



# The Games Online Daily



## Female Triathletes Persevere Over Bumps in the Road

By Amy Adamle

“When you have a trial, you’re going to triumph. There’s always a blessing,” athlete Karen Newman said after finishing second in the Women’s Triathlon at Lake Phalen.

Newman, like many other athletes, has faced many challenges in her life including breast cancer. But she has triumphed by competing in the 2015 National Senior Games presented by Humana, and has written a book, “Just Three Words,” which comes out in October and describes her journey overcoming obstacles. Newman was also featured as a 2014 NSGA Personal Best athlete.



“I love the Senior Games and everyone here. It’s nice to have that camaraderie even when someone’s beating you,” Newman said.

A Minnesota resident, Kathryn Jensen, 51, finished first in the Women's Triathlon. She was led to the finish line by her 12 year old son, Michael, who has competed in Special Olympics. "Michael has completed two triathlons himself, and he usually leads me to the finish line at the end of my runs," said Jensen.

Jensen and many of the other athletes thought the course around Lake Phalen was great except for some bumps during the biking portion.

"I'm surprised by my results. The course was a little rough, but it's better than it's been before," Jensen said after the race.

Eighty-four year old Dorothy Sinson from Chicago, Illinois, was happy to have finished with her best time ever in a triathlon. Sinson began training when she was 78 years old after an instructor at her health club noticed she liked to swim and run and suggested she do an indoor triathlon.

"She didn't know at the time what a triathlon even was, but after she'd beaten everyone from 50 years and above, we realized she's good at this," said husband, Junie Sinson.

Sinson was not sure she was feeling well enough to compete until this week, having been in the hospital recently for kidney stones. "I knew that I had worked out and my muscles were ok, but I had no stamina," she said after the race. "Then I realized that you can't change your muscles if you've been working out, but you can change your stamina with grit-and I did my best time."