

CITY OF SAN DIEGO TO PROCLAIM DAY IN STAR/PAL'S HONOR *Councilmember Cate to Kick Off 10th Annual TRI-N-HARDER-4-KIDS Indoor Triathlon*

San Diego, CA: Longtime public safety and STAR/PAL supporter, Councilmember Chris Cate, will be kicking off STAR/PAL's 10th Annual TRI-N-HARDER-4-KIDS Indoor Triathlon by proclaiming Saturday, February 8, 2020 in STAR/PAL's honor. In addition to the ceremonial role, Councilmember Cate will be serving as captain for a three-person indoor triathlon team.

His team will include:

- Luis Pallera, District 6 Council Representative: 10-minute pool swim
- Councilmember Chris Cate: 20-minute cycle ride (stationary bike)
- James Hauser, District 6 Chief of Staff: 15-minute treadmill run

STAR/PAL's TRI-N-HARDER-4-KIDS Indoor Triathlon started in 2011 by former San Diego Police Chief Shelley Zimmerman to challenge fellow law enforcement officers to compete in an indoor triathlon to benefit STAR/PAL youth programs. STAR/PAL is committed to empowering underserved youth and building a safer and more prosperous community by engaging with law enforcement and collaborative partners.

"I have seen first-hand the impact STAR/PAL has on our youth. I am truly humbled to be part of an event that honors the memory of fallen San Diego Police Officer Jeremy Henwood," stated Councilmember Chris Cate.

WHAT: STAR/PAL's 10th Annual TRI-N-HARDER-4-KIDS Indoor Triathlon

WHERE: Lawrence Family Jewish Community Center
4126 Executive Drive, San Diego CA 92037

WHEN: Saturday, February 8, 2020 at 8:00 a.m.

WHO: Councilmember Chris Cate
STAR/PAL staff, volunteers, youth
San Diego Police Department
La Mesa Police Department
United State Marine Corps
City of San Diego Lifeguards
U.S. Marshals Service



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