

IORI:WASE

Most comprehensive of all the entries and some excellent sports action photos. Lots of different local residents will be enamored with this coverage.

QUEBEC CHRONICLE-TELEGRAPH

Best writing of all the entries - both stories and photos were good - just not comprehensive enough for first place.

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SPORTS Elite racers break new ground at ITU Winter Triathlon



Winter triathlon elite medalists Claude Godbout, Marc-André Bédard, Annie Gervais, Dušan Simocko, Evelyne Blouin and Pavel Andreev pop their champagne corks at the medal ceremony.

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The 34 athletes lined up on the Plains of Abraham for the start of the ITU Winter Triathlon Elite races were among the best in their sports. Quebecer Marc-André Bédard and Slovak Dušan Simocko are world-class triathletes. New Brunswick-born Quebecer Joel Bourgeois is a two-time track Olympian. On the women's side, American Amber Ferreira has won two national snowshoe titles and completed several Ironman triathlons.

But some of them had never done anything quite like this. Saturday's triathlon saw the debut of a brand-new format—a 5-kilometre snowshoe race, followed by 12 kilometres of speed skating and 8 kilometres of

cross-country skiing. Pavel Andreev of Russia, who won the previous winter triathlon in the format, winning four world titles in the triathlon-mountain bike-ski version of the event. But he readily admitted skating was his weak point.

"I've been speedskating twice in my life before now, and I played a little hockey when I was about twelve," said Andreev before the race. "Fortunately I'm a quick learner so I hope it won't be that hard. I'll be happy if I do well, and even if I'm some distance away from the winners, if I get to the finish line that will be OK." Andreev laced up a pair of borrowed clap skates [speed-racing skates with a movable blade] with a four-leaf clover sticker on the ankle and hoped for the best.

"It's hard to say who will win and that's the beauty of it," added Bédard, a Vancouver Olympian and multiple Pentathlon des Neiges medalist, who recruited several athletes for the new triathlon. "Everyone brings their strengths and weaknesses from their own sport."

Bourgeois and Ferreira led after the snowshoe stage, but British Columbia speedskater Jay Morrison and Annie Gervais of Saint-Jean-sur-Richelieu were fastest on ice. Andreev, Bédard and Bourgeois managed to stay with the pack on the men's side, but Ferreira faltered badly on skates and saw her podium chances melt away.

During the final ski leg, Simocko of Slovakia broke away from the pack. Bédard was on his heels with the crowd packed several rows deep along the course clanging cowbells and cheering him on.

Simocko, wearing an electric yellow racing suit, came down the home stretch first and took gold in one hour, four minutes, 33.1 seconds. Bédard finished second (1:06:00.4). Andreev was third overall (1:06:18.7) after a powerful ski section.

"I'm a little bit unsatisfied," said a slightly downcast Bédard. "I started to have some cramps near the end of the race and Dušan just took off. I know I couldn't blast off like he did." Bédard had unwittingly sown the seeds of his own defeat. "I found out about the race when Marc told me about it, and a gracious Simocko at the medal ceremony."

Andreev had one word for his skating experience. "Horrible," he said in Russian. "The most horrible experience of my sporting life... but I know I could have won if I was a better skater. The first thing I do when I get home will be to buy myself some skates."

Annie Gervais won the women's race in 1:14:44.4, followed by Quebec's Claude Godbout (1:14:58.2). Godbout, a top biathlete, is also Bédard's wife. Multiple Pentathlon des Neiges medalist Dvoyné Blouin of Quebec City took bronze (1:15:19.4) in a local sweep.

Goubout and Bédard had also won parallel silver medals at the Pentathlon des Neiges two weeks earlier. "What can I say, we've united in life and united in competition," said Godbout. "We always have the same placements. It was tough skating and snowshoeing are not my strengths."

"I wouldn't have asked for a better day," said Gervais. "I think this [winter triathlon] is going to get really big."

If Canadian triathlon officials have their way, it will become Olympic-sized. "It is our ambition to be part of the winter Olympic program," said ITU secretary general Loren Barnet, a Canadian. "Now no one can argue that the sport of triathlon does not take place on snow and ice. We need to show the IOC that triathlon is truly a global sport."

At least one other country has signed on. "It's not really a secret anymore that we intend to bring this kind of event to Finland," said Tui Niranen, director of the Finnish Triathlon Association, who also competed in this week's Age Group races. Niranen mentioned Lahli, in south-central Finland, as a candidate city. Organizers said Monday that the city of Chamoni, in the French Alps, had also expressed interest.

