



MORE REAL TIME NEEDED THAN SCREEN TIME by Jake Berenburg

Once upon a time, my journey into the world of fitness began with an unexpected adventure. As a father-son duo we stepped into the realm triathlon. My eldest son and I, both novices to the world of triathlon, embarked on this fitness escapade together, an experience that would reshape our perspectives on physical activity.

We chose the Chisago Lakes Triathlon which was not just a race; it was a spectacle that unfolded through the Chisago County well paved roads and the Chisago Lakes streets that brought out a welcoming community. My son, in his first-ever triathlon, managed to earn a medal, a tangible symbol of his triumph and newfound appreciation for the challenge ahead. What struck him the most was the collective energy of the city, a sentiment he expressed marveling at how incredible it must have been for our community as well as for the participants.

As we navigated the course, the support from our neighbors and fellow residents became a source of inspiration. In a moment of challenge when my son punctured a tire, multiple officers extended their help, offering him a lift back. Undeterred, he refused, fueled by the cheers and encouragement from both officers and bystanders.

Crossing the finish line together, he caught his breath and declared, "We are definitely coming back next year."

For my son, accustomed to the digital world, this physical feat held special significance. The training leading up to the event became a bonding experience, transcending generations. This was not just a race; it was a life-changing endeavor.

The backdrop of my own family history added depth to the significance of this marathon. My father, once an avid runner, battled heart disease by the time I turned 18. Keeping pace with my 18-year-old son became more than a personal accomplishment; it symbolized breaking free from the constraints of a hereditary health struggle.

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In a world where screens often take precedence over physical activity, events like these become essential. Cities, like Chisago City, helps promote such activities, celebrating the unity and strength that arise when a community comes together to host an event that transcends the ordinary and promotes a healthier, more connected way of life.