

Iron wills take aim at illness

By RICHARD ROTH

KINDERHOOK—At least a hundred athletes will compete in an August 7 triathlon—swimming, running and bicycling from Canaan to Kinderhook—to raise money for cystic fibrosis research.

The course includes a quarter-mile swim on Queechy Lake followed by an 18-mile bicycle race to Kline Kill Airport and a 4 1/2 mile run to the Kinderhook village square. The event is open to individuals competing in all three segments or to teams of three. Participating athletes will wear timing chips on Velcro ankle bands.

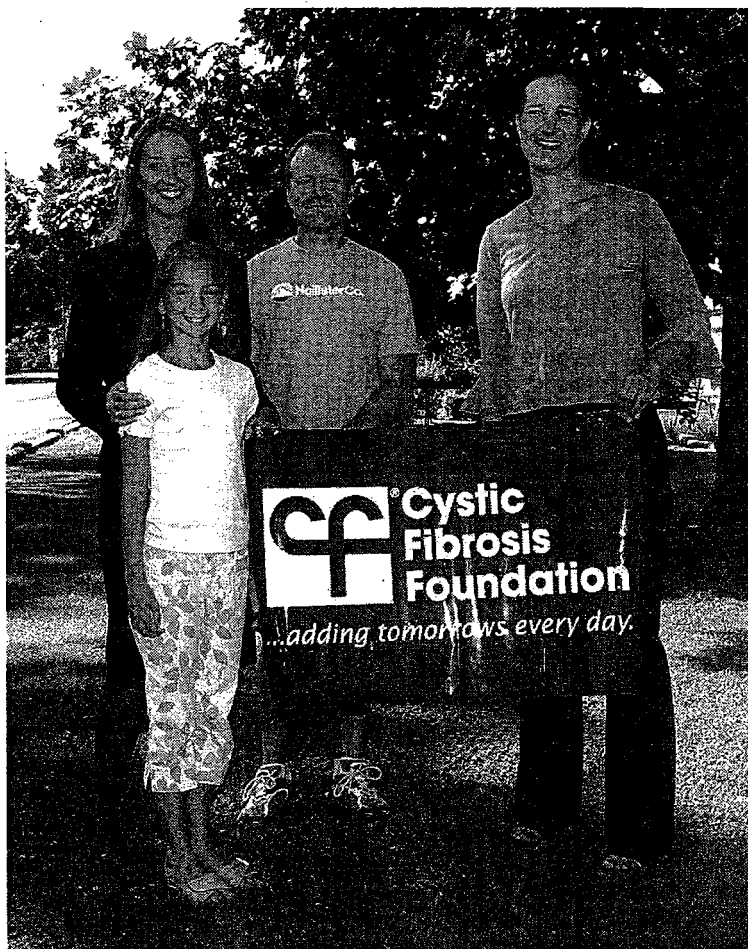
"My niece has cystic fibrosis, and my husband and I wanted to raise money for cystic fibrosis research," said Susan Hollister, who is coordinating the event. New York State Police Captain Robin Benziger is co-chair.

Individuals will pay a \$35 registration fee, and teams, \$75; and all proceeds will be turned over to the Cystic Fibrosis Foundation. Cystic fibrosis is a genetic disorder that affects the digestive and respiratory systems; approximately 30,000 children in the United States have been diagnosed with the condition.

Other local chapters of the Cystic Fibrosis Foundations have sponsored fundraising events such as walkathons and wine tastings, according to Mrs. Hollister, but to her knowledge this is the first triathlon. "Our goal is to have an annual event," said Mrs. Hollister. "We would like to raise \$10,000 each year."

Her husband, Jim, is assisting individuals in forming teams. "Some people said they could do one thing, but not all three," Mrs. Hollister explained.

Teams will be given awards for first, second, and third place, as will individuals in 10 age categories: 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 50-54, and 55 and over.



David Lee

Eleven-year-old Haley DesRosiers, above, is the inspiration for a Sunday, August 7, triathlon to benefit the Cystic Fibrosis Foundation. With her are (l-r) triathlon organizers Susan and Jim Hollister and Laura Staerker, executive director of the Foundation's Northeast chapter.

Finishers who are military, police, fire or EMS employees or volunteers are eligible for first, second and third place Public Safety awards. All participants will receive a Northern Columbia Triathlon t-shirt.

"We have a beautiful course," said Captain Benziger. "I drove it, and I noticed how pretty it will be for everyone." The course will not be closed to traffic, but State Troopers will be taking care of road logistics.

There will also be some 50 volunteers strategically placed to provide water for participating athletes.

Race day schedules, maps, rules, and registration information are available on the website www.northerncolumbia-triathlon.com. For information on joining a team, contact Jim Hollister at 518 784-2630.

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