



The famous D Watch! (L-R): Cst. Karen Delorey, Cst. Real Vallee, Cst. Ann Pound, Cst. Warren Krahenbil and Cst. Dave Dufrene.

Photo by Lorraine Nagy

triathlon — consisted of teams of five members who had to portage their canoes, paddle around Como Lake, pass their sashes to a runner who had to complete 3.5 km and who then finally passed the sash to two members who had to handle a two-person saw and ring the victory bell.

A total of 11 determined teams were hungry for victory but only the top three would receive recognition. The Coquitlam Forensic Identification Section (a.k.a. The Tracers) were in serious training for this pinnacle of athletic display. The canoeists, Sgt. Ray Fawcett and Cpl. Brian Andrews, provided for a few tense moments as their canoe collided with another. Both managed to stay dry, however! Cpl. Dave Senay rocketed past the competition to the two sawers. At the saw, the brawn of Cpl. Jim Gallant and Cpl. Dave Thompson showed as they sliced through the tree as if it was butter! Sadly, they missed a third place berth by only 11 seconds.



The Tracers! (L-R): Sgt. Ray Fawcett, Cpl. Dave Senay, Cpl. Jim Gallant, Cpl. Brian Andrews and Cpl. Dave Thompson.

Photo by Lorraine Nagy

Undaunted, they have promised to return next year but without their rubber duck, who they claimed caused excess drag as they canoed!

The members of D Watch, led by team captain Cst. Karen Delorey, secured a second place victory. Karen and team member Cst. Ann Pound made the travel around Como Lake seem effortless. Their long-legged runner, Cst. Dave Dufrene, eased through the foot race by leapfrogging over all the flowers in bloom and passed his sash to Csts. Real Vallee and Warren Krahenbil, who left the blade of their saw smoking!

Not bad for city kids! The lack of snow, typical for coastal British Columbia, made for an enjoyable day of fun, food, and friendships.

*By Cpl. P.J.D. Lemaitre, NCO i/c,
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A WINNING TRIATHLON

On August 5, 1999, Salmo Detachment participated in the community's first annual Mini Triathlon. The Detachment team overcame some intense competition to win the adult category! Members of the team included (L-R): Cst. Dave Barnhart (cyclist), Miss Darcy Miller (swimmer and daughter of the Detachment Victim Assistance worker), and Cst. Steve Montgomery (runner).

By Cpl. Rob Young