

Self-taught, self-trained competitor attacks her first triathlon

Barely a year ago, Regina Redmond was 60 pounds heavier and her blood pressure was through the roof. She had tried multiple weight-loss programs without much success until



Redmond

she added a rigorous workout to her regimen. The 47 year-old Fort Myers resident started walking a mile a day. She slowly picked up the pace and the walking turned into running. Then she added bicycling to her regime. Wanting to burn off even more calories, Ms. Redmond taught herself to swim and added that to her routine.

Now she spends three hours each morning running, biking and swimming, rising at 3:30 a.m. to get her exercise completed before heading off to work. Then she runs another six miles in the evenings, ending her day with a few more laps in the pool. And she does it all by herself, in her own home, with no personal trainers, gym memberships or fancy exercise equipment.

Ms. Redmond eventually found herself signing up for the inaugural Galloway Captiva Triathlon taking place Sunday, Sept. 18. When she found that all the spots for the triathlon were filled, she turned to the Zehr Center for Orthopaedics' entry contest. Contestants uploaded photos and explained in 100 words or less why they wanted to compete. Photos and essays were posted online and a voting system was put into place. Ms. Redmond shared the link to her story on her Facebook page and her friends voted for her and shared the link as well. In just eight days she had amassed 9,105 votes, almost 50 percent of the 18,608 votes cast. She would go on to win the contest and earn a spot in the triathlon.

The triathlon will be held at South Seas Resort and includes a ¼-mile swim in the Gulf of Mexico, a 10-mile




bike race along the paved island roads of Captiva and a 5K run.

The inaugural Galloway Captiva Triathlon combines a great location with a great cause — helping the hungry and needy in Lee County. Thanks to the Galloway Family of Dealerships, the event's title sponsor, part of your registration fee will go to benefit CCM's local programs, including the Soup Kitchen and Meals on Wheels. Visit <http://captivatri.org> for more information. ■

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