

Kids Triathlon

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By: Mitch Kokai, Scott Meeks & Web Staff

Some kids are spending their summer combining fun with a lot of hard work.

"This will be my first triathlon," said Megan Glenn.

That's right. Megan, 9, is in training for a triathlon. She's been biking, running and swimming all summer.

"It's really important to exercise because if you're, like, really overweight, it's not healthy and you can get sick from that," Megan said.

Megan, like all of these kids, has made health her top priority and that's exactly what Maylene Wise set out to do.

"I want to encourage children as much as possible to really get involved in some type of endurance training," said Maylene.

Maylene is the director of "Kids in Training", also known as "KIT".

KIT is a non-profit, dedicated to getting kids healthy.

"It's easier for them to start it now and keep it for the rest of their life rather than all of the sudden they're 30 years old and they're out of shape and having heart problems, and then deciding they should do some kind of cardiovascular fitness. We just wanted to instill that in them now, while they're still young, and hopefully they'll carry that with them throughout their lives."

KIT is sponsoring Saturday's triathlon and Maylene is convinced it's the perfect event to get kids motivated.

"It's great cross-training, and it will keep them healthy and it's something they can do for a lifetime," she said.

Megan is all set for the triathlon. She's got both her body and spirit in great shape.

"I'll do my best and give 110 percent," she said.

For more information



If you'd like to join Megan and Maylene for this kid's triathlon, it's not too late to sign up.

KIDS TRIATHLON

Morrisville Community Center

Saturday, Aug. 23, 2003

7 a.m. Registration

8 a.m. Triathlon begins

It's not too late to register. Just email:

Maylene@ATP4Athletes.com

For more information about Kids in Training, [visit their website.](#)

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