



**BOYS & GIRLS CLUB**  
OF THE LOWER NAUGATUCK VALLEY

**FOR IMMEDIATE RELEASE**

**Contacts:**

Jack Ribas  
203-924-7462

Michael Cotela  
203-924-9329

**BOYS & GIRLS CLUB OFFICIAL CHARITY OF HEALTHNET TRIATHLON;  
HOSTS PRE-RACE PARTY**

**Shelton, CT, April 4, 2008** – The Boys & Girls Club of the Lower Naugatuck Valley is the official charity of the HealthNet Triathlon, and is hosting a pre-race pasta party with two-time Olympian Sheila Taormina. The dinner will be held at the Clubhouse in Shelton, One Positive Place, from 6-8 pm on June 20<sup>th</sup>. Sheila is an Olympian swimmer and World Champion Triathlete, as well as a 2008 Olympic Pentathlon hopeful. Bring the whole family, Sheila will speak with adults and children and inspire everybody to achieve great things in life. Space will be limited. Adult tickets are \$20 each, children's tickets are \$10 each. All proceeds from the pasta party will benefit the Boys & Girls Club. Register online at <http://www.trifitness.net/HealthNet.htm>; click on Pre-Race Party Featuring Sheila Taormina.

The Triathlon will be held on Saturday, June 21<sup>st</sup> at Indian Well State Park in Shelton. This is a USA Triathlon-sanctioned Olympic-distance event, featuring a \$1,500 cash prize and awards for AG and club participation. This Triathlon has also been selected to host the USA Triathlon 2008 State Club Championships, which will offer prizes for the fastest, biggest, and most enthusiastic Connecticut triathlon clubs. HEED from hammer will be offered on the run course, as well as Hammer gel. A barbecue will be held after the race.

Packet pickup will be from 4-6 pm at the Boys & Girls Club in Shelton on Friday, June 20<sup>th</sup>, followed by the pre-race pasta dinner. Packet pickup will continue on Saturday, June 21<sup>st</sup> from 5:30-6:30 am. A pre-race briefing will be held at 6:45 am, and the race starts at 7 am.

For more information about the Triathlon, visit HealthNet at [www.trifitness.net/HealthNet.htm](http://www.trifitness.net/HealthNet.htm). For directions or for more information about the Boys & Girls Club of the Lower Naugatuck Valley, visit us at [www.bgc-lnv.com](http://www.bgc-lnv.com).

###