

# Transcription of Podcast Episode 402: Triathlon 2024

## SPEAKERS

Amber Galindo, Kathy Lindstrom, Chris Covington

**Note:** This transcription was computer-generated and may contain typographical errors.

### **Kathy Lindstrom** 00:00

Good morning Sun City Shadow Hills, Kathy Lindstrom here board member coming to you to talk about health and fitness in our newest event, which is going to be our Sun City Shadow Hills Triathlon. Triathlon, three events: swimming, biking, running. And this is a non competitive, you're competing against yourself. So it's non competitive event with other residents, but you're competing with yourself. How far can you swim, bike, and run? The date is Friday, March 15, at 8am. Last year, a big success with our residents. Each person who competed had a personal story and a personal victory when they crossed that finish line. So I'm going to introduce Amber Galindo, and she's going to tell you about the specifics of the triathlon here at Sun City.

### **Amber Galindo** 00:55

Thank you, Kathy. And hello, everybody. Like Kathy mentioned, we are going to be holding our, I believe this is our third triathlon in this community, and the date is going to be Friday, March 15. The event will start at 8am. There is a registration fee of \$15. But with that, you'll partake in the event, you'll also receive an event t-shirt and event tote. Metals will be given out to all the participants at the end of the event. We'll also have snacks for everybody, refreshments, water, things like that. We really want to touch on this event, and, you know, let everybody know that this is not competitive at all, like Kathy mentioned, you are going to run or walk whatever you're comfortable with. We have about a mile and a half planned out throughout the community, for everybody to partake in that part. Our biking portion will have a little spin, this is going to be 10 minutes of cardio of your choice in the fitness center. So you will have spin bikes available for people. So they can either spin for 10 minutes or choose any type of cardio that includes treadmills, ellipticals, arc trainers, anything like that. And then we'll jump into the indoor pool for eight lengths in the indoor pool before we head to the finish line. We also, if you're interested, we're going to have registration packets at either fitness center. And the registration packets will include just information on the person participating, shirt sizes, we have also attached guidelines for that day. So there's no surprises, you know exactly what's going to happen the day of the event. We have also added the event map so if you're curious to see how far that mile and a half is, we already have it mapped out and it's attached to the registration packet. And you know, I just really want to touch on the importance of the safety aspect of this we will have volunteers throughout the entire event, even the walking portion, kind of just guiding people in the right direction and making sure everybody's okay. So if you feel at any point that you can't finish this event, we have volunteers going through golf carts and just checking on everybody.



**Chris Covington 03:08**

Okay, this is Chris Covington coming to you. This is going to be my third year of participating in the triathlon, swim or walk in the pool, bike or do the treadmill run or walk whatever you do just come and join us. It's been a great event, a lot of positive feedback. And a lot of people when we're out on the streets are stopping us wanting to know what we're doing. Please join us you'll have a lot of fun

**Kathy Lindstrom 03:34**

You know bring a friend or two we had a team of three ladies who did it last year, and it was so much fun. They laughed and the pride when they crossed that finish line and they finished a triathlon. It wasn't the normal triathlon, but boy they had their medals to show. And the people who overcame some type of illness or some type of surgery that they might have had, to show that they were back at it and they were back moving. Those kinds of stories are the kind that people really look at themselves and overcame something. Other than that, it's just a fun event. So come on out to the Sun City Shadow Hills triathlon, Friday, March 15.

**Chris Covington 04:16**

Thanks, please join us, it's a lot of fun.