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LAW ENFORCEMENT, FIRST RESPONDERS, & PUBLIC “TRYING HARD” TO SUPPORT STAR/PAL *Councilmember Cate to Kickoff Sprint Triathlon at Largest Rooftop Pool in Downtown San Diego*

San Diego, CA: Longtime public safety and youth advocate, Councilmember Chris Cate, will be kicking off [STAR/PAL’s 11th Annual Tri-N-Harder-4-Kids Sprint Triathlon](#). In addition to the ceremonial role, Councilmember Cate will again be serving as captain for a three-person triathlon [team](#).

STAR/PAL’s Tri-N-Harder-4-Kids Indoor Sprint 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 a nonprofit organization that brings San Diego youth and law enforcement together to help youth rise above challenges and meet their goals while creating better relationships for the greater community.

Due to the pandemic, this year’s Tri-N-Harder-4-Kids Sprint Triathlon will be held virtually. This virtual event consists of a 10-minute swim, 20-minute cycle ride, and 15-minute run. Participants will have the entire month of March to track and submit their farthest distances, and the farthest overall distances will receive top finisher medals.

“STAR/PAL’s programs truly change lives. I know, because I have seen their organization’s positive impact, firsthand. I am proud to captain a team again this year and help support this incredible organization,” stated Councilmember Chris Cate.

WHAT: STAR/PAL’s 11th Annual Tri-N-Harder-4-Kids Triathlon Kickoff

WHERE: [AquaVie Fitness + Wellness Club](#) at [The Westgate Hotel](#)
234 Broadway, Fourth Floor (Rooftop), San Diego, CA 92101

WHEN: Tuesday, March 2, 2021 at 8:00 a.m.

WHO: Councilmember Chris Cate, City of San Diego
STAR/PAL staff, volunteers, and youth
Chief David Nisleit, San Diego Police Department
AquaVie Fitness + Wellness Club staff



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