

## **Women support others in their triathlon quest**

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### **Document Text**

More than 80 women in the Mullica Hill area are training to test their physical and emotional limits this summer.

The newly formed Mullica Hill Women's Tri Club has brought together women ages 18 through 60s who share the interest of completing a triathlon.

And the daunting task seems a little more realistic when pain and determination are shared traits.

"The goal of a lot of members, aside from meeting other people in the area, is a common interest, and meeting women who are equally as committed and inspired to do a triathlon, because let's face it, we're all really busy juggling families and our own lives and to find the time to make this a part of your life is not easy," said the organization's secretary Michelle Powell, 43. "It's nice to know there are other women out there in the same boat. It helps to surround yourself with people like that."

The nonprofit group is comprised of mother and daughter duos, career women and baby boomers. The group has a diverse group of women, who range in age, size, background and athleticism.

"I had only done one triathlon and kind of got the bug. I had been running for years but wanted to start cross-training," said Powell, who founded the group with Colleen Fossett, Lydia DelRosso and Maureen Brigham. "It's been really wonderful and very inspirational watching some of these women."

The group is training together and attending lectures and workshops to prepare for the Philadelphia SheROX Triathlon, a sprint distance triathlon, on Aug. 1.

"We have a buddy system when we practice. No women are left behind on the road," said Fossett, 40. "They appreciate that because that's the type of support they wouldn't get by themselves."

The group has weekly runs and rides and hosts programs to familiarize members with bike safety, nutrition, open water swims and other topics that will help prepare them for triathlon participation.

The group has chosen to support Team "Kiss My Aspergers" to raise money and awareness for Autism spectrum disorders. Group sponsorships and any excess membership funds may go toward the charity.

"We encourage everybody, no matter what their age, their size or physical limitations. Nothing should discourage them from joining," said Fossett.

Club membership is \$30 annually.

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