

## Mini Triathlon At Mather

Eight weeks of training paid off for 17 residents of The Mather on Sept. 1, as they took part in a mini triathlon. While participants followed the traditional triathlon framework – exercising on foot, on bikes and in the water – times and mechanics were adjusted for these 60-, 70-, and 80-year olds. Participants spent 10 minutes walking around the perimeter of The Mather or using a treadmill or elliptical in the fitness room, 10 minutes riding a stationary bike and the final 10 minutes swimming or water-walking.

The 90-degree weather did not appear to dampen the participants' enthusiasm. Herbert Bronstein, waiting for the start-time near the front door, said he was "ready for speed-walking." Mareon Arnold said she felt the walk outdoors "will be the most challenging event."

Anita Tomasevic, life enrichment manager at The Mather, said the idea of a mini triathlon arose "because we wanted to do something new. ... It's more about being a part of this group and participating and doing a little more."



Herbert Bronstein, Peggy McNamara and Barbara Thompson begin the mini triathlon at The Mather on Sept. 1.

RoundTable photo