



For Immediate Release

YWCA of Minneapolis Women's Triathlon Honored at State Capitol

MINNEAPOLIS – Feb. 5, 2009 – The YWCA of Minneapolis was honored with a Breaking Barriers Award at the State Capitol Rotunda during the 2009 Minnesota National Girls and Women in Sports Day rally. This award recognizes the success of the first annual YWCA of Minneapolis Women's Triathlon. In 2008, a total of 500 women athletes registered for the event; almost half were new triathletes breaking personal fitness barriers and completing their first triathlon event.

"The YWCA has been empowering women and girls since 1891, and this is a direct extension of our mission," says YWCA CEO Becky Roloff, "to create a triathlon dedicated to supporting women of all ages and all athletic abilities. I am proud to say that the first Annual YWCA Women's Triathlon was also my first tri. This award is for all the amazing athletes who participated last year, breaking personal barriers and showing just how strong 500 determined women can be!"

The YWCA Women's Triathlon is a sprint-distance race (500yd swim/15mi bike/5K run) that takes place annually in August. Jan Guenther, a distinguished veteran triathlete and race co-director for the event says, "I've been involved with many races over the years, but this triathlon is about celebrating women's fitness and encouraging women to achieve personal goals in a fun, safe, and supportive environment."

Toni, a Women's Triathlon participant from Minneapolis says, "I have run women only races and am very excited to be able to have a tri with women only. I think it is empowering to see a group of women all working to achieve a common goal."

The YWCA of Minneapolis is pleased to announce that registration for the Second Annual YWCA Women's Triathlon opens to the public on National Girls and Women in Sports Day February 4, 2009.

About the YWCA of Minneapolis

The YWCA of Minneapolis is a nonprofit organization striving to empower women and girls, and eliminate racism. The YWCA of Minneapolis has been empowering women and girls since 1891 and is a community leader in health and fitness.

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