



# A Winning Team

By Robert Lerosé

**T**welve-year-old Noah Aldrich loves to play sports—something that he wished his younger brother could do with him. Ten-year-old Lucas Aldrich can't walk, talk, or feed himself because of a rare brain disorder he has had since birth.

Noah wanted his brother to know what it feels like to be part of a sport instead of having to sit and watch. So Noah started doing triathlons, taking Lucas along with him through the whole race. Noah tugs Lucas in a raft for the 200-yard swim, pulls him in a cart for the 5-mile bike race, and pushes him in a buggy for the 1-mile run. The brothers have done 19 triathlons together. We asked Noah what that's like.

### How did you get the idea to include Lucas in these events?

My mom showed me this video of two boys from Tennessee doing triathlons. One of the boys had a condition like Lucas has and the other was able-bodied. I got inspired by that.



**Every race is a victory for triathletes Noah and Lucas Aldrich.**

### What's it like having Lucas along?

I feel good the whole entire triathlon because I'm giving something to Lucas. He can experience things any other kid would.

### What do you get from him?

It's the smile on Lucas's face. That smile brightens me. The feeling of knowing that I've done something for him is incredible.

### When you received an American Hero Award, you talked about the importance of changing perspective. What did you mean?


People see Lucas completely differently: "Oh, he can't do something like that. He's disabled." But if you just change how you see things, you can see that there's a ton



of possibilities where Lucas can do swimming, biking, or even triathlons, like we do.

### What message do you have for other kids?

Even if something looks like it's going to be impossible, they should try and see if there are any possibilities where they can make what they want a reality. With love, the impossible becomes possible.

*Highlights* is proud to know these Gallant Kids. 

Photos courtesy of the Aldrich family.