

Multiman Long Course Triathlon



So...after my IMCd'A mantra of "only two more races this season, only two more races this season" I decided that I needed a training day that would really push me to do a long bike and a long run, back to back...hence, my registration for the Multiman LC on Aug 26th.

Long Course triathlon is a 4 km swim, 120 km bike and a 30 km run. My success last year in Denmark at this distance (although the swim had to be shorted) motivated me to see what I could do on my home turf, with no rain, and warmer water temps.

The weekend got off to a great start with a call from my brother Gordon saying that he and my nephew Stephen were in Calabogie to watch me race. Thankfully, they were also able to fix a registration error at the resort, and secured a two bedroom condo for all of us to stay at.

Racing with me was my training partner Dave Ahrens – getting ready for IMFla. - and rounding out the cheering squad was Super Coach and supporter Christian Camden.

We were very lucky that race day was clear and sunny, and not too hot. The relaxed atmosphere of the race was due primarily to the fact that there were only 14 competitors signed up for the solo Multiman event (everyone else were in teams of either 3 or 5).

The 6-loop format for the swim, bike and run turned out to be less of an issue than I thought. The swim actually went by fairly quickly (so nice to be swimming in a clean, clear, cool lake) and I was thrilled to see Dave exiting the water just in front of me. Christian yelled to me that I was third over all out of the water!! Woo Hoo
4km swim time was 1:07:26

It was quite a long way from the lake to the bike transition – at least a 500 meter run around a golf course - and I ran so hard that I couldn't even talk when I entered the T1 – not even to say HI to Dave....so much for treating this like a training day.

Out onto the bike we faced hills, hills and more hills – both out and back on the 20 km loop course. A number of cyclists soon passed me, including Dave at the 15 km marker. Not being much of a technical rider I was happy that I'd successfully made the turn-around at the end of the first 10 km – at the bottom of a hill nonetheless! With my new found confidence, as I neared the second turn-around back at the transition area at the 20 km marker, I attempted another successful turn – this time with no success. Down I went – it was just too sharp of a corner to make on a narrow road. Stephen witness my fall, as did many others...oh well...not too embarrassing.

I found it difficult to maintain my concentration and momentum on the bike – the hills also made it pretty hard – doing the same loop over and over was mentally difficult. Bike 120 km time was 4:15:57.

Now time to run – or hobble as I had a wicked cramp in my calf for the first 2k. After it disappeared it was back to practicing maintaining my focus on a 5 km loop course (2.5k out and back) – luckily the hills were primarily up in one direction and mostly down in the other.

After the struggle with cramps on the first loop, the next 3 went well. I must admit though, I was ready to be done after the fifth loop! I managed to catch Dave with just over 10k to go...my real motivation though was to stay ahead of the only other female competitor, who had made a little bit of progress on our gap. I used every trick I know to keep my pace up on the run, and finally the end was in sight. 30 km run time – 2:44:41

It sure was great to be finished this race. I truly felt like I'd done an IM. Finishing time: 8:13:35 – 4th place overall (three guys in front of me all finishing between 7:28 and 7:35), and first female.

This race was supposed to be a long training day, a confidence booster, and an honest push for me to put together an endurance workout. It turned out to be all of those things – although it also showed me some weakness, so I know that I still have work to do.

I'm now down to the final push for IMHawaii....no more racing, just train, train, train. (or JFT – right Kim??)

[Linnea](#)

See photos tab for pics from MultiMan.