

MEDIA ADVISORY / PHOTO OPPORTUNITY

For Sunday, August 17, 2008

Five Hundred Women and Girls to Converge for New Triathlon

YWCA Women's Triathlon attracts many first-time triathletes

WHAT: Five hundred women, ages 14 to 71, will converge on August 17 at Baker Park Reserve to compete in the first annual YWCA Women's Triathlon. Participants will swim 500 yards in Lake Independence, bike 15 hilly miles through the city of Medina and then run just over three miles on the trails of Baker Park to complete the race.

Nationwide, women make up 37 percent of registered triathletes and their numbers are growing, according to USA Triathlon. The YWCA Women's Triathlon will help fuel this trend with nearly half of the participants being first-time triathletes. The only other all-women triathlon to take place in Minnesota was in 1984.

All participants, from beginners to world-class triathletes, will take part in the celebration of women's fitness and achievement of personal goals. Proceeds from the event will benefit YWCA of Minneapolis Women's Wellness programming, which empowers urban women of color to take control of their health. For more information, visit www.ywcawomenstri.org.

WHEN: Sunday, August 17, 2008

8 a.m. Triathlon Start (Lake Independence)

11:30 a.m. Awards Ceremony

WHERE: Baker Park Reserve

Maple Plain, Minn.

(20 miles West of Minneapolis)

PHOTO/INTERVIEW OPPORTUNITIES:

Women and girls training for the triathlon are available to share personal stories about the positive impact of fitness in their lives:

- April Anderson, Minneapolis, recently completed chemotherapy sessions to treat cervical cancer and is participating in the triathlon to get back to the lifestyle she loves.
- Carrie Husnik, Minnetonka, just returned home after deployment of her National Guard unit to Iraq and will join her mother Phyllis Hanson and sister Erica Swanson in the triathlon.
- Katy McGrane, Bloomington, has challenged her two sisters and niece to complete the triathlon with her. They are traveling from throughout the Twin Cities, Winona, Minn., and southern Wisconsin.

The race management team is also available to discuss the YWCA Women's Triathlon:

- **Jan Guenther**, race co-director, one of Minnesota's most distinguished female triathletes and endurance athlete
- **Paul Johnson**, race co-director, former college track coach at St. Kate's with 28 years of multi-sport experience
- **Quiana Perkins**, YWCA Fitness Product Coordinator and triathlete and runner

WHO: 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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