

# NEWS



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## THPRD AND FACT OREGON TO HOST REGION'S ONLY INCLUSIVE TRIATHLON

The Tualatin Hills Park & Recreation District and FACT Oregon will host their second All Ability Tri4Youth, a fun, safe, fully accessible triathlon with an emphasis on inclusion. The event is open to youth of all abilities ages 8-26.

The only event of its kind in the region, the All Ability Tri4Youth will be held from 9 am to 2 pm on Aug. 11 at THPRD's Howard M. Terpenning Recreation Complex, 15707 SW Walker Road, Beaverton. Athletes will swim 50 yards, bike two miles and run a half mile on a fully accessible course.



Participants can do the triathlon on their own or as part of a team and can use adaptive equipment as needed.

**"It was great to see kids of all abilities find their inner athlete," one parent said about last year's debut event. "Amazing, uplifting, couldn't stop crying and cheering," said another.**

"Our goal is to create recreational opportunities for everyone in our community," said Julie Rocha, Tualatin Hills Athletic Center supervisor. "This is a wonderful event where youth and adults experiencing a disability, their siblings and peers have an opportunity to participate in an exciting all-ability event."

Rocha said last year's debut event drew 98 participants and organizers "hope to double that number this year."

This year will feature opening remarks from Karen Gaffney, president of the Karen Gaffney Foundation. Gaffney is the first person with Down syndrome to complete a relay swim of the English Channel. She has completed many other long-distance swims. Her foundation champions the journey to full inclusion for people with Down syndrome and other disabilities.

Doug Menke, THPRD general manager, will also speak at the event.

A post-race party will feature activities, food, music and community partners that specialize in providing support for families experiencing disability. Every athlete will also receive a T-shirt and medal.

Registration is available at [factoregon.org](http://factoregon.org). Registrants can create a fundraising page to support registration fees. Interested volunteers may inquire at the FACT Oregon website.

#### **About THPRD**

Formed in 1955, THPRD is the largest special park district in Oregon, spanning 50 square miles and serving about 250,000 residents in the greater Beaverton area. The district provides year-round recreational opportunities for people of all ages and abilities. Offerings include thousands of widely diverse classes, 95 park sites with active recreational amenities, nearly 70 miles of trails, eight swim centers, six recreation centers, and about 1,500 acres of natural areas. For more information, visit [www.thprd.org](http://www.thprd.org) or call 503-645-6433.

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