

NEWS RELEASE

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FOR IMMEDIATE RELEASE

Contacts: Tracy Lubick, Resource Development Officer
383-5545 (office), 478-3991 (home)

Andrea Carey, Race Director, 216-4223 (cell)

Triathlon of Compassion Attracts Participants Ages 10 to 80

VICTORIA – The Women’s Sexual Assault Centre is hoping to raise \$20,000 at this year’s Triathlon of Compassion on Sunday, July 16th and the event is attracting participants from ages 10 all the way up to....80?!

“The event is attracting a lot of attention this year due to the fact that we have a group of phenomenal young athletes called Kelly’s Kids who have set their sights on raising \$1,000 as well as an 80-year old gentleman, George Ferdinands, who is focused on raising \$2,007 and raising awareness about the issue of sexualized violence in our community,” said Tracy Lubick, Resource Development Officer at the Women’s Sexual Assault Centre.

This will be the first year that the event has added the Project Respect Youth Race – an opportunity for kids ages 10 to 15 to compete and raise money towards prevention education through the Women’s Sexual Assault Centre. The group is coached by Elite triathlete Kelly Guest and they are the largest and most successful “kids-only” triathlon team in BC.

“In an age of video games, computers, and childhood obesity, these kids are a shining light for the future,” states the group’s fundraising website. “They are awesome examples of good sportsmanship and healthy living. The Triathlon of Compassion is a good way for the kids to learn how to give and the importance of volunteering and helping local charities.”

George Ferdinands has been a donor to the Women’s Sexual Assault Centre for many years. When he heard about the Triathlon, he decided to get involved and compete “in his own way.”

“I was fairly athletic when I was in High School a mere 65 years ago,” said Ferdinands. “Competing will look a bit different now that I’m 80 but it’s a cause that I feel strongly about. I’ll be there on race day – doing it my way – and raising pledges for the Centre.”

On the day of the race, George will be kicking back in a recliner that has been generously donated by La-Z-Boy Furniture and will be given away by silent auction. He has declared that he is representing all fellow “wanna-be” athletes and is proud to be lending his support.

On-line donations for Kelly’s Kids, George and other participants can be made at www.toc.givemeanng.com or dropped off at the Women’s Sexual Assault Centre at 941 Pandora Ave. between 9am and 5pm. Kelly’s Kids will also be at the Broadmead Thrifty’s from 7-8pm on Wednesday, July 12, collecting donations. Contact Tracy at 383-5545 for additional information.