

# Triathlon Challenging & Fun For Morrisville Kids

Studies show 15 percent of children are overweight; some are clinically obese. With all the bad news, it is easy to think the problem is hopeless.

That is not the case for a group of Morrisville kids training for an upcoming triathlon: swimming, running and biking all in one race.

"It's just something about putting all three together. It's different. It's exciting," said Maylene Wise, a strength and conditioning coach for the

Kids In Training

triathlon.

It is also a lot of work. Wise said she designed the race to be challenging.

Kids age 10 and under will swim 50 yards, bike 1.5 miles and run a half mile. Distances will be doubled or tripled for older groups.

Wise believes getting kids to enjoy being active at a young age is the key to preventing obesity.

"It gets instilled in them at a young age and they can just carry it on for the rest of their lives," she said.

While some triathletes just want to cross the finish line, others have bigger goals.

"I want to get in the top 10 or top five," one participant said.

In the end, the healthy lessons they learn may be prize enough.

Children whose families who could not afford training and entry fees are sponsored so all children can participate.

The triathlon takes place Saturday morning at the Morrisville Community Center on Morrisville Parkway. It is open to children ages 5 through 17.

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