

Media Release
For immediate Release
February 2, 2012



In case you haven't already heard, Tammy Slauenwhite is taking on Epic Dartmouth to raise money for PRO Kids. Epic Dartmouth, "The greatest one day endurance event in Dartmouth's history" starts at 7:00 a.m., July 1, 2012 and is comprised of three races: AQUA Dartmouth (3.8 km swim + 180 km), EPIC Dartmouth (3.8 km swim + 180 km bike + 21.1 km run) and IRON Dartmouth (3.8 km swim + 180 km bike + 42.2 km run). Tammy has chosen to challenge IRON Dartmouth, an ironman-distance triathlon, something she has dreamed of doing since her youth. EPIC Dartmouth also has a charity option for those who want to participate in the event to support a local charity. Tammy decided to enter the race via the charity option, making her experience of training for and completing her first ironman-distance triathlon even more exciting and meaningful.

Tammy is a resident of Riverport, a local fitness and physical activity enthusiast, and owner of TamFit Personal and Group Fitness Services. You may see her teaching a fitness class, coaching new runners and training with the Bridgewater Triathlon Club (BTC). She also coaches the beginner triathlon program "My First Triathlon" for the BTC. She is full of energy and rearing to go! She also welcomes you to join her at any time on her training journey.

Tammy, or "IronTam", is required to raise \$1200 by June 1st, but she has set a personal goal of \$5000! She is already off to a good start with enormous support from friends and family, including Janice Rand, the District of Lunenburg's PRO Kids Administrator, Sandy Mair-Dodman, the Town of Bridgewater's PRO Kids Administrator and Tim Chesnutt, Race Director and Head Instigator of Epic Dartmouth. The energy is incredible!

So "What is PRO Kids?" It is Positive Recreation Opportunities for Kids! This program provides financial assistance to children and youth who, due to lack of funds, are not able to participate in sport, recreation and cultural activities. This program strives to remove financial barriers to ensure every child and youth has an opportunity to participate. PRO Kids can help our youth make big dreams become a reality! The funds Tammy raises will go directly to assist youth in Bridgewater and the District of Lunenburg.

To keep informed of IronTam's PRO Kids fundraising events, amounts raised, training journey and Epic Dartmouth news, "Like" her Facebook page: TamFit (Tammy Slauenwhite) is taking on Epic Dartmouth for PRO Kids.

To learn more about Epic Dartmouth, click this link: <http://epicdartmouth.com/>

How can you help? One great way is by making a donation. To support kids who reside in the Town of Bridgewater call 543-2274 or drop in or send your donation to the Town of Bridgewater, 60 Pleasant St., Bridgewater, NS B4V 3X9. To support kids who reside in Municipality of the District of Lunenburg call 541-1343 or drop in or send your donation to 210 Aberdeen Rd., Bridgewater, NS B4V 4G8. Receipts for income tax purposes can be provided for donations of \$10 or more. There will also be plenty of opportunities to donate in a variety of ways over the next coming months. Every penny makes a difference in the lives of PRO Kids!

Jumping on the "Tam" wagon! Host a fundraising event or volunteer!

For information contact:

Tammy Slauenwhite, IronTam	553-0310
Sandy Mair-Dodman, Program Coordinator	543-2274 or 541-4384
Janice Rand, Program Coordinator, PRO Kids Administrator	541-1343 or 541-1335
Tim Chesnutt, Epic Dartmouth	1-800-880-6806 or 902-434-7132



IronTam in action!