

Post Race Report - Welland!!!!

Fun, Friendly, Fast!!!

September 24th was my first Duathlon of the 2017 season, and my first race as a Multi Sport Canada Ambassador!!! Curtis and I left Kitchener bright and early, coffee and lucky pre-race pancake (affectionately known as my 'run-cakes') in hand!



We pulled into the parking lot with an hour and a half to spare - lot's of parking and friendly faces abound! Welland holds a special place in my heart, for it was this race that my affection for Duathlon, and for Multi Sport Canada began! I have to say, I remember my first Duathlon - being nervous and a more than a little unsure of what to do.....If it weren't for the friendly faces of the Multi Sport Canada volunteers and Garvin Moses and Spencer Summerfield, I likely would have racked my bike upside down and run out the bike chute!

I do recommend building in a bit of time pre-race for friendly reunions and a few hugs! This year was especially fun seeing a few people that belong to our Penticton chat group that I actually have never met in person! Finding the body marking and collecting my timing chip was super easy! I have to say, having extensive experience competing at all levels of sport - the Multi Sport Canada races have a very particular vibe to them. It is like a homecoming of sorts - an easy, supportive, cheer for each other kind of feeling that no other race series has. That's not to undermine the battles that go on between elite athletes, or the top echelon of outstanding Age-groupers.....but even there, it seems to be a friendly dual of talent!

Saturday was beautiful and as we toed the line for the first run I was a bit nostalgic about the venue and where my passion for the sport really began. With a blast from the air horn we were off and racing!

The hydration support was terrific and the running path was lined with cheering spectators! Welland is a great place to try your first race and invite your fans to watch! Between the beautiful running path and the stands, there is great opportunity for cheering!



I tried not to obsess about pace, but just enjoy the moment, and the start of my 2017 race season, and my journey to the World Championships in Penticton in August. T1 behind me, despite having a few pedal/shoe issues in clipping in my bike was a major PB! Fast and flat gave me wings as I cruised in almost 7 minutes, and 6km faster/km than last year - thank you Coach Dave Galloway, and to all those winter days with Trainer Road!!!! My second run was a bit rougher, and I was sure glad to see John Salt's smiling face at the finish line! A great season opener - 1st in my 5yr AG and 6th OA!!



5th Edition of the
TRIATHLON SERIES
All Ages and Distances

**2017 MULTISPORT
ROSE CITY TRIATHLON**

SPONSORED BY
Martin's **F2C**
FITNESS

A highlight of my day? Handing out all the medals with John Salt and staying at the finish line to cheer on everyone finishing their own Multi Sport journey! I am inspired by everyone's dedication and accomplishments!!



It's amazing to watch the race unfold from the perspective of a competitor. You can really see the experiences and stories of your fellow athletes if you only pay attention. The strain on the faces of the lead men and women heading back to transition, the cheers from kids as their mom runs by and the way I am personally uplifted out of my own running distress as a random stranger yells "you got this, good job!" That truly is the Multi Sport Canada community! **See you next year Weiland xoxo**