



MEDIA ADVISORY

STAR/PAL

(Sports Training Academics Recreation/Police Athletic League)

- What:** [2013 TRI-N-HARDER-4-KIDS Indoor Triathlon](#)
[\(In Memory of Officer Jeremy Henwood\)](#)
- When:** Saturday, January 12, 2013
7:00 a.m. to 12:00 p.m. – First wave starts at 7:45 a.m.
- Where:** Lawrence Family Jewish Community Center
4126 Executive Drive, San Diego CA 92037
- Contact:** Claire O’Leary
(619) 851-9391

Law enforcement officers, firefighters, lifeguards, and fitness enthusiasts are participating head-to-head in a unique effort to show their dedication to San Diego’s underserved youth and community safety. Participants “go the extra mile” for kids as they compete and raise money to benefit STAR/PAL youth programs and the SDPOA Law Enforcement Memorial Fund.

This year’s TRI-N-HARDER-4-KIDS athletes include Councilmember Kevin Faulconer, San Diego Police Assistant Chief Shelley Zimmerman, La Mesa Police Chief Ed Aceves, San Diego Fire Chief Javier Mainar, Harbor Police Chief John Buldoc, and personnel from Oceanside Police, Chula Vista Police, Probation, and City of Del Mar Lifeguard Departments, as well as civilians from the community.

The event honors the memory of fallen officer Jeremy Henwood, whose last act was one of kindness to a child who needed a helping hand. Like Officer Henwood, law enforcement and public safety officers who are committed to the well-being and safety of our youth are invaluable to the STAR/PAL mission of empowering underserved youth to build a safer and more prosperous community by engaging with law enforcement and collaborative partners.

Media opportunities: Participants will compete in waves, beginning with a 10-minute pool swim, 20-minute cycle ride (stationary bike), and a 15-minute treadmill run. The individuals/relay with the greatest total distance completed in the set time will be the winners. First wave starts at 7:45 a.m.

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Bringing youth & law enforcement together TODAY to build safer communities TOMORROW

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