

## 5 Reasons to Race the Kingston Long Course Triathlon in 2018



I raced the Kingston Long Course Triathlon over the weekend. It was my first time racing Kingston, and also my first time really getting to see the city. I thought it was a great event, and here are five reasons you should consider racing Kingston in 2018:

- 1. A true test of triathlon.** Kingston is a terrific course that will challenge you in the swim, bike, and run. You can expect some chop in the swim, and that lumpiness will continue on the bike and the run. This course will challenge you in all three disciplines.
- 2. A great distance to race.** The 2k-56k-15k distances give you the opportunity for some fun head-to-head racing, but it's long enough that you need to make sure you think out your nutrition and pacing. It's short enough to be able to race, but long enough that you have to have a well thought out plan.
- 3. It's a perfect simulation for a longer event.** Whether it's a half iron, or an iron distance event, the Kingston LC can be a perfect simulation. It's long enough that it lets you go through the motions of race day, and nutrition play an important role, but not too long that you're going to need a really long time to recover.
- 4. Kingston is a beautiful race site.** Running along the water front trail, past the famous Kingston Penitentiary, and finishing in front of Historic City Hall, it's a great place to race. And once you're finished there's some great local restaurants and pubs to recover and share war stories from the race.
- 5. You're in good hands.** John Salt and the entire Multisport Canada Team do a terrific job putting on all of the races in the series. In my experience with

Multisport Canada the races have been well executed, professional, and a lot of fun. Someone from the team, usually John, is at the finish line to shake you hand when you finish, and open to feedback on how to make the races even better.

*Daniel Clarke*  
*Professional Triathlete*

*Blog:* <http://ifnotyouthenwho.ca/>

*YouTube Videos:* [https://www.youtube.com/channel/UC5t2Nbd91Fply7C\\_1ZJ-CTg](https://www.youtube.com/channel/UC5t2Nbd91Fply7C_1ZJ-CTg)

*Instagram:* <https://www.instagram.com/danieljclarke/>