

Who doesn't love a day at the beach?

This past Saturday was the Wasaga Beach MultiSport race! Having just returned from the 2017 MultiSport Duathlon World Championships in Penticton British Columbia, and working a 24 hour shift at the Fire Department I wasn't sure I would be able to make it this year!!! I managed to have a colleague come in early for me so I could leave Kitchener by 4:30am - for this is a race I just really hate to miss!

More than a little tired, we arrived just before 7:00am to find the hustle and bustle beginning and the volunteers organized and ready at the registration and body marking stations. If you are new to MultiSport Canada or considering your first race, I highly recommend the Wasaga Beach location! It is easily a favourite and very picturesque, as the finish line sits right at the water's edge! This year the weather did not disappoint - a little chilly at the start, it warmed up nicely as the sun rose above the race course. The start of the Duathlon is at the finish line right at the beach. A fabulous venue for family and friends to watch, as they can easily access prime viewing spots at the start/finish and around the

transition area. They can also hang out at the beautiful beach while you are out on your runs - haha!



The first run is an out and back looped course of 5km and begins along the beach. It winds its way up along the cottages and back to the beach towards transition. I find it mostly flat and fast and the stretch along the beach back towards transition was a terrific way for people to cheer! I wanted to push my speed in my runs coming off of the my Olympic distance race in British Columbia. I am still learning about my limitations and toying with pace and I really wanted to achieve some faster times after

my World Championship debut. This is the course to work on those factors as the run is flat and fast and the bike course only has one minor climb.

The transition zones are well marked and easy to navigate and there are plenty of volunteers to guide you through this facet of the race. As my triathlon bike was still in transport from British Columbia, I took my road bike out for a little exercise. The course winds its way through the town of Wasaga and then out to the rolling countryside. There is only one minor climb and then the turn around and back towards the town. You bike in the same way you left and then back down to the beach for a quick 2.5km second run. The second run follows the same path as the first run, albeit shorter. The finish is on the beach, where the action began and every competitor is greeted and welcomed in by John Salt and announced by Steve Fleck! I always love the personal mention Steve makes as I approach the finish line and really pushes me to sprint it out to the line!

I like to stay around the finish line after I am done to cheer on the incoming racers. One of the most profound moments for me in the sport is seeing the stories of all the competitors on their faces as they finish. I am always reminded of what a journey it is for every single competitor. There is nothing like that look on a finisher's face - it is pure

accomplishment, pride, relief and joy. I am privileged to be a part of that moment in their multiSport journey! One of the best moments of the day is the medal ceremony and prize draw! This year I have been a part of the medal ceremony as a MultiSport Canada Ambassador. It is so thrilling to honour all of the accomplishments of all of the age group competitors.



A highlight is always hanging the gold medal around Linda Lemon's neck!! She is an incredible icon in the sport and a personal inspiration to me. The MultiSport Canada team always does a tremendous job recognizing these special people and their accomplishments! This hour post race is unique to our race series and really feels like a celebration amongst family - whether it is your first race (Yay you!!!) or your fiftieth race!!

I have had a terrific season with MultiSport winning my age group in Welland, Kingston and now Wasaga! I am surrounded by incredible talent and just the kindest people in the sport! You all inspire me to keep reaching farther and faster!! Thank you MultiSport Canada, Wasaga Beach and all of you that make my MultiSport experience so amazing!! See you at Lakeside!!!