

Olympian Annamay Pierse will be in Caledon at Kids of Steel Triathlon



For nearly 20 years, Edmonton's Annamay Pierse has had a love affair with the water.

Putting in eight to 10 swims, totalling more than 50 kilometres, per week, the 29-year-old athlete dreamed of going to the Olympics, finishing sixth in the 200-metre breaststroke in the 2012 Games in London. For more than two years, she held the world record at that distance.

With four younger sisters, who all swim on the national team, Pierse has been a leader for the family. Now living in Toronto with her Olympic paddling boyfriend (bronze medalist Mark Oldershaw), she has decided to give the new sport of triathlon a try. Pierse will be in Caledon May 26 to race in the 13th Annual C3 Kinetico Kids Of Steel Triathlon.

"My family and I have been involved in the Edmonton Kinetico Kids of Steel Triathlon and I have been looking for a new sport to stay active in, so I am excited about coming to Caledon and getting involved with one of the biggest family triathlons in the country," she said.

Pierse is well aware that the Kids of Steel Races were designed to bring families together to exercise and have a great social day. "I love the fact that Barrie Shepley and the C3 gang have been committed to putting on this race for 13 years, and that so many community volunteers get involved in the event," she added.

The 13th annual C3 KOS Triathlon will be open to all ages, from three to 75 and everyone in between. The event takes place at Caledon Central Public School on Kennedy Road. The day's biggest category is the one for kids aged three to six, in which children can use a life-jacket, ride on their four wheel tricycles and jog 200 metres to the finish line. It's also possible to do the event as a family, getting one swimmer, one biker and one runner and make up a relay team.

Pierse will be available to sign autographs after she does her first C3 KOS Triathlon race herself.

Details to register and volunteer are at www.c3online.ca