

Hello Folks,

The main focus this month is the triathlon but let me remind you of the Thursday yoga class at the Yoga Sanctuary. It is a sweet class and if you are curious about yoga or want to come to a class where you fit in, feel free to come and give it a try. The class is from 5:15 – 6:30 on Thursdays. It is a gentle yoga class.

Last month I mentioned that I might not be here for the triathlon, but I have changed my travel time so I will be here. I am very interested and excited to be a participant on at least one client team. Remember I will swim and/or bike.

The triathlon I am talking about will be on Sunday, October 3<sup>rd</sup> at the Y in Ashland. There will be a 600 yard swim (that is 12 laps), 16 mile bike (from the Y towards Immigrant Lake and back) and a 5 km (3.2 mile) run. I am hoping to get some teams of clients together for this event.

So far we have 3/4 of a teen team but we need a teen swimmer. This team has a cyclist and a runner. I could swim but I think it would be outstanding to have a total teen team. Any teens out there who would like to swim 12 laps of the pool? That is 12 laps – out and back makes one lap. (A current update shows that this team also needs a cyclist. Are there any teens out there interested?)

There is currently a client cyclist who could be on another team but we need a runner. I have been thinking of you walkers out there. Would you like to walk 5 km as a part of a team? I could swim here. This has older aged teammates, closer to my age.

It is ok to have three or more teams. Is there anyone else out there who would like to try a triathlon? You don't have to do all three events. You pick the one you want and I will try to find teammates for you. My goal is to have client teams but we can reach out further. If you have a friend who wants to be on a team that is already started, let me know. Maybe they can fit on one of these teams.

Remember this is not for us to look at ourselves and think we are not good enough. It is for us to set a personal goal/challenge and to work towards accomplishing it. This would be wining within you, which I know is totally possible. Realize in a triathlon you will have teammates who have the same concerns you do about being fast enough or good enough or... This event allows you to work with your teammates to help everyone on the team achieve the personal goal set by each participant. I will also be out there cheering each of you on in what ever way I can.

Before the race, it would be nice for teammates to meet each other and I will help make that happen once we have the teams put together. To avoid the late enrollment fee, we need to register by September 26<sup>th</sup>. Each team participant will pay \$15 if registered by Sept 26.

Let me know what you need to help you make the jump in making this an accomplishment for you. In the meantime, let's have a fun September and let's put some energy out in getting ready for the October triathlon.

See you soon.

Carol Lee