

Jenn Turner: World-class triathlete and chiropractor.

The Athlete Next Door

By **Jay Winans**

Photography by **Terry Guscott**

Jenn Turner, a chiropractor with the medical team for the National Road and Track Cycling Teams, is the director of Moveo Sport and Rehabilitation Centre in North Vancouver and Optimum Sport Performance & Health Centre in Chilliwack.

Turner is also a highly competitive athlete. In 2005, she competed in Denmark for Team Canada at the Long Course World Triathlon Championships, where she won a gold medal in her age group and was in the top ten overall, according to her biography on the Moveo Web site. In 2004, she competed at the same event in Sweden where she was a silver medalist.

Turner has recently returned from Switzerland, where she worked with Cycling Canada and the top Canadian cyclists at the 2009 World Road Championships.

JENN TURNER LOOKS FORWARD TO BREAKING ELEVEN HOURS AGAIN AT IRONMAN CANADA.

IMPACT: Jenn, tell us about your athletic career since your success in Denmark and Sweden.

JT: I ended up qualifying for Ironman at the Victoria Half Iron in 2006, so I thought, “What the heck? I’ll give it a shot,” and ended up loving Ironman. I raced Ironman Canada in 2006 and 2007. Last year, I did Ironman Arizona in November. This year, I raced at Wildflower in California, the 70.3 in Boise, and took the rest of the summer to build the clinic in Chilliwack.

IMPACT: Describe your training week during the season?

JT: I typically do a lot of training on my own. I work six days a week right now because I absolutely love what I do. I swim twice a week for a one-and-a-half-hour masters sessions, bike two to three times a week, and run three or four times a week.

IMPACT: Do you bring any special discipline to your training because of your expertise in chiropractic?

JT: I have access to treatment whenever I need it! That is definitely helpful in keeping me injury free. Because I treat a lot of

high-level athletes in various sports, I learn a lot from my patients, including nutrition, training techniques, tips, etc.

IMPACT: How do you spend the off-season?

JT: I work more! And I really believe in cross-training. I have been working with an amazing strength and conditioning coach, Ceilidh Beck, who has helped me gain so much strength to push those gears. In the winter, I really like snowshoeing, cross-country skiing; and I am going to do some trail running this fall and backcountry skiing this winter with some of my cyclists.

IMPACT: Do you attend training camps?

JT: Yes. My coach, Shaun Callaghan, of Pacific Rim Multisport, puts on some amazing camps in the Okanagan, where I love to train!

IMPACT: How will you be involved with the Olympics?

JT: Currently I am doing a post-graduate residency to be a chiropractic sport specialist, so I am very fortunate to be involved in the 2010 Olympics on a significant level.

IMPACT: Are you still focussed on a sub-eleven-hour Ironman Canada?

JT: Yes. I did it in Arizona, and I think with some more focus on the bike portion—as that seems to be my nemesis—I can do it. I just haven’t found the right formula for me to improve on the bike. I hope that by hanging out with some of the cycling greats, such as Svein Tuft and Zach Bell, Canadian Olympic cyclists, some of their amazing talent will just rub off!

IMPACT: Do you have any coaching tips?

JT: Don’t overtrain.

IMPACT: Do you train with music? What’s on your playlist?

JT: I love my iPod, and I have everything on there from Metallica, to Johnny Cash, K-OS, Madonna, a random mix.

IMPACT: Where do you see yourself in five years?

JT: Hmmm. That is a tough question. I hope I will be training hard and competing at a high level; maybe I will be a Kona vet by then (and place top three in my age group there!) Dream big! Work hard! ■