

## Caledon's C3 athletes out in huge numbers at Mt. Tremblant's half ironman competition

As one of Canada's biggest and most prolific triathlon clubs, Caledon's C3 Canadian Cross Training Club had amazing results in Mt. Tremblant recently.

With more than 2,500 people diving into the two-km swim, hilly 90-km bike ride and rolling 21-km run, C3 was well represented in many age group categories, as well as in the elite division.

C3's Sean Bechtel had an incredible sixth place finish overall in the pro division and was the first Ontario person across the line.

Bechtel broke four hours for the first time in a half Ironman racing, going 3:59:04.

Sean's focus is Ironman Mt. Tremblant in August, so the race on the weekend was really to assess his overall fitness in June and to know what to focus on over the next six weeks, said his coach, Barrie Shepley. I was pleased at breaking four hours for the first time and now I know what I have to work on over the next two months.

Bechtel is now also coaching many of the C3 athletes who had great races on the age group course as well.

Kim Nelson, CEO of Royal Containers, was one of the top master women on the day.

How Kim is able to balance family, charity, training and running a major national company is truly inspiring, Shepley observed.

Local C3 athletes who had great races included the husband and wife combo of Peggy and Jim Reid, who finished just 10 seconds apart after nearly seven hours of racing. Other C3 members who had great races included Dave Weare, Caron Shepley, Trent Dilkie, Dawn Rockall, Lisa Petters, Ann Wilkie, Ang Nardella, Sheila Munch, Alan Patterson and Liz Hanson.

C3 is a non-profit local club that helps first time athletes and intermediate athletes achieve their goals. Anyone interested in gaining more experience swimming-biking-running and yoga should check out the C3 website at [www.c3online.ca](http://www.c3online.ca).