



FATHER JOE'S
VILLAGES®

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FACT SHEET

25th San Diego International Triathlon

The **San Diego International Triathlon** became one of the first fund-raising events for the **St. Vincent de Paul Center** back in 1983 when Rita McNeely of St. Vincent's Ladies Guild introduced her son, professional triathlete Rick Kozlowski, to Father Joe Carroll. Over lunch the three created the **San Diego International Triathlon**. Since then, more than 30,000 triathletes have participated in the event that is sold out every year and has raised more than a half-million dollars for neighbors in need at **Father Joe's Villages**.

What: 25th Annual San Diego International Triathlon

When: Sunday, June 29, 2008

Where: Spanish Landing Park on Harbor Drive across from the San Diego International Airport.

2 Courses – International and Sprint:

Start at the western end of Spanish Landing Park and end at Embarcadero Marina Park North, just behind Seaport Village.

International:

- 1K swim in San Diego Bay at Spanish Landing Park.
- 30K bike ride to Cabrillo National Monument and back.
- 10K point-to-point run along Harbor Island and the Embarcadero.

Sprint:

- 5K swim in San Diego Bay at Spanish Landing Park.
- 20K ride to Cabrillo National Monument and back.
- 6K point-to-point run on the Embarcadero.

Number of athletes participating: Approximately 1,000 professional athletes and weekend warriors from around the world.

History of Triathlon: According to Father Joe Carroll, it all got started in a bar in Pacific Beach when a cyclist, runner and swimmer each claimed their sport was the most demanding. So they put their mettle to the test and each did all three sports. Then in 1974 the San Diego Track Club did a short version of the triathlon on Fiesta Island. From there, Navy Commander John Collins created the Ironman event on the island of Oahu while stationed in Hawaii.

Participants of Interest:

Two employees of Father Joe's Villages are participating as part of a team.

Roland Vance, the first St. Vincent's employee hired by Father Joe in 1983, will compete in the bike portion of the event.

Eliza Hook, a case manager at St. Vincent de Paul Village, will compete in the running portion of the event.

Presented by:

KOZ Enterprises Special Events Marketing & Management, www.kozenterprises.com

About St. Vincent de Paul Village:

St. Vincent de Paul Village is a member of Father Joe's Villages, a San Diego-based nonprofit that helps homeless neighbors in need regain their lives through a unique life-changing program that is nationally recognized and modeled for its effectiveness.

Celebrating its 25th anniversary, the Villages' groundbreaking approach to rehabilitation, known as the "University of the Human Spirit," addresses the underlying causes of homelessness to help people become responsible, self-sufficient, productive citizens and pass their newfound independence and life skills on to their children and families. "When we help one person, we help generations of families and communities," Father Joe says.

On Tuesday, June 24, 2008, the San Diego City Council is scheduled to make a Council resolution proclaiming June 29 "San Diego International Triathlon Day."

For more information about Father Joe's Villages and St. Vincent de Paul Village, www.neighbor.org