

## **Tri-4 Life - An event for Europe**

In June 2006, as part of the Capital of Culture bid's Year of Performance, 14 lads from Merseyside are undertaking a triathlon to raise £1 million for 4 key charities.

Stick Step (Merseyside youngsters with Cerebral Palsy)

Liverpool Heartbeat (Raising drug awareness and supporting community projects)

British Heart Foundation

International Water Aid.

The lads, who are all local from ordinary backgrounds, are going to do a unique relay, as two teams of seven they will cycle from John O' Groats to Lands End, swim the English Channel and then run from Calais to Brussels.

At key schools on the route they will promote a healthier lifestyle road show. The team will work with local councils and health promotion teams to promote the benefits of exercise and healthy eating. They will challenge all the young people that they meet to follow their example of making a positive contribution to their local community. A key focus point of the tour will be David Graham's "High School Tour" - West Derby Rotary Club has supported David's show, which was a "Rotary recommended event" in over 50 schools over the last two years, also the West Derby Rotary Club has supported the Tri-4 life from its launch in February 2004.

We hope that you think this event is worthy of your support. We would like you to participate in the Tri-4-Life event by doing you own sponsored event maybe encouraging your friends and colleagues to join in. We want to raise money for Tri-4 life, but we want you to enjoy it and have a good time helping this unique event. We would like Rotary Clubs to raise money for the National charity British Heart Foundation and International charity Water Aid, which are taking part in the Tri-4 Life appeal.

We already have a lot of interest and the support of Liverpool FC (Community team) and Steve Parry, Liverpool's Olympic Swimmer. We are willing to promote Rotary either through our own literature, on our website [www.tri-4-life.com](http://www.tri-4-life.com) or by putting your logo on our support vehicles.

If you want more information, visit our website [www.tri-4-life.com](http://www.tri-4-life.com) or contact our event director, Liam Hanlon [liamajhanlon@aol.com](mailto:liamajhanlon@aol.com) or telephone Rtn. Robin Baynes on 07968 193607 or [www.rotaryclubofwestderby.com](http://www.rotaryclubofwestderby.com)

If you would just like to make a donation you can do that by paying directly to HSBC TRI-4-LIFE EUROPEAN CHALLENGE 2006 Account No. 90006424.

Many thanks for your help.

Best wishes,

Robin Baynes.