

# My Journey to Wellness

Anita Keegan





**1952**

Just a year old...  
and all set to go



**1954**  
Ready to ride!





**1956**  
My first "ride"



**1959**  
Proud rider



**1960**

Carolyn, Evie, Sister Anita,  
Anita and Tommy





**Water**

**Urine Samples • Amphetamines**

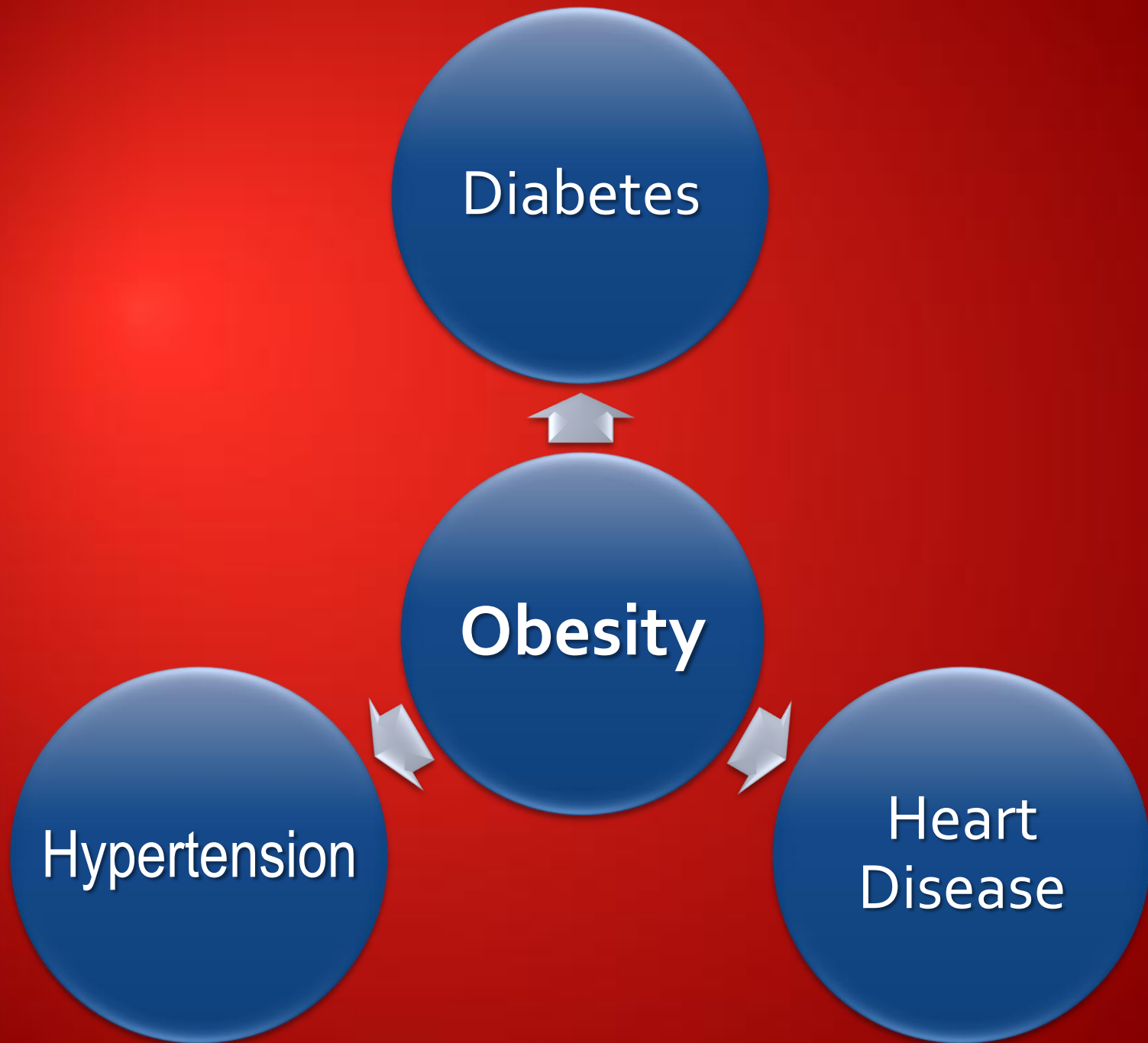
**EKG**

**Blood Tests**

**Weigh Ins**









**1998**

The new grandma

