

MultiSport Canada - Toronto Island Duathlon



Sunday's race took me 3 ½ hours up the 401 to compete in MultiSport Canada's Toronto Island Triathlon/Duathlon. This was a first for me and I was excited to compete on the island. I was a little nervous though, understanding I would have to navigate Toronto in the early morning hours with my bike and gear to access the special Ferry Service to Hanlan's Point. We stayed at the Westin Harbour Castle and things couldn't have been any easier. Race kit pick-up was in the lower meeting rooms and the ferry terminal was immediately outside the open doors of the meeting room. No extra fees...ferry service was included in your race registration and access to the island was quick and stress free.

The morning's weather was near perfect as competitors made their way onto the island in waves. This race is a Sprint distance venue – 5k run/20k bike/ 2.5k run. The run course is a combination of grass and paved paths consisting of 4 loops on the opening 5k and 2 loops for the final 2.5k. The bike course consists of 2 loops on paved paths closed to traffic. To address possible congestion on the course, athletes are sent off in waves, limiting the number of athletes on the course at any one time.

On this day, fellow competitor Peter Schindler dished out more than I could handle. We completed the first run entering transition shoulder to shoulder. A smooth transition had me with the early lead heading onto to the bike but that lead was short lived as Peter's prowess on the bike was more than I could handle on the day. I tried to stay within striking distance but with each passing km the gap slowly grew. Peter dropped the hammer in the final 5k and opened an insurmountable lead. With 2.5k remaining and down 1:46 secs. the final run was nothing more than a formality. Final time 1:01:04 and 2nd overall.

Post-race I took the opportunity to get to know an up and comer. With the fastest runs of the day Josh Good M20-29 was the recipient of the Skechers Performance Athlete of the Day. I took to Josh as I saw an athlete who reminded me of myself when I started out in the sport. With his road bike and inquisitive questions regarding hydration, I was happy to share any knowledge I could pass on. We headed over to the Skecher's tent to give him an idea of what he had to select from. Having ran in nearly the entire line of performance shoes, I did my best to pass on key features as they pertained to his running needs.

Dianne and I headed back on the Ferry and returned to the mainland by 12:15 pm. A late check-out of 3 pm allowed ample time to shower, load the vehicle and depart without being rushed. This may very well be one of the least stressful race locations I've yet to experience.

I also learned something new courtesy of Steve Fleck – Race Announcer, whose vast array of knowledge on everything sport related never fails to amaze me. Hanlan's Point, home of the Toronto Island Triathlon used to be home to Hanlan's Point Baseball Stadium and is notable for being the location of Babe Ruth's first professional home run. The ball sailed over the right field wall and into Lake Ontario – where it still sits today! Looking for more than just your standard race experience? MultiSport Canada has it and so much more...find them @ www.multisportcanada.com

Special thanks goes out to my sponsors - [Cycle Culture](#), [3Sixty5 Cycling](#), [Skechers Performance Canada](#), [Compressport Canada](#), [MultiSport Canada Triathlon Series](#), [Skratch Labs](#) / [Raceday Fuel](#), and [Community Chiropractic Centre](#)