

ALPENA ATHLETES CELEBRATED EASTER WEEKEND WITH INAUGURAL INDOOR TRIATHLON

Bay Athletic Club presented Alpena's first-ever indoor Triathlon with support from the Plaza Pool on Saturday, April 7, 2007. Forty area fitness enthusiasts competed in the indoor athletic event which is comprised of a 20-min swim at the Plaza Pool, 20-min run/walk on a treadmill and a 20-min bike on indoor spinning bike at Bay Athletic Club.

"I've been exercising all winter, so this Triathlon was a good way for me to see how my training has paid off before summer," said participant Don Mars, 67, of Hillman.

The competition was made up teams of four people. Each team included at least one female, one male, one person under and over the age of 40. Scoring was based on the entire team's total accumulated miles in all three categories.

Awards:

1. First prize team for greatest distance.
2. Second prize team for greatest distance.
3. Overall female for greatest distance.
4. Overall male for greatest distance.

"We're excited to bring a new athletic event to the community," said Trina Gray, owner of Bay Athletic Club. "The response was terrific. Participants were enthusiastic about competing in a fun event during this time of year when outdoor summer sports, and traditional fun runs haven't kicked into gear."