

Despite our province's smaller size we have a widely recognized and respected Junior Elite Program. The athletes are thankful for their excellent coaching and ongoing support from the Saskatchewan Triathlon Association Corporation (STAC)

Best of luck to our Saskatchewan athletes!

Your Saskatchewan Triathlon Canada Summer Games Team:

**Joel Howlett
Jeramie Anderson
Sash Broda
Nikifor Sosna (alternate)**

**Abby Miller
Nadine Brenaut
Alecia Lukash
Joanne Traves (alternate)**

**RossAnn Edwards (coach)
Evan Howlett (manager)**

For more information or to interview any of the athletes, coaches or Board Members, please contact Fred Dyck, Coordinator, Saskatchewan Triathlon Association Corporation (STAC) at 306-664-3277 or info@triathlonsaskatchewan.org. Visit our web site at www.triathlonsaskatchewan.org.

STAC is the Provincial Sport Governing Body for the sport of triathlon and an Active member of Sask Sport Inc. Our goal is to promote interest in and provide for the development of and the enhancement of the sport of Triathlon in the Province of Saskatchewan.