

## C3 Kinetico's Taylor Reid wins National Triathlon Championships

Most people want immediate success in every aspect of life, and when they don't get it, they quit or complain.

Caledon's 22-year-old Taylor Reid is anything but that.

C3 head coach Barrie Shepley first met Reid when he started to run with the club as a 12-year-old from the local grade school. Small for his age, he enjoyed running, but wasn't particularly skilled at the sport.

Reid never missed a training session, and after a couple of cold winters of continuously showing up when others would skip dark, cold nights, Shepley began to think that he might just have something a bit special.

It was only logical that Reid would try the C3 Kinetico Kids of Steel Triathlon and eventually want to pursue the sport.

Reid loved the new sport, but really didn't know how to swim or ride a bike very fast. When he joined the local swim club, he was placed in the novice program with kids two or three years younger than he, but who could already swim faster.

This past weekend, Reid won the Canadian National Under 23 Championship in Edmonton and was the second Canadian overall in the prestigious Edmonton World Cup Triathlon (behind Canadian Olympian Kyle Jones). In two weeks, he will head to Europe for his first major series of overseas races and will be back in Canada to race in Ottawa at the World Duathlon Championships in August.

"That first few winters, when Taylor never missed a workout, regardless of how cold or dark it was, I knew that even at 12 years of age, I could see the seeds of a future champion," said Shepley. "So many children and adults can be world class in sport, business and the arts, but they simply quit trying long before they ever come close to their potential."

Diagnosed with a mild learning disability, some wondered if Reid would graduate from Mayfield Secondary School, but with great support of his parents (Peggy and Jim Reid) and his C3 team-mates and coaches, he not only graduated from high school, but got into McMaster University, where he has thrived in the supportive environment.

Under the guidance of McMaster coaches Andrew Cole (swim) and Paula Schnurr (run), and head triathlon coach Barrie Shepley, Reid has grown to be one of the best young runner/triathletes in North America.

Each week, he balances his academic studies along with 30 hours of elite triathlon training. This encompasses eight swims of five kilometres each (40k), four bike rides totalling totally 250km, five or six runs totalling 120km and additional core/strength training. Last year, four-time Olympian Simon Whitfield invited Reid and two of his C3 team-mates to be his final training partners before the London Olympic Games. Whitfield passed on his 20 years of triathlon and life wisdom to Reid, and the 22-year-old has never looked back.



Taylor Reid breaking away on the bike in Edmonton.