

Story by Nancy Drad as published in the *Headingly Headliner*

On Saturday June 11th, the Triple Threat Kids of Steel®, Try-a-Tri, and Try-a-Du was held at Birds Hill Park East Beach. There were distances offered for youths aged 6 to 16. A triathlon is a multi-sport event that consists of a swim, bike and run.

Brianne Anderson and Sarah Holtmann competed in the 6 & 7 year old category. They braved the 16°C water temperatures and completed a 50 m swim followed by a 2.5 km bike and finished off with a 500 m run. Sarah finished 2<sup>nd</sup> and Brianne finished 4<sup>th</sup>.

Brittany Palmer, Riley Anderson and Joseph Holtmann competed in the 8 & 9 year old category. Brittany placed 11<sup>th</sup>, Riley placed 2<sup>nd</sup> and Joseph placed 7<sup>th</sup>. They swam 100 m, biked 5 km and then finished off with a 1 km run.

All competitors are winners as they completed the course. As they crossed the finish line they each received a Manitoba Triathlon Frisbee ring.

The next event is Saturday, June 25<sup>th</sup> at St. Malo. Additional information can be found on Triathlon Manitoba's website. [www.triathlon.mb.ca](http://www.triathlon.mb.ca)

Children in the photo (left to right)

Joseph Holtmann (on bike), Brittany Palmer, Riley Anderson, Brianne Anderson, Sarah Holtmann (on bike)

