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WIN for KC Women's Triathlon sold-out with 700 athletes and is the first certified green race in the area!

Kansas City, Mo. (July 31, 2009) – The Women's Intersport Network for KC (WIN for KC) announces the 4th Annual WIN for KC Women's Triathlon, presented by Centerpoint Medical Center. This year's race will take place on Aug. 1, 2009 at Smithville Lake in Missouri and will follow eco-friendly practices, qualifying it as a certified green race.

The sprint-distance tri (500 meter swim, 10 mile bike, 3.1 mile run) attracts triathletes of all levels. Out of 700 total participants this year, 407 are first-timers and newcomers to the sport of triathlon. Demand for this year's race was at an all-time high and the race sold out on June 1.

"We LOVE this event because it is so aligned with our mission," said Patti Phillips, WIN for KC Executive Director. "The camaraderie and sense of unity that these women share before, during and after the race is like no other event. The women experience such a sense of empowerment after setting a goal like this and reaching it! It is great to be at the finish line and witness the joy!" Phillips said.

The event's "green team" has worked with the Council for Responsible Sport (ReSport) to make this triathlon one of only a few certified green races nationwide. To achieve this certification, event organizers followed an extensive checklist of requirements, including using biodegradable materials, sourcing race supplies locally, recycling and composting waste, eliminating paper registration, and providing rideshare options.

Sisters Tri in Honor of One Who's a Breast Cancer Survivor

Pam Johnston, Cindy Smith, Shelly Ricehouse, and niece Cindy Mergen, share a special bond strengthened by Pam's fight with breast cancer over the past year and a half. Having already lost their mother to lung cancer, the sisters did everything possible to support their baby sister. While undergoing chemotherapy and multiple surgeries, Pam's four sisters, including Deb Mergen and Sherrie Cark, helped take care of her five children. On August 1, they'll celebrate Pam's courage and their own efforts to stay healthy by participating in the WIN for KC Women's Triathlon. "The WIN for KC triathlon has motivated me to get in shape and get healthy, which has been a huge boost in my recovery. It has totally empowered me!" Pam said.

About WIN for KC

WIN (Women's Intersport Network) for KC is a division of the Kansas City Sports Commission that empowers women and girls through advocating and promoting the lifetime value of sports and fitness while providing opportunities for participation and leadership development. For more information, visit www.winforkc.org or call (816) 389-4190.

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