

Felicia Long - Rose City (Welland) Triathlon Report



What a glorious weekend of perfect weather to kick off my Triathlon season. There were a variety of race distances and combinations over past weekend in Welland. I registered for both days as I have been training during the long dark days of winter and mainly inside, so when the season starts, I am chomping at the bit.

This is a great set up, using the facilities at the Welland International Flatwater Centre which is for Canoeing and Kayaking but could easily have been built for triathlons. We arrived early Saturday morning and got set up. This was my 1st race as an Ambassador for Multisport and as soon as I put on my MSC T-shirt, I had lots of people approaching me with questions. Questions ranged from where is the washroom, to what direction the swim goes etc, all equally important. I talked to a few people who were doing their first triathlon and were anxious as expected. A group of us headed down to the water to see how cold it was and make sure the wetsuit fit (as mine had been in a suitcase since last season – it's still had sand in it when I took it out). Even getting in for 5 minutes to get over that initial apprehension and swimming a few metres does wonders for the nerves, not just for first timers but for even the most experienced.

There was a great sense of excitement and anticipation as the 1st wave set off. The race flowed smoothly after that and the volunteers kept us safely on the road and hydrated on the course. I loved the post race Pizza and Coke, just what I needed to recover. The award ceremony was on the dock with the athletes sitting in the stands. As I looked around, there were lots of families supporting their athlete all adding to the occasion.

I was back again Sunday and the weather Gods were just as kind. I got set up and wandered around meeting people I hadn't seen since last year and answering questions where I could. The water was calm again and the sun shining, you can't ask for more. There was more wind this time on the bike which made the out leg harder but you did get an easier ride on the return portion and I definitely enjoyed the tailwind on the run.

What I loved about this weekend was the choice of events, there were races for 1st timers, and there were racers for those who don't or can't run, races for those who don't swim. I even know a first timer who decided just after the start of the swim, that he didn't feel comfortably and he got safely back out and changed his event to the bike/run event. This made his first experience all the better.

Can't wait for the next event. See you there.

#MSCTri, #Rosecitytriathlon #Wellandtriathlon, #racelocal #livelife