

Barrelman Triathlon

What a difference a week can make. I did a race last weekend where temperatures fell to 2 C and this weekend I took part in the iconic Multisport Canada Barrelman in Niagara falls where the mercury hit 30 C, I would prefer some balance!!

This is the 4th year of John Salt's pet project and my 3rd year participating, I either love it or a glutton for punishment or just the right mixture of both.

This year MSC partnered with REV3 to spread its reach into the US market, in a time when numbers are falling, 300 athletes crossed the border from the US to take part – the strategy worked. Over 1000 Athletes took part last Sunday making it the largest Non IM Branded events in North America.

Race day started with a quick trip to Tim Horton's for breakfast; there was a 24 hour one beside my hotel. From there I went down to catch the bus to Welland from Niagara. A beautiful red sun rose above the falls as I headed to the bus and the mist that was lingering burnt off by the time in plenty time for the start of the race. The race started exactly on time and maintained that schedule for each wave. It's not something I have noticed before but some of the US athletes beside me commented on this and how this was not the norm. I must be spoiled with my Canadian MSC events.

I found the swim very peaceful as I swam near the edge and gazed down on the reeds and plant life below the surface. Once the swim ended the noise began, you can hear it as you near 250m out from the finish and then as you run through the stands. An Aussie friend of mine was standing outside the fence and he said he would have a beer ready for me in Niagara, what more impetus did I need.

John has warned that the roads nearer Niagara were in poor condition but his warning was worse than reality and I didn't find them too bad. It was a flat and fast course with little wind this year. Niagara is where the fun started – who turned up the heat!!! I am not going to lie it was hot hot hot. I started out ok but then the heat took its toll. This was my last triathlon of the season and it was great to chat with so many other people who were in the same boat. You can't beat that view as you come down Murray hill to see the Falls in front of you. John you did a great job delivering on your promises of a great race and experience and I will be back next year.

And yes the Aussie had a beer for me at the finish – ice cold.

Felicia Long