The Power of Showing Up: Lessons from the Optimism Cal Tri: Newport Dunes

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What 1,300 athletes taught us about courage, connection, and longevity.

Collaboration. Competition. Community.

This past weekend, Super Age was proud to sponsor the historic Optimism Cal Tri: Newport Dunes triathlon, an event that brought together over 1,300 athletes and thousands of supporters in a celebration of human potential.

The field was as diverse as it gets: first-timers dusting off bikes that hadn’t seen daylight in decades, seasoned athletes chasing personal bests, and everyone in between. What united them wasn’t speed or medals; it was purpose. The shared goal of testing limits, lifting one another up, and proving that vitality has no age limit.

Triathlons have a reputation for intensity, but they are also profoundly welcoming spaces representing something truly powerful: inclusion. Competitors cheered for strangers. Families waved handmade signs. Finishers doubled back to help others across the line. It was less about finishing first and more about showing up fully.

At Super Age, we call that aliveness, that energy that comes from pushing beyond what you think is possible. And at Cal Tri we did it together.

Winning is personal. Sometimes it’s crossing the line first. Sometimes it’s simply stepping into the arena for the first time. Either way, it’s a victory worth celebrating. We left Newport humming with vitality and pride, reminded that longevity isn’t just measured in years, it’s measured in moments when you show up as your whole self.

Photos: David Stewart, Marianna Jamadi, Justin Mayers

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