

The Great Muskoka Chase...

The Muskoka long-distance triathlon took place last Sunday. It was nice and hot, and there were a lot of people from all over trying to take home some of the \$25,000 prize money. For the past three years, the organizers have decided to spice things up by changing the format of the triathlon a bit. The triathlon is set up as a chase. The women start at 7:42 a.m. sharp, and the men are sent after them 18 minutes later. You see, there is big money waiting for the first athlete who crosses the finish line (man or woman), which attracts some high-profile international athletes.

My race went well enough overall, but there seem to be some people out there who were faster than me! I was 4th coming out of the water, but the bike specialists quickly caught up, and pushed me back out of the top 10. The bike course was very difficult; it was one hill after the other. I was exhausted! It was definitely one of the hardest courses I've done in the past few years. Despite the male competitors who were slowly passing me by, I was still satisfied when I saw a female athlete on the horizon. It a little like a predator going after its pray...

After a 2-km swim and a 55-km bike ride, I was off on a long 15-km run under the hot sun. Once again, we were in for a "hilly" course; nothing to save my poor, tired legs. I finished my day in 17th place overall, but the chase was still good. I passed all the women, except for two who fought it out to the end with the top men for the victory. It was Australian Craig Alexander (Ironman World Champion 70.3) who went home with the jackpot. He is an amazing athlete, simply too strong. Sorry, but he is not in my league.

Thank you, and have a good week!

DJ