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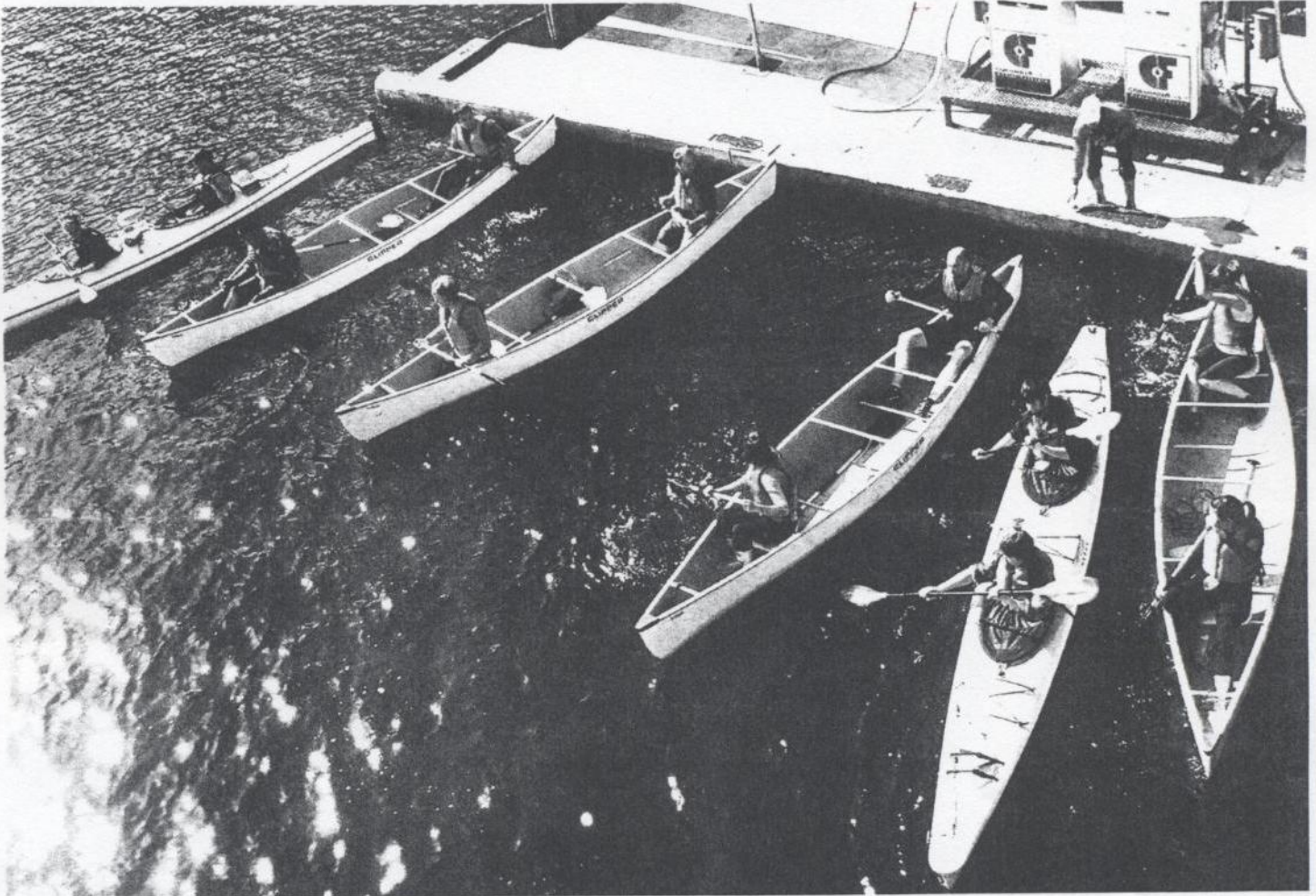
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Ready, set, Paddle!

Run, ride and paddle in Bella Coola's Active Communities Triathlon

Six teams took part in the Move for Health Day, Run Ride Paddle Triathlon on May 9, a 'Spring Active' Fitness Room Event. Community partners included Nuxalk Health and Wellness and Active Communities. Spring Active is supported with funds from the community-based Awareness Initiative, a joint initiative of the BC Recreation and Parks Association and the Heart and Stroke Foundation of BC and Yukon. Funding is being provided by the BC Healthy Living Alliance, with support from ActNow BC.

Six enthusiastic teams started off with a one kilometre paddle in the Bella Coola estuary, followed by a four kilometre run up to the Clayton Falls Recreation Site (lots of hill in there) and a 10 kilometre bike ride to finish at Lobelco Hall. The weather was perfect for the event and all the teams were cheered by a boisterous crowd of spectators and volunteers.

Kim and Jon Williams took the first place prize and Kerry, Morgan and Alex Boileau finished second. Third place went to the 'breakfast team', Kerry

Boland and Jeremy Hallett. There was also an 'all female' team, a 'youngest' male team, and a team of students from Acwsalcta School. All teams worked hard and enjoyed a finish line lunch of fresh fruit and vegetarian chili prepared by chef extraordinaire Nola Mack.

Thanks to Monica Tutt of Active Communities for organizing the event, Janice Kyle for volunteering, PE Teachers Jon Williams and Alex Boileau, and School District #49 and Acwsalcta School for use of their equipment.