

About this race – a note from the race director

Hi all!

This race has been a long time coming. For anyone who follows' off-road triathlon, they probably have observed that Canadians have consistently worked their way into top positions in races around the world. I was surprised then when I wanted to race in Ontario that there were very few opportunities for such things here. Especially in South Central Ontario. That's when Element Racing was born.

Element Racing is designed to provide some diversity and cross training into your regular triathlon schedule. It is also an excellent opportunity for those who would like to get into this kind of off-road multisport.

The plan is this, Element Racing is committed to providing an off-road triathlon and duathlon race series with our first race occurring this August 22nd 2010 at the Kelso Quarry in Milton. Along the way we will be offering Mt. Bike handling, open water swim and trail running clinic opportunities.

Additionally we will be helping to provide direction to other races and series which can help you with your preparation and diversification such as the Kelso Mountain Bike Summer Race Series and the Angry Seagull 24 hour Adventure Race. This can all be found on our "How to Prepare and Other Races" page.

Our overall goal is to provide an off-road triathlon and duathlon race series by 2011 and see where it takes us from there.

I hope this will add to the already fun, active and sometimes very competitive triathlon community from which you, the competitor, can grow as a triathlete and beyond!

Have fun training and I looking forward to racing with you!

All the best

James Kowalewski
Race Director
Element Racing

James [at] elementracing [dot] ca