

Tri Your Best

Triathlons are a fun way to get active.

A triathlon is a race that involves three sports: swimming, cycling, and running. Participants do all three activities in the course of the race. That's one way to keep your exercise routine from getting boring!

No wonder the sport has been growing. "People have asked me, 'What's so special about triathlons?'" says Michelle Payette, the director of IronKids, a triathlon series for kids and teens. One reason might be because how you do in a triathlon is all up to you. "When the kids get to the finish line," Payette says, "they did it 100 percent on their own."

Teen triathlete Hunter Lussi, 16, of Maryland, is helping get more people active. Hunter is planning a national event called America's Tri For Health on Labor Day, which is Monday, Sept. 6. People from coast to coast will be swimming, paddling, floating, biking, spinning, running, walking, and rolling their way to better health. Learn more and sign up on Hunter's Web site at www.americastriforhealth.com.

Triathlons can also give you fun ideas for exercising as a family. If you're interested in doing a triathlon, for instance, but your parents aren't as interested in running as you are, your mom or dad can ride a bike alongside you as you run, Payette says. That way they support you and make sure you are safe. You could also try the reverse: If your mom or dad enjoys running, grab your bike and ride along as they run!



Talk About It
What are three other games, sports, or activities you can combine to make up your own triathlon? Get creative!



Did You Know?
 Cyclist Lance Armstrong started off as a triathlete. He did the IronKids triathlon when he was 13. Later he focused on his bike skills—and the rest is history!

These "IronKids" swam, biked, and ran their way to fitness in a triathlon in Avon, Colo. last September.