



November Newsletter

While most of us are wallowing in a state of rest in the 'Off Season', a lot of BPR members have been aiming for great results at numerous events around the world. Ironman World Championships, X-Terra World Championships, Okanagan Trail Race series, BMO Okanagan Marathon are just a few of the events where we had BPR athletes competing. Time is crawling along towards next Spring/Summer and the full gambit of events that we are so lucky to have in the valley, so all of our Winter programs are starting in earnest November 1st – check out the training schedule below. We have an addition to the coaching team who will be present in the valley full time, and he brings additional bike fitting experience with him too – this will heighten this aspect of our services here within BPR and ensure that all of our cyclists and triathletes are comfortable and powerful throughout the season. All of our camp dates are confirmed for 2012, along with some additional ways to prepare EVERY athlete for their goals in 2012 and beyond. Check things out and do not hesitate to [contact us](#) for any additional information.

Thanks for reading,

Chris Willett

WELCOME TO LUKE WAY

It is our pleasure to announce that Luke Way (formerly of TriWay) will be joining our coaching team as of January 2012. Luke brings a host of coaching experience, bike fitting prowess and athletic super-powers to the team, and he is looking forward to living in paradise in the OK Valley. With some lofty athletic goals for 2012 both on the mountain bike and triathlon scene, it will prove to be a busy but fruitful season for Luke.



cannondale

Sponsor Focus

Cannondale Bike have been a HUGE supporter of the BPR High Performance Team throughout our growth. Their support of athletes allows them to be at the cutting edge of every bike discipline in the world – from Chrissie Wellington's Ironman feats, to Micci Weiss win at X-Terra world champs.

Pop by and try one out today!

Heat Acclimation Spin Classes

BPR have teamed up with Kelowna Hot Yoga Studio for a unique experience. Come and join us for the ultimate HOT workout, a 60 minute spin class followed by 30 minutes of endurance athlete yoga. Click [HERE](#) for more info – first class is November 19th at 12:30pm



BPR Winter Training Groups

Come and join us for COACHED sessions through November

Monday: 5.30pm – Spin class @ BPR Headquarters

Tuesday: 7am – Swim @ Parkinson Rec Centre

Thursday: 7am – Swim @ Parkinson Rec Centre

Thursday: 6pm – High Performance Team Session – contact [ANDREW](#) for more details

Friday: 7am – Run - at various locations

Saturday: Either L O N G Spin class or Run

Group membership or drop-in fees apply – contact [CHRIS](#) for more information and locations.

2012 Training Camp Dates CONFIRMED

Our local and international training camp details are up for you to enjoy, here is a summary;

Winter Camp – Silverstar Mountain – Feb 17th – 19th

Mallorca Camp – Mallorca, Spain – April 13th – 24th

Oliver Half Prep – Oliver – May 3rd – 6th

May Long Endurance Camp – Oliver – May 17th – 21st

Granfondo Camp – Location TBA - June 8th – 10th

Dessert Half Camp – Osoyoos – July 4th – 8th

Ironman Camp – Penticton – Dates TBA

Click [HERE](#) for details on any of the above.

Congratulations to all of the BPR athletes who have raced recently;

XTerra world champs – AG results – Andrew 18th, Ian C 16th, Warren 31st, Ginny 8th. BMO Marathon Kelowna – Greg J completing 1st Half, Penny W completing 1st marathon, Matt E – breaking out of his cycling shell to run the half. Laurelee Welder – 5th in AG at Ironman World Champs. Jeff C – 1st in KONA undies run!!! Starting Block trail series – Alex H 1st in AG Larry Nichols. Brian M – 1st solo cyclist – Double Trouble endure – Oregon – 173miles!!!