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Family Competes in Triathlon

Submitted by Ron Modafferi



Adrienne Castillo with kids, Mia and Vincent, prior to the start of the swimming portion of the triathlon. Photo Ron Modafferi

On August 8, 6 year old twins Mia and Vincent Castillo of Moraga participated in the California Kids Triathlon in Woodland, Ca. This triathlon, one of the largest triathlons for kids in the US, is geared for kids from 4-17 years of age. Mia and Vincent were entered in the 4-6 year old age group. Their age group completed a 25 yard swim, 1 mile bike ride and a 1/4 mile run. They both completed the race without any mishaps, finishing in the middle of the pack of 60 entrants in each girl and boy category.

Over the Labor Day weekend, Mia and Vincent's mother, Adrienne, competed in the Mount Shasta Tin Man Triathlon held at Lake Siskiyou. This Triathlon is a 740 yard lake swim, a 10 mile road bike ride, and a 4.5 mile trail run. Adrienne placed 1st overall of 139 women racers with a time of 1:16:43.

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