## Wintoniw paddles into World Cup

by Terry Frey

IM Wintoniw is not scared off by roiling waters, in fact it's just the opposite as the Steinbach native likes nothing better than to tackle yet another turbulent river.

In fact Wintoniw makes his living through all things white-water as a paddling instructor at Wilderness Supply in Winnipeg, where he is store manager of the Speers Road location, and is also head paddling instructor.

Wintoniw, 29, who has gone whitewater paddling and rafting around the continent, is now taking his considerable expertise and experience in the sport onto the world stage as he is a member of the Canadian Rafting Team that is competing in the World Cup of Rafting, which is being staged Sept. 20-24 just outside of Quebec City.

Wintoniw has always been an 'outdoorsy' type of guy, so for him to be competing in whitewater rafting, despite coming from the prairies, is not that much of a stretch.

As a youngster growing up in Steinbach, he was a member of the Jackrabbit program of the Sandilands Cross Country Ski Club as it enabled him and his family to use the outdoors as a giant playground. He attributes his activities as a kid growing up to his sense of adventure. He still enjoys 'playing' in the outdoors to stay fit rather than spending time at a gym or participating in other indoor activities.

Wintoniw's outdoor adventures in recent years have included paddling many rivers across Canada, rafting down the famed Colorado River and has competed in numerous Adventure Races, including the Yukon



Steinbach native Tim Wintoniw is competing in a World Cup rafting event in Quebec this week.

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River Quest.

Wintoniw is the newest member of the Petawawa Raft Team that is competing at this week's World Cup event in Quebec. They will be competing in the 6-man raft competition. The

rest of the team is comprised of river guides from the Ottawa River, who all share a strong passion for whitewater.

This was originally a team that competed only for fun on the Ottawa River against other rafting companies, before deciding to take their training seriously and entered the Canadian trials. In their first competition they finished just two seconds behind the defending Canadian champions and then won the

Canadian title in June, 2011 beating several top teams.

Preparing for this week's World Cup event against some of the world's greatest whitewater paddlers, they have practiced for head-to-head races, sprints.

slalom and down river portions of the race during a week of training on the Ottawa River.

For more information on the progress of the team go to www. petawawaraftteam.ca.