

## SPORTS

# Good start for triathlete, 7

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Cailey Freeze has found a new sport. While the seven-year-old Stouffville resident has played ice hockey with the Stouffville Markham Stars novice team and soccer in Markham, she's developed a fondness for triathlons.

Just recently, Cailey took part in the Kids of Steel Triathlon in Lindsay and finished second.

Competing in the 6/7 age group division, Cailey finished second in the swimming and biking segments and sixth in the run.

In the end, the Grade 1 Harry Bowes Public School student finished 43 seconds ahead of her nearest rival.

The triathlon was her first attempt in the discipline.

Introduced to the sport through her father, Jeremy, her success stemmed from a combination of hard work and an unbridled enthusiasm.

"Cailey loves to swim and bike and I had heard about about the Kids of Steel from friends who had kids that had tried it," said Jeremy. "I showed Cailey some pictures and



Cailey Freeze finished second in the Kids of Steel Triathlon in Lindsay.

videos online back in the spring and once she saw it, she was excited to try it."

Saying his daughter possesses a competitive streak, Jeremy said she prepared for the event by training diligently over the last three months.

"It does not take much to motivate her and she would often ask to go the outdoor track in Stouffville to practise," Jeremy said. "She had been working on her biking and running approximately three times a week for the past three months. She also takes swimming lesson at the Lebovic Centre."

While elated with how she did in her competitive debut in the sport, Cailey is setting her sights on competing in another race in August.

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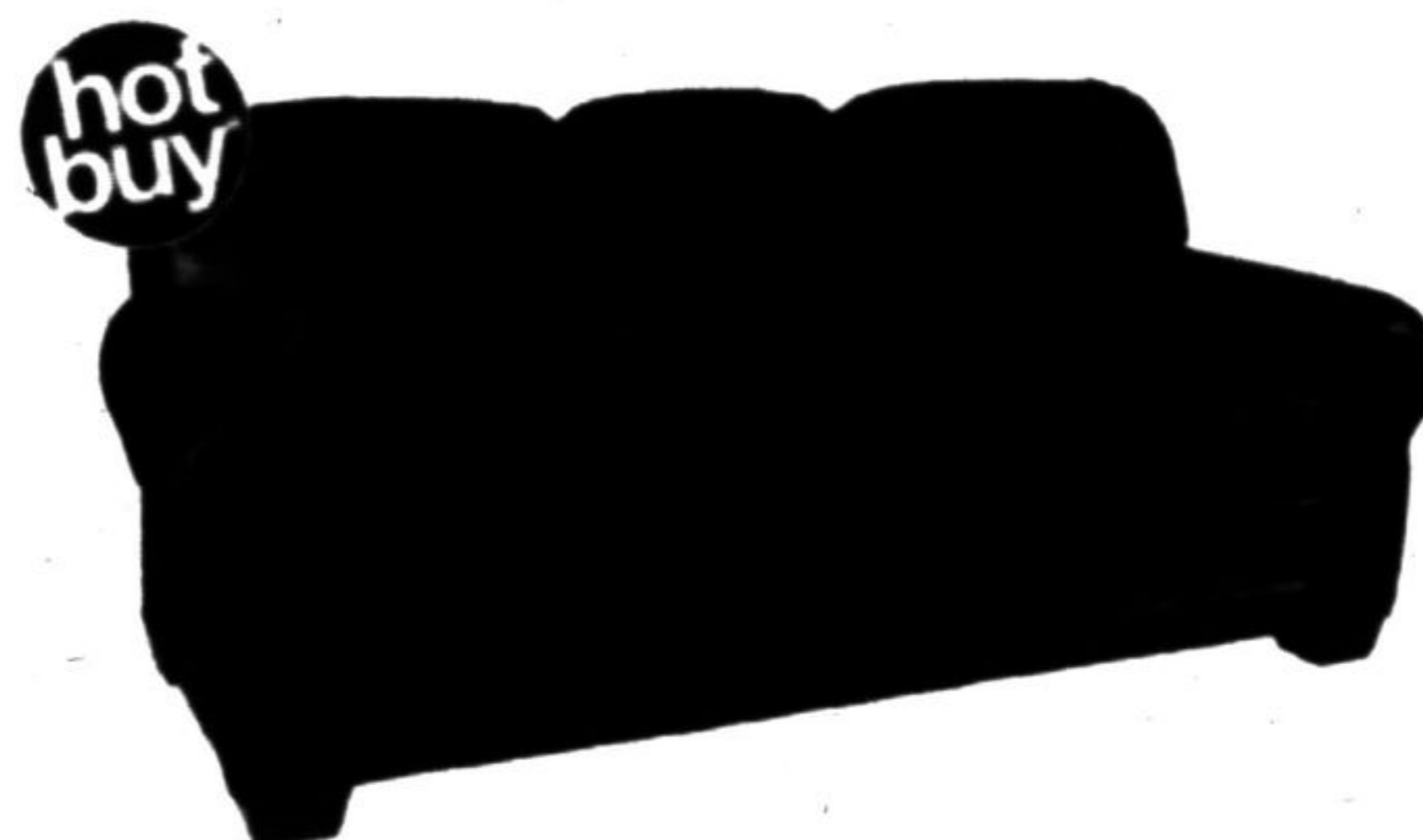


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