

Country Day School triathlete takes international stage



Logan Hunt of Country Day School represented Canada at the U19 Triathlon World Championships in Mexico.

By Jake Courtepatte

King native and Country Day School athlete Logan Hunt donned the red and white and brought pride to both his country and hometown.

Competing in the Under-19 Triathlon World Championships in Cozumel, Mexico, Hunt finished in the middle of the pack in the testing race that saw athletes swim 750 metres, cycle 20 kilometres, and run 5 kilometres.

?The race its self was truly something unimaginable,? said Hunt. ?The water was absolutely crystal clear and in during the minutes before the race started, I could see right to the bottom and gaze at the majestic coral reefs and schools of fish.?

?The bike course was relatively simple, out and back and exceptionally flat, which as I had expected would make it a very fast course. Getting off the bike and onto the run, is where the true pain began to take hold. Running there is not the same kind of breeze blowing over you, which makes it very difficult to dissipate heat from your body. All in all, when the race was done, I was exceptionally happy with my result. I managed to finish (generally) mid pack while being in the younger end of the age category.?

Hunt described it as a ?unique feeling? to wear your country's name and uniform on foreign soil.

The experience began just over one year ago, when Hunt qualified for the event. Since then he has worked with local clubs to train specifically in running, cycling, and swimming.

?Training for this event is exceptionally difficult because you need to find what works best with you as an athlete,? said Hunt.

?However the size of the event really motivated myself and my many coaches to push me to my limits.?

Triathlon training requires specialized coaches for each event, and in Hunt's case, Edit Varga of the Ducks Swim Club in Aurora and Vito Barbera of the B1 Cycling team fit the bill.

?Coach Edit Varga is my favorite swim coach, because she is always supportive and knows how to spot my weaknesses and then quickly, very quickly, fix them,? said Hunt. ?In regards to my bike training, I rely significantly on coach Vito Barbera with the B1 cycling team. This team has helped me get faster in so many ways. During the winter season, I train indoors with this team and the workouts are absolute killer, they work you in ways that you could never imagine. At this time the only thing limiting how hard you can push is your mind.?

Hunt would also like to thank Mrs. Steadman and Ms. Winterink of CDS for aiding in his training.

With his first international competition behind him, Hunt is looking forward to a future of wearing the red and white, next preparing for the world stage in Australia as a junior athlete in two years.

?What's next, is I get to start over,? said Hunt. ?Now that the season is finished, I'm am truly able to start working on my weaknesses that were affecting me during the season. It is at this time of year where I am able to make the most significant changes to my physical fitness. This event is just the starting of my triathlon career.?