

## Young Triathletes Ready To Make Mark

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Submitted by Greg Yatko

Several area Elite level youth and junior triathletes will be headed for Longmont, Colo., on Aug. 12 to compete against the best younger triathletes in the United States and perhaps the world.

Eric Yatko, a 14-year-old ninth grader at Chandler High School, will be joining 18-year-old Stuart Moty and 17-year-old Claire Moty of Scottsdale, along with 15-year-old Dylan Barr of Glendale, as they strive to be at the top of their sport.



Each of these young adults regularly compete in adult level sprint triathlons, where they not only usually win their age groups, but contend for podium finishes.

Recently, they all competed in the Mountain Man Sprint Triathlon in Flagstaff where Eric Yatko posted a third place overall finish among 273 competitors, (1 hour, 7 minutes, 44 seconds), for a 700-meter swim, 10.8-mile bicycle race and a 3.1-mile run. The older juniors were close behind, faring almost as well.

These young triathletes wake up several times a week before 5 a.m. to bicycle up South Mountain, and do bike interval training on the safer roads where they live. In addition to their 80 miles a week of road riding, they swim more than four miles a week, and run 15 to 20 miles a week, including interval work at their local running track. They are as dedicated as any athlete regardless of sport. It's not surprising that they all excel in their academics as well.

We wish them the very best on their journey of ever higher levels of competition, and their dream of one day representing the U.S. in world championship level triathlon competition.