

New Scenery

By Erin Tribe



After a successful summer of training in Thunder Bay, the team decided to continue with this streak and headed out to try a new location. We piled into the vans after a morning strength workout and headed to Hayward, Wisconsin. The drive was rainy, which turned into two more days of rain. This didn't stop us from starting our intensity-focused two weeks of training, and everyone stayed positive despite the weather. With an intensity workout almost every second day, and a few back-to-back, it was nice to have some new scenery and terrain to train on. Everyone stayed focused and healthy during our week-long stay in Wisconsin.



amazing rollerskiing. We could start right from our door, or drive 10 minutes to more rolling terrain. The rain held off for a few days which was great for more mountain biking, ski walking, rollerskiing and running.

At the end of the week Eric organized the first official NTDC Hayward Triathlon. We started with swimming across a nearby lake (sounds daunting, but luckily it was only about 600m). There are a few resident swimmers on the team; however some of us just wanted to stay afloat and finish the swim! Next we road about 35 minutes to a second exchange zone, and finished off with a 7.5km road run. Joining us from Thunder Bay for this camp was Karla Bailey, who won the women's race, and Dudley Coulter who placed respectively with the men. Harry Seaton won the men's race. For some this was their first ever triathlon and overall it was a lot of fun.

We started out with running intensity on the famous Birkebeiner trails- home of North America's largest cross country ski marathon. The trails were so wide and flowing, I can understand why people flock there annually. You can run forever on these trails and it caused a bit of confusion at points which made for an extended workout for a few team members. Area trails maps and course markings came in handy the rest of the week!

Usually we bring our road bikes with us on road trips, but coach Eric Bailey decided to mix it up and we brought our mountain bikes instead. There are endless trails in the area. Some guys on the team are experts on their mountain bikes, riding through the single track no problem, while some of us had to take it one turn at a time! A few spills later we completed our first official team mountain bike ride. It was fun to try something new; it almost didn't feel like training! Another location highlight was the

Our accommodation was about 10 minutes outside Hayward in a beautiful, spacious log home. It was luxury! The camp was a success. We are back in Thunder Bay and just finished the training block. Everyone put their best out there and are looking forward to bit of rest.



