

Jessey The Elf – August 7th, 2017 – Kingston Triathlon Race Recap

Multisport Canada Triathlon Series - KINGSTON - Race Recap 🚴🏊🏃👶🤪

I am an Elf, and prefer older methods of communication such as letters to Santa, telephone calls, or messenger owl... Although I now have Facebook, Instagram & Twitter - I have yet to get a "blog" or one of those fancy "websites" up and going - so this will be a fairly long post... trying to keep it short, but you know how enthusiastic elves are!!! 😄😄😄👶❄️❄️❄️❄️❄️❄️ *keep scrolling or read on* and I apologize for grammatical errors- the wifi on the Polar Express gets a little glitchy in spots!

Let me start off by saying, if you are interested in triathlon or duathlon, are a beginner or a seasoned pro (such as this elf over here) this course is not for the faint of heart. Kingston is renowned for its challenging course right from the get go – a potentially choppy open water swim to shore, the bike course is full of rolling hills, and the run has some good hills and waterfront trails – but it is also a fantastic course to test your fitness on, and definitely work on some mental racing strategies!



I have only raced the famous “K-Town” Race once, two years ago in 2015 – where I raced to 1st Overall and won the Short Course “Triathlon” (750m Swim, 30km Bike, 7.2km Run). Drawn back to the beautiful city of Kingston, I came back this year to defend my 2015 title, and I can proudly let you know that I successfully completed that task – winning the 34th Annual K-Town “Triathlon”. This year however, as a Multisport Canada Ambassador – the focus wasn’t all on “RACE-MODE” and focusing on my own race, it was much more geared towards having fun with the sport and helping out the race crew and other athletes as much as I could pre and post race. From lending out my bicycle pump in transition, to helping zip up wetsuits, I try to help as much as possible. “Newbies” always have questions, and we were all once there, so give them the best advice you can.

I get asked all the time “**What is your BIGGEST tip for new triathletes/sharing top secret for success?**” I always smile and reply with; “**Be as early as possible**”. If you read my last post about *Gravenhurst Race Recap*, I went into detail and gave lots of transition tips – especially about T1 (my favourite part of any race!!!) but my biggest tip above all else is to be early. I started this trend right at birth – born 5 ½ weeks premature, and continue to this day to aim to be early to *everything and anything*. I rather be an HOUR early to something, than even one minute late. Running behind bothers me, and being early gives you time for the unexpected – and time to calm down especially before a race! Triathletes for some reason are renowned for being constantly late... which isn't the best rep, but please PLEASE be on time for Race Day. I aim to be in transition right when it opens at the specified time that MSC states – which for Kingston was shortly after 6:00am (despite my race start time of 9:00am). Arriving early and prepared, gives you not only a great parking spot for your car close to the race site, but also a prime location for your bike on your category rack (which can be easier to find during the race and save crucial seconds). Plan ahead and be early, after all the early bird gets the worm!



Getting to the race early also helps you to check the course out. Do a walk through, from the swim exit to your spot in transition. Look for landmarks and familiarize yourself with where your bike is exactly – it is much harder to find it for the first time of the day after an exhausting and dizzying swim. Practice putting your helmet on quickly and clipping it up several times, you don't want to slip up even with this simple task! Walk through to the bike exit and spot the mount/dismount line. Then pretend the bike is done and head back to your spot to see what T2 will look like. Finally, check out the run exit, and the finish line area. This is also a good time to ask any Race Crew members, Triathlon Ontario Officials, or MSC Ambassadors for clarification on the course, the transition, or the event itself. Everyone is here to help you best they can, use their advice and expertise ☺

The race expo is always awesome, VELOFIX onsite to help with any bicycle mechanicals, BLADE Carbon Wheels is there with race wheels, and many of the series sponsors and local shops to supply race day nutrition, food, CO2, and forgotten things like race belts and body glide.

The K-Town race check in process is a breeze with Multisport Canada Kingston!

Even at 6am the atmosphere was set - all of the volunteers and Race crew were eager to help, greeting you with a smile (just like home for me at the North Pole). The first item you receive is a numbered bracelet for your wrist and a matching one for your bicycle. This is the only race series I have seen that does this and is a huge comfort and peace of mind (post race when leaving with your bike the race crew checks to see that your wrist number matches your bike number so only you can leave with your bike). Last summer at a triathlon training camp my bike was stolen from me and I've been very paranoid since, but this added bike security is very reassuring!!!

