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## Triathlon pushes athletes to limits of endurance

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By Jeff Shaffer Staff writer

LEWISBURG — The sales of Icy Hot likely went up Saturday afternoon in Lewisburg.

For a second year, men and women from all over the area

competed in the Kuhns Bros. Log Homes Sprint Triathlon. To finish,

the athletes had to splash through 300 yards in the Lewisburg Community Pool, pedal another 14 miles and then hoof it five kilometers.

Most competed individually, while some others opted to be members of a relay.

Michel Spuesens of Selinsgrove and Charlotte Walsh of Williamsport returned to defend their titles as last year's overall men's and women's winners.

"They came back and were the people to beat," said race director Tara Michaels.

Walsh held on to her title with a total time of 1:11:47.

Spuesens managed second place this year with a time of 1:06:31. Matthew Stephens won the 2007 overall men's with a time of 1:00:34.

About 260 people registered for this year's triathlon, 60 more than last year.



**MAKING A SPLASH WITH ATHLETES** — Participants again came out in good numbers to the second annual Kuhns Bros. Log Homes Sprint Triathlon. The event started off with a 300-yard swim in the Lewisburg Community Pool. Photo by Jeff Shaffer/Standard Journal

"There's a lot of competitive people here," Michaels said.

She added the real win is just crossing the finish line. Many just wanted to see if their bodies could handle a grueling early morning excursion.

"To accomplish it is wonderful," Michaels said.

In addition, the atmosphere of the race was positive and turned out to be fun for the whole family, Michaels said. A kids version of the event was held Friday night.

Local officials were pleased with the influx of people to the community.

"It's an amazing thing for our community," said Lewisburg mayor Judy Wagner, a volunteer at the contest.

She said kudos should be given to the race sponsor, as well as the Lewisburg Area Recreation Authority (LARA), for organizing the event.

Wagner added the LARA park at St. Mary Street, where the race started and ended, has been a success — a great venue for many occasions, most recently welcoming a fund-raising television meteorologist and hosting National Night Out.

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