



PRESS RELEASE

EARLY RELEASE
AUGUST 3, 2010

Long Beach Triathlon

Sunday, September 19, 2010 at 7:00 AM
700 E. Shoreline Dr. / Long Beach, CA 90802

WEBSITES:

<http://www.pacificsportsllc.com/long-beach-tri-registration>

<http://www.active.com/donate/longbeachtriathlon10>

<http://www.careprogram.org>

Participants: 714-978-1528

Volunteers: Carlos Ruiz
562-624-4936
careprogram@chw.edu

Media: Karen Kachigan
562-633-3333

Carlos Ruiz
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The Long Beach Triathlon is a fast paced three-sport fundraising event that will take place on **Sunday, September 19, 2010 at 7:00 AM**, along the Long Beach City downtown shoreline. "This will be the 12th annual triathlon, and our second year as a fundraising event. I hope that through this event, the Southern California community will come together and recognize that HIV is still a big problem in this country", said Karen Kachigan, founder of the Long Beach Triathlon.

As a sprint triathlon, the race covers roughly half the classic Olympic triathlon distance, where athletes compete in a ½ mile swim, an 11-mile cycling race, and a 3-mile run. The triathlon is ideal for novice and intermediate athletes, yet attractive enough to draw the top tri-athletes on the West Coast circuit.

All proceeds from the triathlon go towards supporting the Comprehensive AIDS Resource and Education (C.A.R.E.) Program at St. Mary Medical Center, the largest comprehensive HIV provider in the Greater Long Beach area, and the fifth largest private HIV provider in the County of Los Angeles.

To participate in the triathlon as an athlete, please contact Pacific Sports at <http://www.pacificsportsllc.com/long-beach-tri-registration> or call 714-978-1528.

Now more than ever, non-profit community based organizations like the C.A.R.E. Program at St. Mary Medical Center, are in need of financial support from their communities and stakeholders. To sponsor an athlete or make a tax deductible donation to the event, please log on to: <http://www.active.com/donate/longbeachtriathlon10>

Volunteers are also being recruited to help staff the triathlon. Volunteers will not only support these courageous athletes during the competition, but will also help over 1,200 patients who depend on C.A.R.E. for services and support. Some volunteers will be needed as early as 5:30 AM. For more information on how to volunteer, please contact: www.careprogram.org or call Carlos Ruiz at 562-624-4936.

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