

MSCGRAVENHURST OLYMPIC 2022

The swim was a fabulous format. The MSC team has listened year after year and now has designed a format for the triathletes to compete to push their limits and set new boundaries instead of being tied by age or gender. We all were able to have a full winter year of pool training and it felt like it was paying off. I do count the big orange buoys on the way out just to know how many I have to be able to see the finish arch. The biggest challenge with Gravenhurst is the beautiful sunrise as well as the short line. I have nailed this course all but this year and learned a valuable lesson..... "Follow the plan and the buoys and not the 3 swimmers in front"! The good thing is that it was so calm so it really just made it like a longer training day.

Transition is longer than you think, however the dock is fantastic, the crowds are marvelous and the park is simple. One major reason for competing in so many races is this practise because as much as I try in my own training to replicate, it's impossible to be under the same stress making decisions that need to be made. My second major issue of the day happened at the mount line as my cleat on my bike spun down and caught the pavement jamming the pedal arm, snapping my shoe off and then dropping my chain! I could never be prepared for this but Jason 'had my back' making sure my bike was safe and we even had time to laugh about how good my mount almost looked!

The bike is a great course for climbers and aero. The pavement is super and if you need to dodge some Muskoka holes, the shoulder is there to move into! There are many sections to keep motivation as you can see someone up ahead but then the corner turns or the hill ends and we continue to strive for consistency on the next section. I thought we had a small head wind going out so I was excited to go fast on my way home. Then I settled in after the turn-around and we still had some wind! So, remember to always adapt to various situations and be ready to change the plan be it pace or nutrition.

Coasting into T2 was such a strong atmosphere! So many people and action which was a welcome site after feeling alone for much of the bike.

I was ready to nail the run but the day decided that I should make it a 'training day'. I was all set to race with heart rate for this 10km but after 2km, my legs were not able to turn up to what I was asking of my body. The hills of #gravenhurst was challenging but that's what we are all there for. The triathletes on this course are so positive and motivational towards one another as we are all having fun, yet hurting, the same. Anyone who knows the course knows that the last 2km is such a welcome after pushing the limits all day. That long downhill puts a smile on right into the finish.

Rest! Recover! #mscrosecity next!