



 **TRIADVENTURE**
 AUGUST 19-21
 MAKE A WORLD OF DIFFERENCE **2011**



What is the TriAdventure?

The TriAdventure is a 3 day athletic challenge undertaken by those committed to assisting people impacted by HIV/AIDS and/or civil war in Africa. From Friday August 19 to Sunday August 21, participants complete (one event per day): Swim 3 km (or run 15 km), Canoe 15 km, and Cycle 140 km.

Each participant will raise a minimum of \$1,000, with 100% of all proceeds donated to the **Nikibasika Children Learning and Development Project** of the **Canada Africa Community Health Alliance**.

A \$175 Athlete registration fee (\$75 for Crew) is required from each participant to help cover event costs, for which no tax receipt is issued. This ensures that 100% of all money raised is donated. The registration fee covers all costs associated with the event, including insurance through the Ontario Association of Triathletes.

At each leg of their journey, participants are fully supported with food, accommodation, and loads of encouragement. Prior to the event, participants are supported with training opportunities throughout the summer. To take part, all participants need is a bike & helmet, a bathing suit (or running shoes), a tent and the desire to make a significant contribution.

The TriAdventure was founded by Danny Nashman, and is supported by a Steering Committee, volunteers, and corporate sponsors. We have raised more than \$465,000 since the inaugural event in 2005.

How will the TriAdventure unfold?

On the evening of Thursday August 18th participants will bring all of their belongings to a downtown location to be packed for transport the next morning. Clothing and camping gear are packed into a bin that is provided. Signed waiver forms and a photocopy of their OHIP card must be given at this time.

On the morning of Friday August 19th, 60 participants will return to the same location to load their bikes onto the support vehicle. A bus transports participants and crew to **Camp Wahanowin** on the shore of Lake Couchiching (east of Orillia). We arrive at Camp Wahanowin shortly after noon (lunch is provided on the bus). The TriAdventure swim (or run) starts around 2:00 p.m. Dinner and social activities follow and accommodations are provided in the camp's cabins.

The next morning, we meet on the camp's beach. In canoes of two, we paddle south on Lake Couchiching and meet at 'The Narrows' for the final leg on Lake Simcoe. The entire route is approximately 15 km, landing at McRae Point Provincial Park. Following lunch, we cycle approximately 23 km to the evening campground at Point of Mara Park. Participants bring their own tents. Special evening activities follow dinner.

After breakfast on Sunday August 21st, we cycle down the east side of Lake Simcoe and over the rolling hills to Toronto (140 km). Depending on your fitness level, this takes five to seven hours (including rest periods and lunch). All refreshments, snacks and meal are provided. We arrive in Toronto for a group celebration with friends and family.

Why Participate or Support the TriAdventure?

Over the past six years, participants, event volunteers and corporate sponsors have decided to participate in or support the TriAdventure for a variety of reasons, including:

- A recognition that HIV/AIDS has created an unprecedented pandemic that is killing millions of men and women, leaving millions of orphans, and wiping out entire communities in sub-Saharan Africa in the process.
- To raise awareness of the plight of those impacted by HIV/AIDS in Africa, and to make a difference globally by acting locally.
- A desire to take action, where national and international politicians have failed to respond adequately to what has now become a crisis beyond measure.
- An acceptance that we live in a global village and that a responsibility to assist our neighbours does not end at Canada's border.
- A belief and commitment in the work of organizations such as Nikibasika and CACHA that support grassroots initiatives and efforts in Africa.
- To fulfill a personal physical challenge.
- To have fun and make new friends.

