

## KTOWN RACE REVIEW - Tory Jones!!!

My very first Kingston Multi Sport adventure began Saturday evening as I caught up and visited with fellow Ambassadors and their family over my traditional pre-race pasta. Kingston offers a plethora of unique restaurants and interesting shops - truly something for everyone! As the sun set, we ambled the charming streets by the water's edge and checked out our Transition area that was set up and quietly awaiting our early morning arrival. Set against the backdrop of Lake Ontario and across from Kingston's historical City Hall, the Transition area was perfectly positioned amidst the old oak trees and pathways of Confederation park.



My 5:00am lucky pancakes long behind me, we arrived bright and early to the hustle and bustle of check in and bike set up. Multi Sport always does a terrific job of organizing race day activities. Race day registration, bib pick up, body marking and timing chip boards are easy to find and not usually congested. Terrific volunteers in lime green shirts stood post at the transition entrance and even attached my wristband and matching bike number. Curtis and I racked our bikes together, while our son Noah was just down a few racks in the triathlon section. You can expect to have all the specific races racked together and marked with the bib range on the end of the racks.

It was a very pretty setting, and as a few clouds passed overhead and a light sprinkle came down, we were able to all stand beneath the giant oak trees that were scattered throughout transition. Many of us actually had our transition bags kept dry under the trees. The weather cleared up and with slightly cool temperatures, it seemed the perfect setting for a terrific race! Race briefings completed, instructions given, we were off! The course was well marked the entire route was marked with cones and was patrolled by volunteers and major intersections by police. The run meanders along the lake walking trails and as we passed by beautiful historical houses and parks we turned around to head back to home. My goal was to have a quick 4km to set the tone. Having never run this race before, I was taken with what a beautifully historic area we were running through. The first run was primarily flat and fairly fast. The run back into T1 was through the spectator lined streets. It was a great venue for my family and friends to come and watch - as they were able to really get up close and personal with the transition area. How fun to run right by everyone and out onto the bike course. I tried to channel fellow Ambassador Spencer Summerfield's flying mount, and ended up looking like a cross between Larry, Mo & Curly. An unexpected stumble on my penultimate step before launching myself up and onto my saddle had me stumbling and



nearly taking out the athlete mounting behind me!!!! That's the beautiful thing about our sport - I am always learning through my mistakes and constantly working on becoming a better athlete! After getting out and over the bridge with no disruption, we were out of the city

and into gentle rollers with a few steady climbs and fun downhill sections. There was a paved shoulder for my entire bike and the pavement condition was really good. No issues with the bike (after my mount lol) and back into the city limits and into transition for my final run. I knew that I was trailing my husband Curtis - it felt like every other training day for me, keeping his red shirt in my sights and trying not to let too much space open up between us. I knew he would hold my pace. We passed through the finishing arches to Steve Fleck announcing Curtis.....then me.....then Noah????? To my surprise, my son who was doing the triathlon was right behind me starting out on his own 7.2km run! What pure coincidence for all of us, and in 2 different races to converge simultaneously on our exit to our second run! To date, this will be the most memorable moment in my racing experiences! I felt immeasurable pride as a mother, and as a family of Multi Sport athletes. How cool!

The second run followed the path of the first run, and then up 2 decent inclines and to our turn around - then thankfully to

descend the hill and try to pick up some of my lost speed. Back along the water and a turn back along our final approach to the finish line. The second special moment in my Ktown race was when a friend and Professional Triathlete Alex Vanderlinden buzzed by me in his final km. He actually turned to me and encouraged me to “sprint him to the finish!” This exceptional athlete in his final strides to his own victory, taking time to give me an encouraging comment truly sums up the Multi Sport Canada environment. Just days before at my home bike store I had commented to Alex on his kindness and willingness to help Multi Sport aspiring athletes.....now in his final flourish to his KTown finish - he actually encourages me to push myself a bit farther. This is what the sport to me is about. Long after the races are run I will remember those kindnesses and try to be that inspiration for someone just like me!

I finished first in my age group and second overall, and can honestly say the charm of Ktown, mixed with the special family moment for Curtis, Noah and I in front of our family and friends will make this one of my most favourite races ever! Kingston definitely has not seen the last of the Jones'!

Multi Sport is a series for beginners, professionals, the elites and everyone in between! It's races are a place to reconnect with friends, challenge our rivals, strut our stuff as relay teams and revel in the close-knit and supportive community that is unique to Multi Sport Canada! Hope to see you at the next race - there is always room for more friends and for our Multi sport family to grow!

**See you at the next race!!!**

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**Tory Jones**