



REMEMBERING **Sean Henschel**

May 30, 2016



My dad was active and was training for his up coming ironman race. Every morning in the summer he would wake me up at the crack of dawn and drive me down on his motorcycle to the beach in Naramata to swim the bouys. He would give me pointers on my strokes, teach me what he learned from other athletes, and dramatically run into the water "Baywatch style". It was always freezing, I always complained, but now cherish and miss those mornings more than ever.

~Lindsay Henschel

