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Moraga moms place in local Triathlon

Submitted by Brad Beal



Emily Karlberg and Erin Beal Photo provided

Moraga moms Emily Karlberg (Lieberman) and Erin Beal both made the podium at the 2023 Alpha Win Napa Valley Fall Triathlon held at the end of October in Napa.

This was Emily's first triathlon (sprint distance) and she came in 3rd place in her age category (35-39 years old) with a time of 1:33:23.

Erin Beal participated in her third triathlon (sprint distance), and she came in 2nd place in her age category (45-49) with a time of 1:35:12.

Emily and Erin were joined by friends and fellow triathletes from Moraga and San Francisco, and all finished the race and had a great time. They are excited to prepare for their next triathlon in 2024!

Reach the reporter at: info@lamorindaweekly.com

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