Quebec Winter Triathlon spokesperson Claude Béjean confirmed Monday that a second edition will be held next year. Event director François Gagné said organizers would apply to Triathlon Canada to hold the national winter triathlon championship on the Plains.

Full race results are available on the event website.

Disability no barrier for paratriathlon athletes



Aubert Caron-Guillemette in action during the seated speed-skating race event at the Quebec Winter Paratriathlon.

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Skating or skiing without seeing where you're going may sound like a daunting experience, but Simon Tremblay is used to it. Tremblay, who is blind from birth, took the silver medal in the solo event in Saturday's winter paratriathlon on the Plains of Abraham.

"You need to follow the track," says Tremblay. "In a lot of places on the ski course there weren't the ski prints to follow. When that happens you have to listen closely to what the guide says."

Tremblay is a full-time athlete, a coach and national team member in goalball, a volleyball-like, sound-based game for blind and visually impaired people. Saturday was his first time in a winter multi-sport competition.

"Doing sport is always fun," he says. "You always want to win and outdo yourself." Spoken like any athlete.

Maria Lévesque is the director of Adapt'is, a Quebec-based association which promotes sports and physical activity for physically and intellectually disabled people. "We had a paratriathlon Pentathlon des Neiges was not an official event, it's for real, and we're and solo events."

"Maybe this (winter triathlon) will be a good discipline one day, added. "We want to athletes to get more about it."

Université Laval's Aubert Caron-Guillemette competed in the Paratriathlon from after a rare reaction treatment. Caron-Guillemette took up sport. "I love being on the physical he says. "If you were adaptive sport, it's the key. It's not out there."

A total of 11 athletes competed in the winter triathlon.

Onondaga Redhawks win 2014 Presidents' Cup



Onondaga forward Lyle Thompson goes by Six Nations defenseman Travis Elvin in the gold medal game of the 2014 Presidents' Cup. Thompson, with 17 goals and 23 assists in eight games, was named the tournament MVP.

The Six Nations defence was able to keep the Mohawks offence to the outside during the second period. Six Nations netminder Warren Hill stopped all ten Mohawks shots he faced in the second. The Rivermen got goals from Dean Hill (2), Chancy Johnson and Mike Miller in the second to take a 7-2 lead into the third period.

Just 59 seconds into the third period Kahnawake's Caleb Wiles (Tim Bergin, Markie Kirby) scored on the power play to cut the lead to 7-3. Bomberry would score a power-play goal of his own to make it 8-3 with 10:10 to go in regulation. With 3:32 to play Karahkwanoron Two-Axe (Vradsburg, Goodleaf) made it 8-4, which ended up being the final score.

The Redhawks downed St. Albert 10-8 in the second semifinal game to set the stage for Championship Sunday.

The Mohawks took a 1-0 lead at the 6:56 mark of the first period on a diving goal by Wiles (Vradsburg, Kirby). The Miners

Angus Goodleaf with just 0.01 seconds left on the clock to give them a 3-2 lead into the first intermission.

In the first semifinal game the Mohawks took on the Rivermen at 3 p.m. Kahnawake's Ty Thompson opened the scoring to give the Mohawks a 1-0 lead at 13:46 of the first period. Holden Vyse (Wayne Vanevery, Delby Powless) evened the score at 1-1 at 4:23. Kahnawake pickup Mark Vradsburg (Kyle Alfred) made it 2-1 for the Mohawks at 3:22. Mohawks then went on the power play after Six Nations' Brock Farmer took a holding penalty with 2:26 left in the first.

Vanevery (Mike Miller, Warren Hill) scored a shorthanded goal to even it up at 2-2 with just 48 seconds left in the period. Short on time, the Rivermen gained possession of the ball and started working a

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The relief from a much-needed win



The Kahnawake Condors took two of three on the weekend, and ended a miserable streak of eight straight losses.

DANIEL J. ROWE
THE EASTERN DOOR

The only thing good about smashing your hand with a ball-point hammer is that eventually the pain will subside and it won't hurt anymore.

Relief is bliss.

The throbbing pain and frustration of eight straight losses can now be put in the "obscure bin" for the Kahnawake Condors season after a heroic 4-3 win over Collège Longueuil Friday, before a home crowd in Québec Junior AAA Hockey League arena.

Kahnawake followed with a tough 6-4 loss in Sherbrooke Sunday to the Cougars before getting some scoring mojo back in a 7-3 thumping of the St. Leonard Arctic Monday night.

