




Harvey Norman®
**PARA SPORT
CHAMPIONS**

KURT PETERSON

 Auckland

 August 21, 1987

 Cerebral palsy

 Para triathlon

Grassroots:

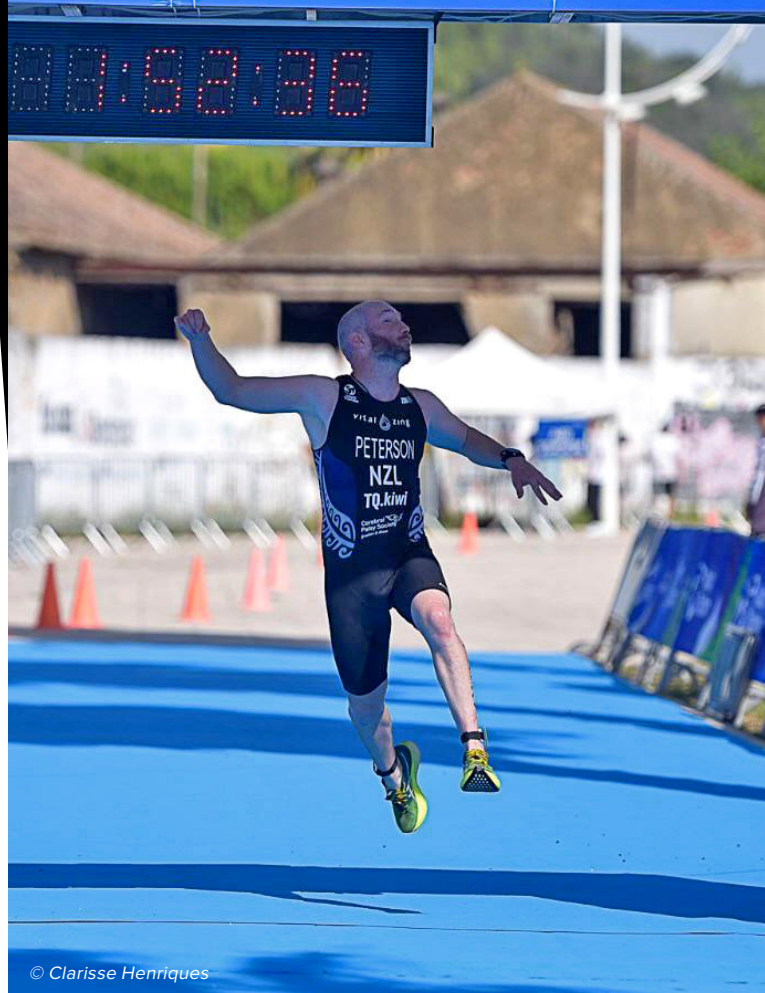
Kia ora tātou, my name is Kurt Peterson.

I grew up on the North Shore in Auckland, where I still reside to this day!

Growing up, I was a big motorsport fan, going around the country racing in my go-kart. I wanted to be a Formula 1 driver, when I grew up and idolized Michael Shumacher. My favourite memory would be watching him win the 2000 Australian Grand Prix Live. I also always enjoyed running, often running cross-country races in my school with leg casts on. My days were filled with watching sports, running with my dogs, and doing my homework (not my most favourite task!).

My journey as a Para athlete:

I first started exploring the world of Para sport about 3 years ago. I realised that my disability could be a source of strength and motivation, and I thought it would be fun to try and show everyone what I can do.



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“
The Paralympic values
are like superpowers!”

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KURT PETERSON

My Para sport is Triathlon, and it's been an incredible journey. I train hard and practice a lot. I swim, cycle, and run every day, do exercises to get stronger and listen to my coaches. It's also important to believe in myself and think positive thoughts. Visualisation and goal setting play a big role in my preparation.

They help me reach my sporting goals. Determination is never giving up, courage is being brave when things are tough, and inspiration is making others feel excited too. The Paralympic values remind me that I can overcome every problem with determination, that courage is necessary to push through the tough times, and that by sharing my journey, I can inspire and motivate others to pursue their dreams.

The first time I represented New Zealand was at a triathlon event in Busselton, Australia. It was amazing! My partner and I enjoyed our stay, and she cheered me on throughout the event. I felt really proud to wear my country's flag and colours on my tri-suit.

One of my proudest moments was when I won the gold medal in New Zealand's National Triathlon Championships. It felt like a dream come true! It taught me that hard work pays off, and I can do anything if I work hard. It was also exciting to have my friends and family cheering me on during the course!

To anyone who wants to be a great athlete or great at anything, remember to believe in yourself and your ability! Keep practicing, especially when things feel like they are tough. Mistakes help you learn and get better. Keep trying your best, and you'll achieve amazing things!

Fun facts:

- Just like Garfield, I love Lasagna!
- My hidden talent is I can juggle 3 of anything.
- My favourite performer is Taylor Swift (#taylorsversion).
- My favourite movie is The Ringer.
- I love Christmas! It is my favourite time of the year because that's when the adults get a wee holiday as well.

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