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**Victoria, BC, Canada**

## **Subaru Sooke International Triathlon Set to Go this Weekend** *Race Doubles in Size*

Athletes from across Canada and around the world will join local triathletes this weekend to take part in the Subaru Sooke International Half Iron & Sprint Triathlon. The event marks the fourth and final stop on the 2008 Subaru West Coast Triathlon Series in the beautiful ocean-side community of Sooke just outside Victoria, BC. The beauty and challenge of this event has made it very popular, doubling in size to 300 participants in just its second year.

The howitzer cannon will blast once again to start the race that includes many amateur athletes racing side by side with the professionals. The race serves as the Age Group Championships for the Subaru West Coast Triathlon Series with participants representing 5 Canadian provinces, 4 American States, the United Kingdom, and New Zealand.

The professional field is highlighted by:

- **Christine Fletcher**, Vancouver, BC. 1<sup>st</sup> place at Napa Valley Half Iron in 2008, 3rd place at Ironman Canada in 2005, and the New Balance Victoria 2004 Champion.
- **Haley Cooper**, Spokane, USA. 2nd place Ironman Coeur d'Alene in 2007, 5th place overall in Age Group Kona Ironman in 2007
- **Daniel Wells**, Holland's Landing, Ontario. 3rd place at 2008 New Balance Victoria Half Iron, and a former Junior National Team Member.
- **Janet Nielsen**, Victoria, BC. Champion of the Subaru Vancouver Sprint Triathlon in 2007, 4<sup>th</sup> place 2008 New Balance Victoria Half Iron, a former Canadian Junior and U-23 National Team Member.

The challenging course will utilize Young Lake at Scout Camp Barnard, Downtown Sooke, local and urban roadways, and a run course out to the beautiful Whiffin Spit. Additional information and live results and updates of the race will be available at [www.lifesport.ca](http://www.lifesport.ca)