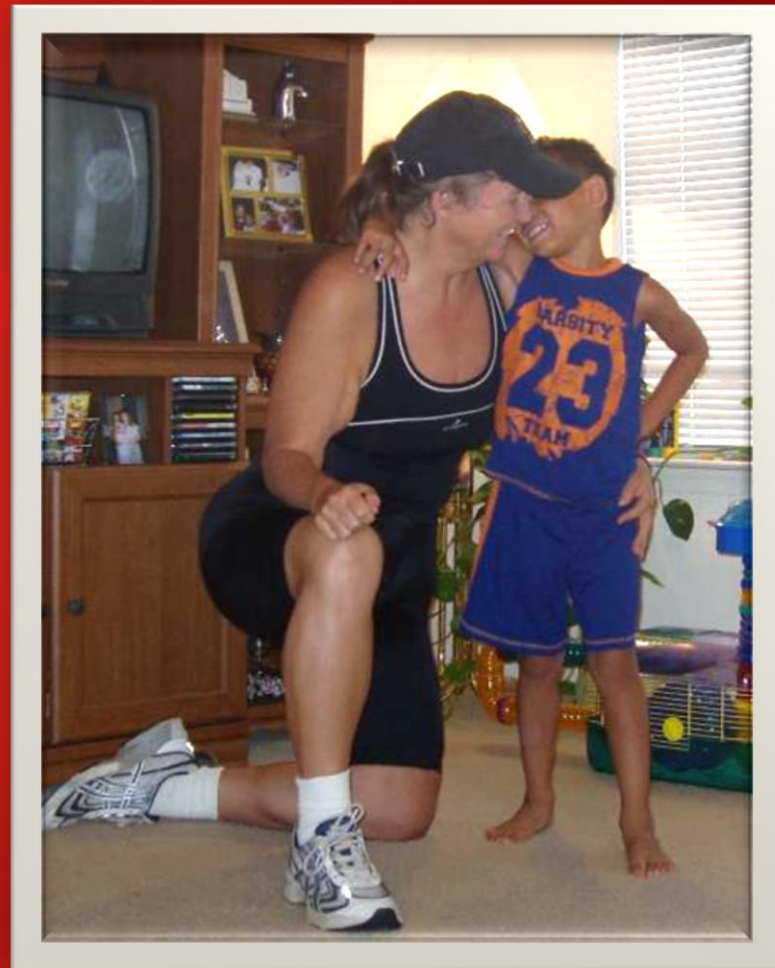






**2002**

Grandma and  
her budding racer



ANITA KEEGAN

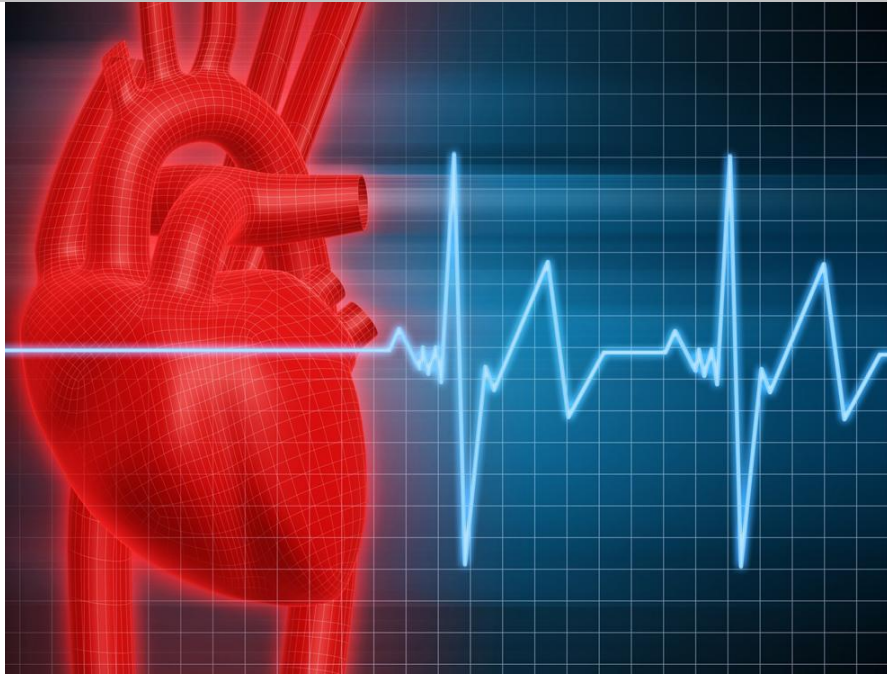
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1k Swim, 20k Bike, 5k Run



Breezy Point Triathlon





**2010**

8K finish – Anita and Eric  
1 Mile finish - Darren





1998  
Eric's first race



2010  
Half Marathoner



**2011**

Training for Shamrock Half

