

Triathlon at base benefits several good causes

Young and old will be doing their part Sunday at the Triathlon of Compassion, an annual event to benefit the Women's Sexual Assault Centre and the Runners of Compassion.

Youth is being served by a team of athletes called Kelly's Kids, after their coach — elite triathlete Kelly Guest. They will be competing in the triathlon's new Project Respect Youth Race for 10- to 15-year-olds.

At the other end of the age spectrum is 80-year-old George Ferdinands, who has decided to get involved in his own unique way. Ferdi-

nands, who said he was a pretty good athlete during his long-ago high-school days, will spend the race reclining in a donated La-Z-Boy chair. The chair is being sold via silent auction, with the proceeds going to the Women's Sexual Assault Centre.

Online donations to these and other participants in the Triathlon of Compassion can be made at www.toc.givemeaning.com. The goal this year is to raise \$20,000 in pledges for the Women's Sexual Assault Centre, which provided a variety of services to more than 2,000

people last year.

General proceeds from staging the event go to the Runners of Compassion organization, which supports a variety of local and international charities.

The triathlon takes place at CFB Esquimalt beginning at 6:30 a.m., and includes both individual and team entries. The main course has a 500-metre swim, a 19-kilometre cycle and a five-kilometre run.

Contact 383-5545 for more information.

— *Times Colonist staff*