

Kingston Duathlon Post Race Report

By Tim Doris

Sunday, August 6th marked my fifth year returning to Kingston to race in the K-Town Duathlon a 4km run, 30 km bike and 7.2 km run. The race venue is one of the most beautiful found in Ontario. The course itself starts with a scenic run along the shoreline on roads and running paths before heading out from transition on our bikes along Highway 2 before turning around and returning for the final 7.2 km run which includes one of the hardest hills to run, it may not be steep but it always takes my concentration and focus to fight over the top and back down the other side.

I arrived at the race site around 7:00 a.m. which gave me plenty of time to shake the cobwebs out of my head from the early morning drive down from Cobourg. Once I had my bike off the car and my supplies for the day, I rode my bike from one of the car lots along the route to the race venue a total ride of 5 minutes.

As always Multisport Canada wants to take the stress out of your race morning their prerace email sent out the Friday before the race is full of important information for race morning including your bib number, and the steps to follow to make registration fast and stress free. I checked in at registration to get my bib number, bag of goodies, race T-shirt and then to pick up my timing chip and finally body marking. With registration complete it was time to rack my bike and set up my transition area for the event. It is in the transition area where the sense of Multisport community really begins to shine, as athletes began to filter into the transition zone handshakes are exchanged and laughter and conversation could be heard filling the air. Being an ambassador for the Multisport Canada Triathlon Series, I have had the pleasure to meet and interact with an amazing group of athletes. We come from all parts of Ontario, but all share our passion and enthusiasm for training and racing.

The weather looked as if it didn't want to cooperate as a few drops began to fall, I found cover and waited to see what would happen. By 8:30 the sky had started to clear. It was time for my prerace warm up jog, with fellow multisport series ambassador Darren Cooney and Kevin P. Gallagher, both of whom I will be racing with as part of the Canadian Team at the World Duathlon Championships in Penticton, British Columbia on August 21st. We arrived back in time to take off our warm up clothes and make it to the start line for the duathlon start. A number of good luck handshakes exchanged and then the horn went off to start the race.

The out and back first run allows you to see exactly where you are in relation to the rest of the field and passing by the aid station twice stocked with water and F2C gives you double the opportunity to stay hydrated and at 9 in the morning with the sun just beginning to warm up the race course it could not come at a better time. I ran into the first transition in 5th place and quickly put on my helmet and changed shoes and headed out on the bike course. With a nice wide paved shoulder on Highway 2 there was plenty of room to pass and attack the hills. With signs posted at every 5km on the ride course it was easy to gauge how much energy to expel and the distance left on the course. After hitting the turn around and coming back across the bridge into Kingston to the cheers and encouragement of the crowd it was time with a km to go to prepare for the final run. Into transition and my final change into my racing flats and back out onto the run course. Sitting in 4th place after the bike, Kevin P. Gallagher had a fantastic ride and had about a 45 second lead heading out on the final run. I knew that I had my work cut out for me. My plan coming off the bike was to make a push to catch him by the turn around. Slowly, I began to gain some ground on him and by the 3 km mark I ran up beside Kevin and then just put my head down and continued to push. Once again the aid stations with F2C and water helped to ensure that I stayed hydrated on the final run.

Making the final turn and seeing the finishing chute in the distance I worked on maintaining form and pushed to the finish where my name was announced by Steve Fleck as the 3rd overall finisher in the duathlon, and handshakes from R.J. Hoss and Jason for a job well done. Then it was time to celebrate a job well done with the finish line volunteers and the other duathletes and triathletes as they crossed the finish line. As always a great spread of food offered for all the competitors and volunteers and then the awards ceremonies. Congratulations to Multisport Canada Sketchers Performance Triathlon Series for another fantastic race and to all the series sponsors including F2C, Martins Fruit Farm for the Apple Chips in my goodie bag, all the volunteers and Kingston Police for keeping the athletes safe on a busy long weekend in Kingston. Now it is off to the World Championships and then a little family time. Then the sprint duathlon at Lakeside in September.

