

ATHLETE FEATURE: CAROL CURRIE

What was your first race and where was it? 2008 sprint in Christina Lake BC.

Any current goals or dreams that you are still chasing? Finish Ultra 520k Canada*. Maybe qualify for Kona again. Travel across western Canada and compete in any local races I come across.

**Carol finished the ultra 520K this past month. Congrats Carol!*

What keeps you competing in triathlons, what keeps you coming back to Triathlon? Love the physical and mental challenge of the sport. I like feeling fit, meeting inspiring people who are embracing life and all the uncomfortable moments that come with it, and I like going fast enough to scare myself!

Favourite recovery food? A smoothie or a peanut butter and banana roll up.

What are some of the things you love about Triathlon and the Triathlon community? I've found the athletes to be very supportive of each other at least in my age group. And until more recently, I liked that the sport did not seem to attract cheaters.

What advice would you give to someone wanting to get into the sport of Triathlon? Think of it as a lifestyle!

