

## Community Information & Volunteer Centre

## Capital News: Volunteer Centre Column 2011 July 7

## See great athletes in action

The 29<sup>th</sup> annual Pushor Mitchell Kelowna Apple Triathlon takes place August 19-21, 2011.

For the 4th consecutive year, the Kelowna Apple Triathlon will host the Canadian National Championships and ITU Triathlon Pan American Cup. It is also a qualifier for the 2011 World Championships in New Zealand.

The 2010 Kelowna Apple Triathlon achieved another record of more than 1,800 local, national and international event entries. This year we are adding a Fun Run on Friday and expect to have another record-entry year.

None of this can happen without the Okanagan's dedicated volunteers. More than 1,200 volunteer positions are again to be filled this year.

Richard Montgomery, President of the Kelowna Apple Triathlon Society (KATS), says "The Apple has a really big heart with space for everyone, whether volunteering, competing or just watching".

"Every person has an opportunity to participate. whether the eight year old doing her first Kids of Steel, the novice doing a Try-a-Tri, the bike marshal securing a road, or colleagues challenging each other in the Business Challenge Relay," adds Montgomery.

More than 1,200 volunteer positions are available. This includes bike and run course marshals, set-up and take-down, security, body-marking, finish line duties and assistance to paratriathletes.

We are also looking for Homestay families to host Elite athletes. Please get your family, neighbours, team or friends involved and help us make this a very special weekend to remember!"

If you would like to volunteer, please contact the Volunteer Director at <a href="volunteer@appletriathlon.com">volunteer@appletriathlon.com</a>. An online volunteer registration system will also be available soon. For more details on volunteering, participating or being a sponsor please visit our website at <a href="www.appletriathlon.com">www.appletriathlon.com</a>.

Read about some of the benefits offered for your involvement in this event. Go to <a href="www.kcr.ca">www.kcr.ca</a>, click on "Volunteer Opportunities Search", "Browse Organizations with Opportunities" and click on the "K" for Kelowna Apple Triathlon Society.

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