

A photo journal of my past four races.

Edmonton World Cup



Jill looking cool calm and collected before the swim (left). Jill, Sharon and Siri posing for a photo op the day before the race.



Can you see Jill (left)? What an awesome photo (thanks Grant). Jill and Susie Galluci (USA) coming out of the water after lap one of the swim (right).



Siri watches the action in Edmonton.



Jill taking a hard corner in the Transition area on the first lap (left). Blow out! (right) The tire was defective and Jill was unable to finish the race. We actually had a spare wheel in transition but she was too far away to ride on the flat.

Corner Brook World Cup



The winning swim relay at the Corner Brook Tri Fest. Jill, Joe Umphenor, and Brian Fleischman – three fish.



Jill prepares her transition site prior to the race (left). Jill on the bike in Corner Brook.



Jill and Sheila putting on a great show for the crowd. I was not till the last km that Jill gapped her.



Jill Wins Corner Brook. She really wanted this one after a disappointing race in Edmonton.



Our homestay Dave Coleman took us caving on Monday after the race. It was a thrill.



We stayed in Corner Brook till Wednesday before moving on so we had a chance to do some sight seeing. Western Brook Pond in the Gros Morne National Park (left) and a Moose cow and calf we saw on the side of the highway (right).



Jill and Aaron at the Corner Brook awards banquet.

Toronto - Nike RUNTO 10km

Nike invited all their sponsored athletes to do this fun 10km-running race on Centre Island. Almost 10000 people participated and about 50% were first time 10km runners!



CN Tower and Skydome stadium in downtown Toronto (left).



Simon Whitfield, Leah Pells and Tina Connelly at a nice dinner with the athletes.



They were going sooo fast! Jill ran a 34:38 and was only third!!



After TO Jill and I went to Peterborough to visit friends and unwind before taking off to Minneapolis

Minneapolis – Lifetime Fitness Triathlon

A race where the men chase the women for a huge prize purse.



The women's start. Only 15 women were racing against 22 men in a non drafting format.



After the race all the athletes and their gear pack into the bus to return to the hotel.



Barb Lindquist, Simon Whitefield and Greg Bennett, take 1, 2, 3. Jill is 5th female and 19th overall.



Hamish Carter – Please get out of the golf cart, you are scaring the locals.