The check in process at Multisport Canada (MSC) K-Town is smooth and concise:

- ✓ You check the nice list (or naughty list for some of you cheeky duathletes) for your name and race number.
- ✓ Then you rack your bike on the appropriate rack and all of your competitors smile at you while they eye-up your entire bike (this happens at all races, but MSC athletes smile more)
- ✓ Next you head to BIB number pickup where all of the race volunteer "elves" are in bright yellow and ready to help you.
- ✓ You get your stocking (race kit) filled with goodies and trinkets like none other! Still with 4.5 months til' Christmas - it gets better!
- ✓ If you registered early enough you get a flashy race t-shirt that smells of fresh cotton and is now your new favourite shirt for the summer! 🧡😄😎
- ✓ Then one of my favourite parts!!!- You are given a very special piece of coloured latex - your swim cap! And shown your wave start time. 🌊
- ✓ Finally, your timing chip for you ankle, and then a volunteer draws your number, age, and even a little smiley face on your body. 😊

Just like registration, the rest of the event is always smooth and very well run! If you have any troubles with registration there are race crew members there to help you out. In my case for K-Town, I had entered months ago for the "Triathlon" which was the short course race, but just days before the event social media blew up with everyone finding out that I was actually entered for Long Course, wearing BIB #1. Well, I could reassure everyone I had no desire to race a 15km run off the bike at this point in my career – I would be racing the Short Course as planned. Much to the disappointment of fans and fellow athletes that wanted to see my long distance debut, the race crew kindly switched me back into the Short Course race as originally registered – and my long course debut will still happen (but not for several years to come, just you wait).



Now that I was entered into my correct race, to defend my title, it was time for the defending to happen. Just before I headed down to the swim area to warm up, I cheered on many long course athletes I knew! It was great to see some of my own athletes racing, and cheer on fellow athletes I have had the pleasure to race in the past. By 8:30am it was time for the pre-race briefing in transition with MSC series genius Announcer Steve Fleck. Steve told us about the event, and cracked some jokes to put us at ease, while also providing lots of valuable course information before the event gets underway. Another fantastic morning with sun and low winds!

I will briefly touch on each of the legs of the race, but all in all I am both happy with my performance and extremely impressed by the MSC crew – even without Race Director John Salt (taking his birthday weekend off understandably) at the Kingston race!

SWIM: 750m 🏊🏊🏊🏊🏊

K-Town's swim course is right down in front of City Hall in Kingston. Although in Lake Ontario, the swim course takes place in a semi-protected bay, which was extremely choppy the day before the race. Magically overnight the winds died down and the swim went on – with a slight modification to the long course swim as it was still choppy out past the bay. The swim started right beside the pier, and had excellent viewing for the spectators to see us swim! A right-hand-turn triangle of 750m made for a fast swim, I was out first for the short course race in 9-minutes.



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NUTRITION

BIKE: 40km 🚲🚲🚲🚲🚲🚲🚲

The bike course in Kingston is usually pretty quick from what I have been told, and having raced it before I knew it was a good out and back course. This year's race though had some strong winds to contend with. Racing on a road bike, I got as aero as I could but the head wind on the final 15km back to K-Town was quite the challenge! I was 3 minutes slower on the ride back, despite pushing out higher power. Solid rolling hills, with a couple good climbs on the bike. As we headed back to town the sun started heating things up! The lift bridge stayed down for the race, and we were instructed to coast across for safety – its only a short section but is rather fun to go on! I cannot recommend this scenic bike course enough! Sign up for 2018!!!

RUN: 10km 🏃🏃🏃🏃🏃🏃🏃🏃

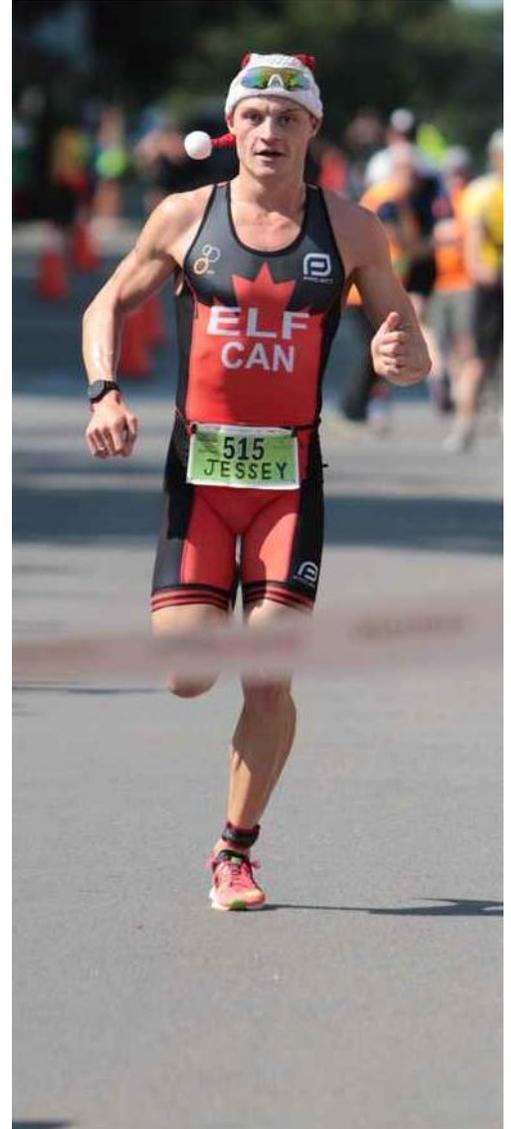
Leaving transition your name is announced and it gives you a boost as you start the hilly run course of Kingston. Nothing like the hills of the Muskokas, but there is a pretty decent climb as you pass the famous Kingston Penitentiary. A beautiful run along the waterfront has a cooling breeze as you pass through the aid stations. I find the way out feels shorter than it actually is, but on the way back it seems to get further and further away – especially the final kilometer when you can see City Hall up the road!



