



# NEWS RELEASE

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FOR IMMEDIATE RELEASE

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## **Triathlon of Compassion Supports Healing for Survivors of Sexual Violence**

VICTORIA – Barb Peck, a counsellor at the Victoria Women's Sexual Assault Centre, knows firsthand of the obstacles that her clients face when they are dealing with the aftermath of assault or abuse. It is for this reason that Barb is competing in her fourth Fort St. Cycle Triathlon of Compassion on July 15<sup>th</sup> to raise awareness and funds for services provided at the Centre. The event takes place at CFB Esquimalt and has played a key role in the history of the Centre.

“The Tri of Compassion actually started fourteen years ago as the Tri for Healing,” says Tracy Lubick, Resource Development Officer at the Centre. “Well over \$100,000 has been raised and, because of the shorter distances, it's ideal for anyone who is new to the sport or simply looking for a way to promote a healthy lifestyle while supporting a great cause.”

The Centre is commemorating their 25<sup>th</sup> anniversary this year and last year over 2,800 people accessed their services. “We have many people who have heard about us because of the Triathlon and who sometimes feel more comfortable contacting us after meeting members of our staff on race day,” says Lubick. “There is still a lot of secrecy and shame around the issue of sexualized violence. One out of four victims never tells anyone so an event like this helps to draw attention to available services and makes it easier to seek help.”

Barb Peck regularly encounters courageous women who are working hard to make positive changes in their lives. She says that training for the triathlon can be challenging but when she thinks about the challenges that her clients must overcome, there is no comparison. “It is an honour for me, as a counsellor, to be able to join a woman on her healing journey,” says Peck. “I invite everyone in the community to come out and join in the race – whether competing, volunteering, or making a donation -- you can make a big difference in someone's life.”

Barb and others have set up their own personal fundraising websites at [www.toc.givemeaning.com](http://www.toc.givemeaning.com). Over 50 volunteers are still needed to help on race day. To volunteer or for registration information, contact the Women's Sexual Assault Centre at 383-5545 or visit [www.runnersofcompassion.com](http://www.runnersofcompassion.com).

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What: Fort St. Cycle Triathlon of Compassion, 500m swim, 19k cycle, 5k run  
Project Respect Youth Race (ages 10-15), 100m swim, 6.8k bike, 1.6k run  
When: Sunday, July 15, 6:30am – 11am  
Where: CFB Esquimalt (Naden)