



'Friends of Aine' charity holds 'Try-athlon' for children in Bedford

Charity helps children cope with the loss of a loved one

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Updated: 3:57 PM EDT Aug 16, 2021



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BEDFORD, N.H. — Hundreds of kids got to try their skills at a “Try-athlon” on Sunday. The ninth annual Friends of Aine Triathlon was held in Bedford.

Each year, kids from ages 4 to 15 race to raise money for the charity. Christine Phillips and her husband are the co-founders of the organization. They were inspired after the death of their daughter Aine who died from a rare disease.

“Very often the kids are the forgotten mourners, we forget they’re grieving too and we want to get them in front of us, work with them, support them,” Phillips said. “So, that they can make better choices for themselves later in their lives.”

The group is used to help kids, especially siblings, deal with the loss of a loved one.

Source: ['Friends of Aine' charity holds 'Try-athlon' for children in Bedford \(wmur.com\)](http://www.wmur.com)