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Once into that final home stretch I had many teammates, fellow athletes racing on the other side of the course (heading out onto the run), and spectators cheering me right to the finish! I felt like a local celebrity! Then I heard Steve Fleck again, calling out “He lead out of the water with a 9-minute swim, he rode the 30km bike in 47 minutes, and had another awesome run – here is your Triathlon winner, **Jessey The Elf!**” Race director John Salt is always at the finish to greet you with a handshake and smile – as he was away his MSC crew took over and greeted us wonderfully once through the arch - and this year every racer got a BIG SHINY finisher medal 🏆 to celebrate a race well done 🥳 a unique Canadian 🍁 design to show proudly to your friends and family after the race, a true memento from an awesome race! It even is a beer opener – MSC knows what the athletes want after a hard race!!!



Coming down the home stretch signaling to the crowd!!!

A really cool thing that MSC does prior to each race, they choose finishing places for sponsorship giveaway prizes... for example: "the 100th person across the line receives a NEW Wetsuit!" Or #185 gets new Skechers Performance running shoes!!! A really cool random way to give away awesome sponsor prizes fairly! It is fun to see who will get the Racer of the Day award and duke it out on the home stretch once Steve Fleck announces that the next finisher gets the goodies!

I can go on and on about how much fun Kingston was, but with Toronto Island on the horizon - it's time for you to stop reading about the elf recap and sign up NOW to get your Swim CAP!

Thank you all so very much for reading all about #mscktown today, and I look forward to seeing you out training, and at MSC events all summer long!!!

Your favourite tri-ELF-lete,

~ JESSEY THE ELF ~





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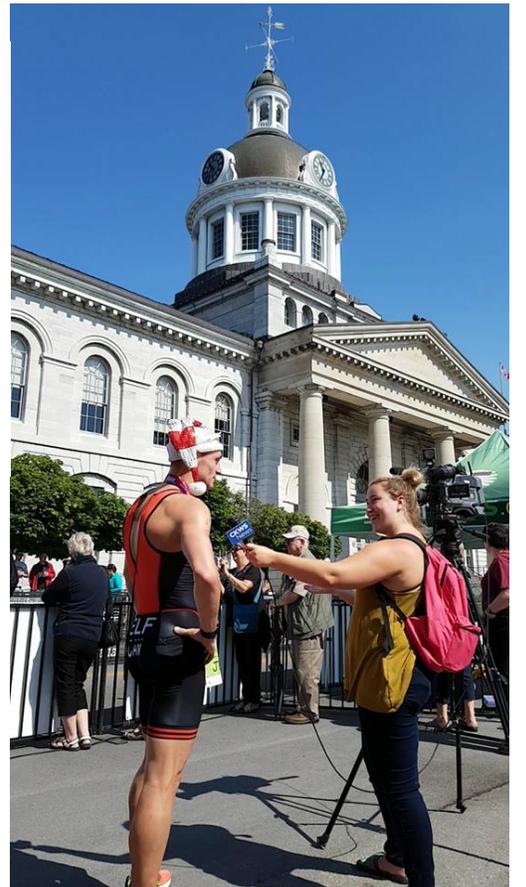


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Despite the weather and tough competition, the 2015 winner known as Jessej The Elf, fought for the short-course lead, winning for the second time.

"The run hurt a little bit today but as soon as you finish, you see everyone cheering and the smile is right on there, so, after the race, you are just elated, really excited, and ready for the next one"

The K-Town Tri has been in existence for over three decades, and every year, many athletes mark it on their calendar as a must do.



Coach Jessej Elf is featured in this news story.



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