



MEDIA ADVISORY

STAR/PAL

(Sports Training Academics Recreation/Police Athletic League)

- What:** **2014 TRI-N-HARDER-4-KIDS Indoor Triathlon
(In Memory of Officer Jeremy Henwood)**
- When:** **Saturday, February 8, 2014
8 a.m. to 12:00 p.m. – First wave starts at 8:40 a.m.**
- Where:** **Lawrence Family Jewish Community Center
4126 Executive Drive, San Diego CA 92037**
- Contact:** **Claire O’Leary, Director of Communications and Special Events
Cell: (619) 851-9391**

Law enforcement officers, public safety personnel, 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.

The event honors the memory of fallen San Diego Police 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.

This year’s TRI-N-HARDER-4-KIDS athletes include members of the Henwood family competing in honor of their brother and son fallen Officer Jeremy Henwood, San Diego Police Assistant Chiefs Shelley Zimmerman and Mark Jones, La Mesa Police Chief Ed Aceves, and personnel from San Diego Police, La Mesa Police, Carlsbad Police, County Probation, San Diego Unified School Police Department, and the District Attorney’s Office, as well as civilians from the community.

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. The first wave starts at 8:40 a.m.

TRI-N-HARDER-4-KIDS Platinum Medal Event Sponsor:



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