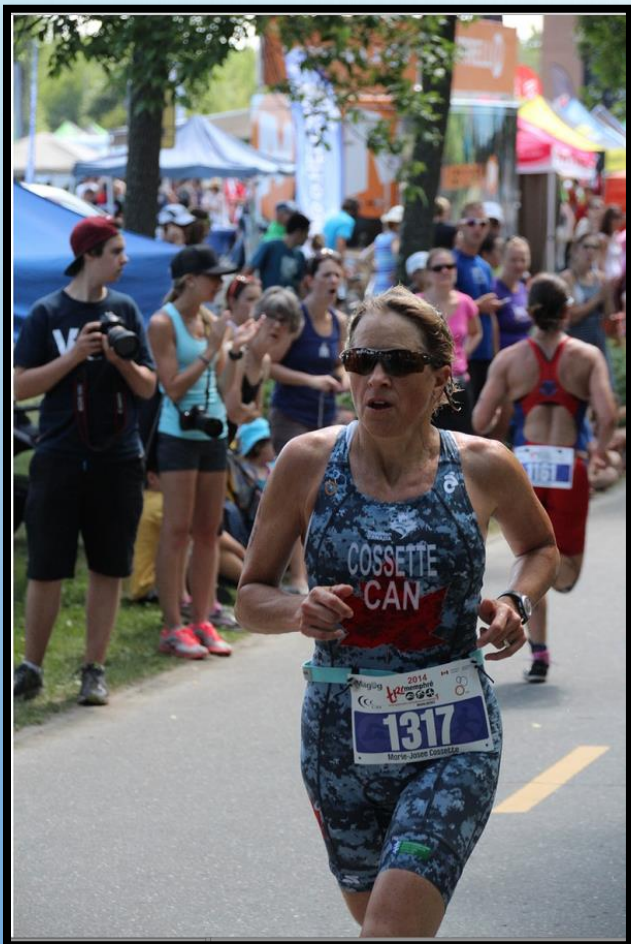


ATHLETE FEATURE: *MARIE-JOSEE COSSETTE*



How long have you been active in the sport of triathlon? *over 30 years!*

What made you decide to get into this sport? *I was a swimmer with McGill University then and a friend thought I should try a tri as I also liked running and I did! I've been in the sport since then.*

What keeps you competing in triathlons & what keeps you coming back to Triathlon? *I like the idea of "3" discipline within a triathlon, allowing to vary in many ways my training. I give my self a goal of at least one triathlon per year to keep fit. I also like the idea of yearly World Championships for age grouper, or races across all continents giving us the opportunity to travel and meet new people as you wish.*

What are some of the things you love about Triathlon and the Triathlon community? *The camaraderie, everyone seems to know each other and willing to help each other.*

What advice would you give to someone wanting to get into the sport of Triathlon? *Join a club, give your self time and good things will come!*