

Gravenhurst Post Race report by Tim Doris, Multisport Canada Series Ambassador and proud dad of 3 amazing kids.

With my wife busy in Toronto for the week, it was time for me to spend some time with the kids and there is no other place for that than at one of Multisport Canada's Triathlon Series Races. The Multisport Canada Triathlon Series really is a family. Arrangements had been made at the beginning of the week with Sharon Foulkes to have my 3 children Ella, Emerson and Finley assigned various jobs before my race and after.

I arrived at the race venue early. The Gravenhurst race site is awesome, a very open park area and a stones throw away from the Lake Muskoka. I navigated through registration easily thanks to all the signs and well planned layout for registration. Once I had checked in, I dropped my kids off to start their duties. The boys were in charge of handing out the goodie bags, and Ella was helping out with timing chips. I went into transition and set up my bike and running supplies, and went back to lend a hand at registration.



It is an amazing sight to see the number of people coming through registration and how everyone just flows along from one step to another. It was great to see so many first time racers and help out with getting them through the registration process. Once registration traffic slowed down and with my kids left in capable hands it was time for me to go do a quick warm up. Out onto the run course for a few km warm up run, then back to the duathlon start which was in the triathlon/duathlon finish chute and then time for the race to start.

10km run- First run was fast out of the gate and I quickly was able to find my pace and settle in to a nice groove for the first run. With lots of marshals and signs on the course it was easy to follow the crowd and friendly volunteers handing out F2C and Water at the aid stations. Made it to the 5 km turn around and started my return to transition I noticed another Multisport Ambassador Darren Cooney up ahead so I ran up to him and just casually said lets go so we managed to pull each other along into T1.

Bike – Finding out that the bike course had to be changed the morning of the race usually

sometimes would be a concern for a racer but with Safety being the number 1 priority of Multisport Canada I looked forward to the new route. It was a straight out and back route along Highway 169. In Cobourg, we time trial along Highway 2 so passing traffic is not a concern to me, it requires cyclists to focus and also not drift out into the road. Again lots of signs and with police assistance at the major intersections and turn around it made for a very smooth and stress free ride. My approach for the 40 km was to break it up into chunks the first 10km was a warm up, focussing on pedal stroke and maintaining a smooth cadence on the pedals. Middle 20km I treated as a Time Trial getting a little more aggressive, focusing on maintaining body position on the bike and chasing riders down in front. Last 10 km working on maintaining form and with 5 km left switching into running mode again by getting ready to transition off the bike for the final run. In theory this plan was easy to follow but throw in a number of cramping issues some of which required me to sit up or even stand to try and relieve the cramp didn't help with my plan, but taking in lots of fluids and some nutrition on the bike got me into T2 and ready for the final run.

Last 5km – Coming into final transition and changing into running shoes I noticed cramping was still happening luckily F2C available inside the transition area so I immediately went over and spent a few well worth it seconds getting some more hydration into my system. Then out for the final 5 km run. Legs were turning over but not as quickly as I had hoped, took advantage at every water station to hydrate. Hitting the finishing chute was amazing and to be greeted by my own kids and receiving my medal from my youngest Finley was amazing.



A quick change into my Multisport Canada team ambassador shirt and then to the finish line to help with timing chip removal with my daughter Ella, while the boys handed out the finishers

medals.

Congratulations to John Salt and his amazing team of staff and to the many volunteers. After watching all of the racers crossing the finish line my daughter Ella said she would love to do a race as part of a relay team. Looks like Lakeside in September will be another bonding experience. Volunteering is a great way to give back to the sport that I love to compete in and I hope this experience with my kids will continue to inspire them to participate and be active well into their later years. It helps when you see Bob Wild (85 year old young ) run into the finishing chute he is amazing and inspirational! Thank you to all the series sponsors : Sketchers Performance, Martin's Family Fruit Farm, F2C Nutrition, Multipsort Canada, Blade Carbon Wheels.