The Condors will test its mettle tonight against NHL prospect Charles Guevremont and the St. Jerome Panthers at the Sports Complex. It will be the first time for local fans to see the 19-year-old phenom, who is, according to NHL.com, likely to go between rounds four and six in next year's entry draft.

Though Valentine's Day, love may not be in the air tonight after the Condors were riddled with racist chants from St. Jerome fans when the two teams met January 15.

Friday, the Condors played two of the best periods of hockey in the team's season against Longueuil. Kahnawake peppered Longueuil goalie Max Smith with 24 shots in 14 for the visitors, and created multiple scoring chances.

Labrosse, playing only his seventh of the season 19 seconds into the game, and was pushed by defenseman Philippe Charbonneau, who netted his sixth at just past the 10-minute mark.

Alexandre Labrosse (remember that name) scored his 14th a minute into the second to add another game to his home side.

Nerves caught up to Kahnawake in the third and Karl Leveille's 48th tally for Longueuil gave cause for concern to the team in not adding another game to the already painful losing streak.

Labrosse, playing only his best weekend of the season, scored at 12:01 to make it 4-2. Longueuil added one more courtesy of Ludovic Kabambi, but Kahnawake held on for the narrow win.

"A relief," said coach Fred Hebert after breaking the losing skid. "It was a very good game. The first and second periods were unbelievable."

The Condors bussed it to Sherbrooke Sunday for a game against the third place Cougars.

Charles Marotte and Richer scored within the first 10 minutes, giving the visitors an early lead. The Cougars' Janick Asselin scored at 12:12 of the

MINOR HOCKEY ROUNDUP

COURTESY WINONA DIABLO

February 4:
Newville 2, Yarmouth 1
Mackay 3, Minto 1
Lambton Kent 2, North Kent 1
St. Catharines 2, Niagara Falls 1
St. Catharines 2, Niagara Falls 1
St. Catharines 2, Niagara Falls 1

February 5:
St. Catharines 2, Niagara Falls 1
St. Catharines 2, Niagara Falls 1
St. Catharines 2, Niagara Falls 1
St. Catharines 2, Niagara Falls 1
St. Catharines 2, Niagara Falls 1

February 6:
St. Catharines 2, Niagara Falls 1
St. Catharines 2, Niagara Falls 1
St. Catharines 2, Niagara Falls 1
St. Catharines 2, Niagara Falls 1
St. Catharines 2, Niagara Falls 1

Wrestlers finish season with a big bang



Survival School wrestlers will need every bit of their A-game to take the GMAA championships this year as what has become a three-horse race.

DANIEL J. ROWE
THE EASTERN DOOR

The Kahnawake Survival School wrestling team's last opponent of the regular season in Selwyn House proved that it is, indeed, a three-horse race for the championship this season.

KSS dominated the "second-place" Selwyn House and won 45-19.

"We saw some tough wrestling," said coach Peter Montour of his team's performance Tuesday night. Some wrestlers such as Ky Diabo and London Glasgow were able to beat opponents they had lost to in the Ed Meagher Friendship Tournament last month. "Today he (Glasgow) put him away like a true professional. He shows he knows what he's doing."

Selwyn, 5-3, sits behind KSS, Loyola High School and Beurling Academy, who all have identical 7-1 records.

The three top teams have all played each other, all lost to each other and all beat each other. The question now is: who will take the final championship?

"It's going to be a brawl," said Montour. "I can't say we're going to win it, and run away with it. It's going to be a brawl."

Montour said KSS needs to make up for the fact that Loyola and Beurling are larger teams. KSS's wrestlers need to be in the top-two in each weight class.

"That's what we plan on doing," said Montour. "If we get a man on the podium in every weight class, we should be okay."

Wrestlers on the team have said that this year, inexperienced wrestlers have improved to the point where they know what they need to do to win.

"It's actually been really good compared to last year," said 110-pound grade nine wrestler Kanerzhens Bush, who said he thinks his team has a good chance to take the championship this year.

"Last year, we had a lot of young kids that didn't really know what they were doing. We're still young this year, but there's a lot of us that know what we're doing now."

Bush, who also plays football and runs track, said newly added assistant coach Brandon Stalk added to the team this season.

"It's been fun with them both," said Bush. "They're good coaches."

The GMAA championships are next Thursday, February 20 at Loyola High School.

THE EASTERN DOOR

Comprehensive coverage. Wish the writing matched the reporting. Photos good.

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