



Photos submitted by JODI MYERS

Sarah and Riley Myers get ready for the Memorial Day 5k race in Harrisburg.



Riley Myers races toward the finish line at the 2011 School's Out Kids Triathlon in Horsham, as his mom, Jodi, and sister, Sarah, look on behind him.



Sarah Myers completes the biking portion of the East Pennsboro Aquatic Club triathlon near Pittsburgh.

Sister and brother take advantage of YMCA programs

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Camp also taught her a thing or two about survival. "We did the Thousand Steps trail and we learned how to set up camp and eat camp food in case you're lost," she says. After the lesson, they had a competition to see who could set up the best emergency camp using only the supplies they had on hand.

Kidz Camp, which Riley attends, is a day camp that runs almost the whole summer.

"We get to play kickball, baseball, soccer. We go to Burnham park and the pool, and we play in the stream at the park. We look for little critters in it," Riley says. Riley has found crayfish of various sizes in the stream.

The group does rock climbing at the Y, and Riley says they do quite a bit of swimming as well.

Even with all these activities, the pair still finds time to do other things outside the YMCA. Namely, they participate in 5K runs and triathlons. Sarah credits her mother, Jodi Myers, with getting them involved in these events.

"Mom would run 5Ks and do triathlons," she says. "She's the one who got us into it."

They have each participated in five of the 5K events.

"We did the Goose and the Grace Race twice each, and the Memorial Day 5K in Harrisburg," Riley says.

"The Goose" is the local 5K run that is held in conjunction

with Goose Day festivities. It was at one of the Goose races that Riley had one of his proudest moments.

It was his first 5K. At the beginning of the race, Jodi gave the kids a pep talk about pacing themselves. Then, she ran ahead of them, intending to wait for them at the finish line.

"We don't really stay with each other," Sarah says. "We split up and go at our own pace." Riley's pace was a good one - about a mile from the finish, he ran up behind Jodi, passed her, and beat her by 45 seconds.

Sarah, on the other hand,

prefers the triathlons, which are competitions comprised of three continuous events.

"First you swim, then you get out and put on your helmet and dry off, and you bike. Then you take off your helmet and run." Sarah stresses the part about taking off the helmet, because once, she forgot to do that.

"It just looked silly!" she says. While it didn't disqualify her, and it wasn't really an issue, she was a bit embarrassed. Sarah's good nature lets her laugh about it now, though, and she shares the advice with anyone who may benefit from it.

The siblings have competed in the Make-A-Wish Foundation Triathlon in Cockeysville, Md., which was Riley's first event, the School's Out Kids Triathlon in Horsham, and the EPAC Kids Triathlon in East Pennsboro.

"That was my very first triathlon ever," Sarah says of the Horsham meet.

Of all the activities the two have participated in, triathlons are Sarah's favorite.

"I like the biking part of it and just seeing how you will do if you go faster and try to beat your time. I love the excitement," she says. She also likes that a participant can do

well in the overall event, even if they don't excel at one part of the race.

Riley, on the other hand, can't choose just one activity as his favorite. He likes doing everything and being involved in different things in general.

As time goes on and new opportunities present themselves, the Myers kids will continue to take on new adventures and broaden their horizons. If their attitudes regarding their past endeavors carry into the future, then the saying that will fit them best will be, "You'll never know what you can do if you don't try."



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