

# Triathlete races for mom

◆ **Carlisle woman inspired by her mother's cancer fight.**

**By John Hilton**  
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A triathlon consists of swimming, biking and running. Miranda Myers already knows the hardest part of running her first triathlon Sept. 9.

"I think sleeping the night before will be hard because I'll be so excited," says the 21-year-old Carlisle woman.

Myers has coped with sleepless nights before — for very different reasons. Her mother, Tammy Myers, 45, was diagnosed with acute myelogenous leukemia in September 2003 and spent several months battling the disease into remission.

"I watched as her hair fell out and her body weakened," Myers writes on her Team in Training webpage. "The disease can be devastating, and often deadly."

So when the offer came about to run in the Susquehanna Steelman Triathlon to benefit the Leukemia and Lymphoma Society, the younger Myers didn't hesitate.

"I don't know how this came into my mind, but I just wanted to do (a triathlon)," she says. "I'm doing it for my mom."

The Steelman event — at Shikellamy State Park in Sunbury — is a "sprint triathlon" with shorter distances. A half-mile swim in the Susquehanna River is followed by a 13-mile bike race on country roads. A 3.1-mile run through Shikellamy State Park paved trails completes the event.

## Close bond

Tammy Myers home-schooled both of her children — she has a 20-year-old son — forging tight bonds between them. She says her daughter has always looked for challenges.

"It never occurs to her that she can't do it," Tammy Myers says. "It never occurs to her that she can't run a triathlon, or raise \$2,000 (the sponsorship goal). I asked her 'Where are you going to get \$2,000?'"

So far, Miranda Myers has raised \$1,315. She is accepting donations on the Internet at [www.active.com/donate/intcpa/miranda](http://www.active.com/donate/intcpa/miranda). An accomplished swimmer who

• See Racer, B3

Sunday, August 12, 2007  
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# Racer

• Continued from B1

teaches classes at the Carlisle YMCA, the younger Myers has little experience in biking or running. In fact, Tammy Myers raised an eyebrow when her daughter broke the triathlon news.

"It's kind of overwhelming because it's a lot of work for her to train for all of those events," Myers says. "She was never really all that athletic."

## Goals in mind

Miranda Myers plans to run a mini-triathlon in Boiling Springs later this month as a tune-up. As it stands, she can swim 500 yards in six-and-a-half minutes, bike 15 miles in 50 minutes, and run three miles in 25 minutes.

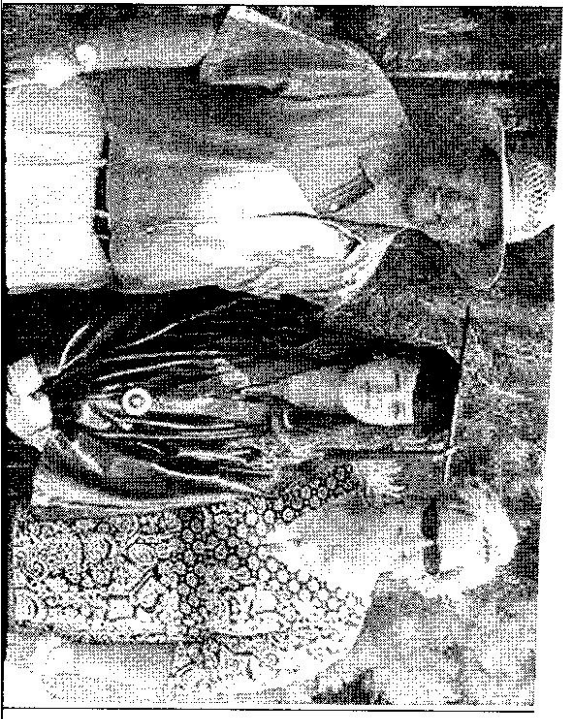
"I don't know how the transactions will go, but I'd like to

do it all in an hour and a half," Myers says. "My goal is to do it in an hour and 15 minutes."

A recent graduate of Shippensburg University, where she regularly appeared on the Dean's List, Miranda Myers is preparing for her first job teaching fourth grade at Carlisle Christian Academy.

In between, she is swimming, running, biking and lifting weights in preparation for the triathlon. Meanwhile, Tammy Myers continues to tick off the months her cancer remains in remission. Mom says she hopes to be at Sunbury to watch Miranda take to the water in four weeks.

"It's not something I would ever have imagined that she would have done — not in a million years," Tammy Myers says.



Miranda Myers is joined by her parents for her Shippensburg graduation. Miranda was inspired by her mother's cancer fight to train for a triathlon.

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