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**COMING UP:** Weekend includes water safety for swimmers

**Sports event gives you taste  
of triathlon competition**

BY SANDRA BOLAN  
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Swimming, cycling and running are activities kids and adults do all summer long for fun.

So why not put them all together and participate in Whitchurch-Stouffville's first Try-a-Triathlon.

The event takes place during this year's Party in the Park July 24 in Memorial Park and the outdoor pool.

This isn't an Ironman competition. Participants, who must be 12 years of age or older, swim for 10 minutes in the pool — any stroke they like — they then hop onto a spin bike for 15 minutes and then run 2.5K through Memorial Park, along Main Street and back.

A 2.5K family run/walk also takes place for people who don't want to participate in the triathlon. It is open to all ages.

"It doesn't matter what you do, but you have to do something," said Micolle Ongman, manager of recreation for the Town of Whitchurch-Stouffville. "We just need to try all we can to get people active and think about it as a lifestyle."

The cost to participate in the Try-a-Triathlon is \$10 per person. Bikes are provided. The 2.5K family run/walk is \$15 per family.

Swim to Survive also takes place that day. "Everybody should be doing this," Ms Ongman said.

People get the chance to test their swimming survival skills by completing three exercises — rolling into water, treading water and swimming a short distance to the pool edge.

"All parents should know if their kids can pass the Swim to Survive test," Ms Ongman said, adding parents should also take the test. "If they can't swim, then what happens if the child can't swim?"

The test is free, however, participants must pay the pool admission fee. The testing takes place between 1:05 and 4 p.m.

Party in the Park started three years ago as an extension of its Drowning Prevention Day.

Along with the Swim to Survive test, life-guards will also promote drowning awareness with a 24-hour slide-a-thon.

"The (Civic Holiday) long weekend is the biggest weekend for drowning," Ms Ongman said.

All money raised through the slide-a-thon

**NEED MORE?**

► For more information on Party in the Park go to [www.townofws.com](http://www.townofws.com).

► To register for the Try-a-Triathlon, go to [www.townofws.com](http://www.townofws.com), click to WS Play, activities and then community programs.

will go to the Lifesaving Society's Drowning Prevention Campaign.

The event raises about \$1,000 a year locally, according to Ms Ongman.

As part of the Party in the Park, the Latham Gallery will host free Art in the Park from 2 to 4 p.m.

This year's theme is summer collages. All materials will be provided.

"They can come and make an art masterpiece," said Nancy Hallas, education program co-ordinator for Latham Gallery. "(We're) always trying to promote creativity through art."

If stepping back in time to when things were much simpler is more your speed, the Whitchurch-Stouffville Museum is hosting Heritage Games from 2 to 4 p.m.

"We stick to games people would have been doing during community events or fairs" about 100 years ago, said Krista Rauchenstein, program co-ordinator for the museum.

This isn't some transport-you-back-in-time game via the Wii system, people will actually try to plank walk or manoeuvre the grace sticks.

"I think a lot of times people like the simplicity of the game," Ms Rauchenstein said.

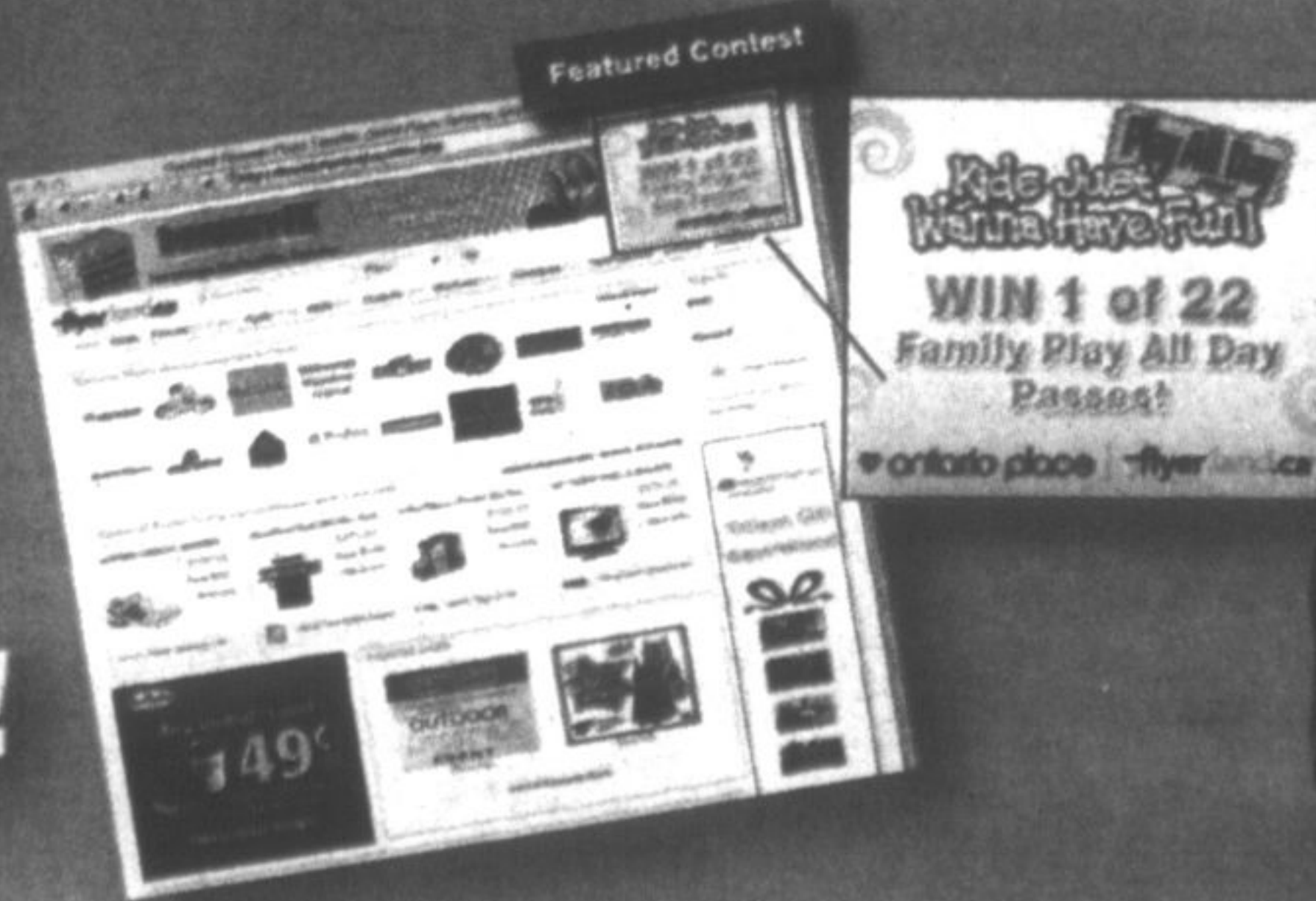
The museum will also be pulling out an old fashioned ice cream machine for people to try to operate. Samples will also be available.

A jungle-sized collection of magic and comedy for all ages with Peter Mennie, That Magic Guy will take place from 2 to 2:45 p.m. in the park. The event is presented by the Whitchurch-Stouffville Public Library.

Party in the Park and all of its events will take place rain or shine.

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