

Wasaga Beach Sprint Triathlon

What a busy week, last weekend I completed Ironman Mont Tremblant, flew back to Toronto on Monday night, dumped all my dirty tri gear and headed off to New Jersey for work for the week, getting back to the same mountain of laundry on Thursday night. Lots of washing ensued and at 5am Saturday morning I was ready to head off to Wasaga Beach.

This was my first time in Wasaga. Every year I like to try another location in the Multisport series, they say variety is the spice of life, so I go back to my favs and expand my horizons each year. This year it was hosting the club championships which meant I met a lot of my fellow Toronto Tri clubs team mates. When we arrived the temperature was 5 C Isn't this still summer. I had been mulling over the idea of wearing my wetsuit in the swim, but I decided I needed to wear it in transition just to keep warm and it remained on for the swim.

I wandered around transition chatting to a lot of athletes, there are always a lot of people doing their first triathlon and have questions which was easily answered and put them at ease so they can relax and get ready for the race to begin.

We headed down to the water where the chop had died down from the previous day and the swim was very pleasant. Due to the heavy rains this year, the beach run up was shorter than prior years we were told which all helps in reducing times for everyone.

The bike was flat and fast and the sun was shining brightly and the run was a treat. There was a large crowd gathered at the run start/ finish area cheering everyone on. As you head out on the run you can see fellow athletes coming the other way, there were a lot of high fives and encouraging words flying about. The final stretch to the finish is where you muster up your last bit of strength to look fast in case anyone is taking pictures.

This was a great event and I am glad so many people came out to enjoy it. I am known for my love of ice cream post race and Wasaga didn't disappoint. I found somewhere just off the run course, an eclectic mix of a guitar and ice cream shop which more that met my chocolate ice cream requirements.

Lakeside is the last triathlon event in this series on the weekend of September 9/10. Hopefully everyone will come out for the last hurrah and for myself my last triathlon of the season will be the following weekend will be in Niagara at the Barrelman Half Iron distance race – North America's largest Non IM Branded Half Event. If you see me come over and say Hi. Happy racing to you all

Felicia Long