"I PARTICIPATE IN THE TRIADVENTURE BECAUSE I CAN. I OFTEN GET CAUGHT UP IN THE DAY-TO-DAY GRIND, AND A DOSE OF REALITY ABOUT OTHER PEOPLE, THEIR FAMILIES, AND ENTIRE COMMUNITIES IN AFRICA THAT ARE STRUGGLING WITH WAR, POVERTY AND THE HIV/AIDS PANDEMIC REMINDS ME OF WHAT MATTERS MOST. WHEN NOT ENOUGH IS BEING DONE BY THE WORLD TO ASSIST A CONTINENT OF PEOPLE, I CAN'T SIT BACK AND DO NOTHING. PLUS, I'M HARD PRESSED TO THINK OF A BETTER WAY TO HELP BY PARTICIPATING IN ATHLETIC CHALLENGES WITH OTHER LIKE-MINDED PEOPLE. WE HAD SO MUCH FUN LAST YEAR!"

Mohan Sharma, participant and Steering Committee 2005–2010



Where will funds raised from the TriAdventure go?

100% of every pledge raised by TriAdventure participants goes directly to our beneficiary.

This year, the funds will be directed to Canadian Africa Community Health Alliance (CACHA) in support of the Nikibasika Children Learning and Development Project - a home for 51 vulnerable children in Kasese, Uganda who have been impacted by HIV/AIDS and / or civil war.

CACHA is an umbrella funding agency for Nikibasika and other programs in Africa. The end result is that 100% of every donation made to a participant goes directly towards programs and services in Africa.

Donations in the amount of \$20 or more are tax deductible. Tax receipts are issued by CACHA.

Collecting Pledges

- Online pledges: www.triforafrica.org/participants
- Make cheques payable to the **TriAdventure** (on the memo line of the cheque write the participants name). All pledges must be accompanied by a completed pledge form so we issue a tax receipt. Pledge forms are available at: www.triforafrica.org/event
- Mail pledges and completed form to 860 Yonge Street, Toronto, ON M4W 2J1
- Please do not mail cash.



“THE TRIAD WAS BROUGHT TO MY ATTENTION BY A PERSONAL FRIEND, ALEXIS MACDONALD. AS FOR THE DECISION TO COMMIT TO THE TRIAD, IT SEEMED LIKE THE RIGHT TIME IN MY LIFE TO TRY SOMETHING LIKE THIS — A FIRST FOR ME.”

Ryan Mann, participant 2006–2007

Nikibasika

Nikibasika, meaning “it is possible” in the Western Ugandan language of Runyankole, is the theme of our learning and development project in Kasese, Uganda.

There are 51 children in Kasese that come from families who have been affected by HIV/AIDS and / or civil war. We have taken it upon ourselves to sponsor them and ensure that they have a chance to understand that “it is possible.” We will work with this group of children over the next 12 years until we have given every single one of them the chance to become a self sustaining healthy adult who has chosen a career path that they enjoy and is suited to them.

In order to ensure that this happens the project will fund all basic needs of the 52 children right through to their choice of post secondary education. They will also be provided with opportunities for career and life skills development including basic health practices, financial management, career planning, self awareness and respect.

Throughout all of this, we recognize that the children at Nikibasika will be among the more privileged children in Kasese and so we support ways for them to give back to their own community.

<http://nikibasika.com>

Recent Accomplishments

Up until 2009, the focus for the Nikibasika project was basic stability for the project. Over the past two years, we have achieved stability both in fundraising and in operations for the project, which has allowed us to shift from basic sustenance of the children to more complex development.

- In 2010, Nikibasika was the sole beneficiary of the Tri-Adventure, and received \$65,000, more than 2/3 our budgeted goal (see: triforafrica.org). Other fundraising efforts, including the ongoing support of Brendan Wood International and individual donors provided the remainder of our budget.
- In 2010 we began a development program for all of the children that includes career guidance; computer training; arts & crafts; household skills and community involvement.
- Four of the children moved into post-secondary education and training, with two in University (one in Kampala and one in Kigali) and two in training (one in hairdressing and one in driver training); the remaining are 24 children in primary school level and 24 in secondary school.
- We continue to involve Reach the Youth as our on-the-ground NGO partner (and employer of our staff), and to maintain a complement of five staff at Nikibasika – a director (Gabriel Okiror), social worker (Tina Akia), and a cook, matron and watchman.

TRIADVENTURE

More information:
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