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Local Ironman (woman) Finisher Leads Family With a Fitness Focus

COPPELL – Local Coppell resident, Kuay Sullivan, believes in making lists and checking off those important “to-dos” one by one. In June, this super-organized mother of two was able to check off a biggie. She crossed the finish line at the Ironman Triathlon in Coeur d’Alene, Idaho. The Ironman Triathlon is perhaps one of the most grueling athletic events, and Ms. Sullivan conquered this beast with focus, training, and finesse.

“It was fantastic and exhilarating to see so many athletes cross the finish line,” said Ms. Sullivan. “These athletes pushed themselves beyond what they thought they could do. Simply inspiring. When I crossed the finish line, I felt that all those spectators, all that cheering was all just for me. I felt like I was the only one crossing that line,” she said. Kuay wasn’t alone, however. Each year, this intense event attracts athletes from all over the world. Incredibly, 10 athletes represented the Coppell area alone.

The entire community of Coeur d’Alene supports this annual event cheering for over 2000 finishers each year. Back home in Coppell, Kuay has her own support system with her husband and two daughters, Trinity and Arwyn, cheering her every step of the journey. “I think it’s cool because we have to eat healthy and she makes good meals for us,” explained Trinity.

Kuay is quite an inspiring role model for her girls. Each one of her daughters is actively involved in athletics, too. Trinity, age 8, just returned from a national

competition with Master Cha's NTA Taekwondo team, and Arwyn (age 3) is a Tumble Toad in the Texas Dreams gymnastics program, both at EveryBody Fits.

"I like the fact that there are so many opportunities available for our kids today. With facilities like EveryBody Fits, my girls can choose to participate in any sport, any activity. I like to think that they are not limited in any way by their dreams," says Kuay.

Dream on, Ms. Sullivan. Dream on.



About EveryBody Fits

EveryBody Fits offers the finest artistic and athletic programs for the whole family including Gymnastics, Trampoline & Tumbling, Dance, Cheerleading, Taekwondo, Fitness, Art, Acting, Sports Skills, and Music. The first of its kind, EveryBody Fits is a uniquely-designed facility providing one place to enroll kids in a diverse set of programs while also allowing parents to focus on their own fitness or leisure desires. For more information, visit www.EveryBody-Fits.com or call 972-471-2345.

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