

MSC Welland Race Recap



This past weekend (June 24/25) was [MultiSport Canada's Season Opener](#) presented by [Skechers Performance](#) in the beautiful city of Welland. It's easy to love this race venue with its host of features: (1) ample parking, (2) easy accessibility, (3) world class facility, (4) athlete and spectator friendly atmosphere, (5) flat & fast course from start to finish. Beyond the venue, John Salt – Founder & President has orchestrated a team of professionals solely focused on ensuring your race experience is like no other. Jan Thomas – Series Administrator greeted me at package pick-up. Her smile and friendly demeanor (although exhausted from Saturday's races) solidified my respect and admiration for her. If you've ever had the opportunity to meet Jan, you quickly realize her genuine passion for providing athletes with the best possible race experience. She's like a big sister, looking out for her siblings...yes, she's family and that's what MultiSport Canada is all about.

Your race experience starts and finishes at the [Welland International Flatwater Centre](#), a legacy facility of the 2015 Toronto Pan Am Games. It has become an ideal location for warm, pristine open water swimming. For entry level Triathletes and Pros alike, this venue offers the most straightforward and controlled swim environment of any race venue. With the underwater guide wire in the rowing basin, it's as simple as following the wire out and back down the canal for the 2-kilometers....so I'm told.

The 56-k bike is flat and fast! You can see athletes ahead of you for miles. A carrot of sorts, for those who like to chase down their competition. I've raced here on several occasions as the venue is also home to the start of the epic [Niagara Falls Barrelman](#). It's not uncommon in the first 20 km to be met with brisk head and/or crosswinds, but make the turn and strong tailwinds are on tap to produce fast speeds and a host of PB's.

The run is a super flat, 3 x 5km loop around the canal. It's great for spectators and runners alike, with lots of crowd support to fuel your efforts. You are also able keep tabs on your competition and the loops help break up the run into reasonable chunks. The support on the run course, simply put was "Amazing." Aid stations evenly staggered provided water, coke, [F2C Nutrition](#), assorted gels and yes - "sponges" - a huge bonus when temperatures are on the rise. I've raced a lot of venues and this is by far the best supported hands down.

Athletes cross the finish line to receive a heartfelt handshake from John Salt himself. Finishers of the Long Course receive a commemorative "Finishers Hat" and "Medal" with post-race pizza and refreshments. Race results are available from [SportStats](#) along with "Free" high definition race photos by [Zoom Photo](#), available shortly after the race.

I raced the Bike/Run Long Course on Sunday consisting of a 56-km bike and 15-km run. I hammered the bike, exceeding speeds of 50 km/hr. I knew if I was going to have a chance at the overall win, I'd have to put together a strong bike and out suffer the competition on the run. With each lap on the run, I felt stronger and the gaps narrowed. I gave it everything I had from start to finish but ultimately, ran out of real-estate. I finished 3rd OA and 1st in the 40+ category.

COMP.	VIEW	BIB	NAME	CATEGORY	RANK	GENDER PLACE	CAT. PLACE	BIKE	RUN	FINISH	TRAIN
		422	Peter SCHINDLER	M39-	1	1	1	01:25:56	01:02:04	02:29:47.2	
		420	Spencer SUMMERFIELD	M39-	2	2	2	01:30:22	01:03:30	02:30:37.2	00:04:00
		425	Daryl FLACKS	M40+	3	3	1	01:29:43	01:03:51	02:30:37.3	00:04:00
		324	Scott CAMPBELL	M40+	4	4	2	01:31:22	01:03:25	02:31:35.0	00:04:00
		421	Shane WICKHAM	M39-	5	5	3	01:36:57	01:06:51	02:44:46.6	

New to the sport? [MultiSport Canada Triathlon Series](#) provides a host of venues and supports to ensure success. Need race day assistance or have questions leading up to the big day? Ask an Ambassador, either at the event or check us out on Facebook - [MultiSport Canada Triathlon & Duathlon Community](#).



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**2017 MULTISPORT
ROSE CITY TRIATHLON**

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