

## Garth Millar

**How long have you been on the Tri NB Board?**

8 years

**What is your role within the board?**

4 years as Executive Director, 2 years as Vice President & 2 years as President

**Why did you join the Tri NB board?**

We had just emigrated to Canada and wanted to become involved in sport within the province. John Russell was TriNB President at the time and I had a great deal of respect for how John handled the position so I approached him to apply for the ED position and we formed a very enjoyable team and board at that time.

**What do you like most about the sport?**

Its a people sport with a constant flow of new people being introduced to Triathlon and its exciting to see them grow and develop as athletes. I love the variety of training available and the ability to train with and race against athletes within our own age-group and try to compete with as many people as possible who are younger than me. Its a community and I love the crossover between cycling, swimming and running.

**Advice for anyone looking to become more involved in the sport or in the organization?**

Keep it fun and enjoy the training and racing - life can be too serious sometimes so we need a fun outlet for our release.

TriNB is a fairly complex organization with a lot of moving parts when you consider our race schedule, Junior program, Canada Games, Clubs, Sponsor, Banquet, Rules, Officials so we need an engaged Board to help us keep the organization relevant and growing. For 2017 we have a tremendous Board and we are making progress on many agenda items but there are always new projects to work on so please consider being part of our Board for the 2018 season- we try to have fun while undertaking the serious work of the Board

