

# Lincoln Park Triathlon spreads awareness of disabilities

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Suburban Trends

In just three short years the [Lincoln Park](#) Triathlon has blossomed into a town-wide event that keeps on growing. About 250 people participated on June 30 in this year's triathlon, which had more participants and raised more money than in each of the past two years.

"It has gotten bigger every year. We've raised more money every year," said borough resident Amy Seise, who is one of the event's coordinators.

Seise is one of 10 members of the [Lincoln Park](#) Triathlon Core Team, an organization made up of borough residents that was formed three years ago when Mayor David Runfeldt approached a group of dedicated runners in town and asked them to set up some sort of town-wide race. The money raised by the Core Team through the triathlon gets donated to different Lincoln Park charities and organizations. Last year, the money that was raised was used to purchase Automated External Defibrillators (AEDs) that were then donated for use at various parks throughout the community. This year the Core Team wants to use the money to build bathrooms at the Ryerson Road Middle School Field.

Race distances for the swimming, the biking, and the running legs this year were .31 miles, 10 miles, and 3.1 miles, respectively. The [Lincoln Park](#) Community Lake served as the competition's "home base," said Seise, where competitors transitioned between legs. It was also the body of water used for the swimming leg, which was the first of the triathlon. The bike course then wound through many residential streets in Lincoln Park and [Pequannock](#), but the



PHOTO COURTESY OF AMY SEISE

Members of the Lincoln Park Triathlon Core Team at the third annual Lincoln Park triathlon. All of these members are from Lincoln Park.



PHOTO COURTESY OF SUNSHINE PROSTHETICS AND ORTHOTICS

Members of the Sunshine Prosthetics and Orthotics team that participated in the triathlon. Left to right: Colleen Wallace, Jack Wallace, Brooke Artesi, Andy Bell, Melissa Mendillo, Juan Escobar, (baby Nicco Artesi), Lisa Arbogast and Janelle Waite. Not present: Steve Pezzetta, John Wallace and Brad Gans.

majority of the course was on Beaver Brook and Jacksonville roads. Only two roads were used for the running leg – Ryerson Road and Park Avenue – as competitors ran down both and then doubled back to the finish line.

Mixed in the group of 250 participants were the members of Camp No Limits, a non-profit organization that provides education, mentorship, and a community for children with limb loss.

Although the closest Camp No Limits location is in Maine, members were encouraged to participate in the event by former [Lincoln Park](#) resident Brook Artesi. Artesi, an amputee herself who has competed in the triathlon before, lost a leg when she was 15 years old and is a counselor for Camp No Limits. She now owns her own business in [Wayne](#) called Sunshine Prosthetics and Orthotics where she creates and fits custom prosthetics and orthotics for people with limb loss. Sunshine P&O formed a relay team that competed in all stages of the triathlon.

"We formed the team to show the local community that disability is a challenge that you have to overcome like any other challenge," said Artesi in a Sunshine P&O press release. "You can still compete."

According the Sunshine P&O press release, Artesi recently placed first in speed rock climbing and second in speed kayaking at the Eighth Annual Extremity Games, organized by the Athletes with Disabilities Network in Millington, Mich. She encourages her patients to participate in physical events such as these because they provide an "encouraging, motivational, and inspiring atmosphere for her patients" while simultaneously educating others about the capabilities of people with limb loss and those with prosthetics.

For a complete list of winners at the 2013 [Lincoln Park](#) Triathlon visit [J-Chipusa.com/results.php?eventid=9476&p](http://J-Chipusa.com/results.php?eventid=9476&p).

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NOTE BY SUNSHINE PROSTHETICS AND ORTHOTICS: Team Sunshine participants were patients, family and friends of Sunshine Prosthetics & Orthotics; although not necessarily Camp No Limits members, all donations collected by them for Camp No Limits were matched by Sunshine P&O.

At Sunshine P&O, we create and fit custom prosthetics and orthotics for people (adults and children) with limb loss and/or mobility difficulties in addition to providing assistive devices for diabetic and cranial remolding needs.