



Sophie Kiwala, MPP

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As Kingston and the Island's MPP and the Parliamentary Assistant to the Ontario Minister of Tourism, Culture, and Sport, it gave me enormous pleasure to be able to present the finishing medals at the 'KTown Tri'. My congratulations go out not just to the participants but also to the organisers, the Kingston police and the small army of volunteers who ensured that the races were safe and enjoyable for all concerned.

There are many reasons to compete. For some, your efforts would have presented one of life's greatest challenges, while others may have been honouring the memory of a loved one, friend or colleague. For the more experienced runners, swimmers and bikers, the race might represent a shot at a personal best or even perhaps a stepping stone towards Olympic glory. For most of you however, I suspect that there needs to be no better reason than the celebration of good health and sharing in the obvious camaraderie that surrounds the sport you love.

Whatever the reason for your efforts, I was in awe of your commitment and achievement. Equally important, you gave inspiration to the many adults and children who came along to watch, learn and support you.

May your life's journey be filled with the enjoyment of sport and good health and may your passion continue to infect those around you - **JOB WELL DONE!!**

Warmest regards,

Sophie Kiwala, MPP

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