



September 28, 2014

Columbia Park

7701 N. Chautauqua Blvd.

Portland, OR 97203

Ages 8-17

A Benefit For Juvenile Arthritis • #KidsGetArthritis

PortlandPuddleJumper.com

2km Fun Run: 7:30am

Super Sprint: 8:00am

Aquathlon: 9:00am

Splash & Dash: 10:10am

Awards: 10:45am

@PDXPuddleJumper



PortlandPuddleJumper.com

Mission and Purpose

Portland Puddle Jumper Youth Triathlon and Fun Runs has been created as a platform to increase avenues for competitive and fun youth endurance sports in the Pacific Northwest. The training associated with competitive endurance sports also acts as an important building block to give kids the opportunity to form structure, confidence, and the will to succeed when facing tough challenges that the same youth could very well face as they grow into adults living in the Pacific Northwest. Eventually they will create their own families and pass on these experiences.

Portland Puddle Jumper is all about youth; therefore, the race is also a fundraiser for juvenile arthritis (JA), which affects nearly 294,000 children in the United States, who are under the age of 18. Arthritis and related conditions, such as juvenile arthritis, cost the U.S. economy \$128 billion per year in medical care and indirect expenses, including lost wages and productivity.

By meeting our fundraising goals, Portland Puddle Jumper will donate all profits at a value of nearly \$17K to each of the three designated 501c3 charities. These charities are: Randall Children's Hospital Foundation, Arthritis National Research Foundation, and Helgi Olafson Foundation. All programs have a focus on helping kids with JA.

Furthermore, Portland Puddle Jumper will serve as a much needed educational JA awareness program. At our prerace meeting (Sept 27th) in Portland, OR, which will be open to the public, we will have a seminar led by Rheumatologists from Randall Children's Hospital to educate people about juvenile arthritis, while sharing the stories of young patients who may live their lives in constant pain from one or more of the many forms of this "invisible" disease..

Sincerely,

Helgi Spencer Olafson

Race Director
Portland Puddle Jumper
Executive Director
Helgi Olafson Foundation
helgi@helgiolafson.org
helgiolafson.org
(503)505-1437
#CureArthritis



PortlandPuddleJumper.com



Portland Puddle Jumper Youth Triathlon, Aquathlons, & Fun Run

WHEN? Sunday, September 28th, 2014 7:30-11:30 a.m. (474 Max Participants)

WHERE? Columbia Park 7701 N Chautauqua Blvd, Portland, OR 97203 (503) 823-2525

WHAT? Super Sprint Triathlon, Aquathlons, and 2 mi Fun Run

WHO? Super Sprint Tri (Age 13-17), Aquathlon (Age 13-17), 2 mi run (Age 8-17), Splash & Dash (Age 8-12)

WHY? This inaugural race is a benefit for juvenile arthritis research and the pediatric rheumatology programs at Randall Children's Hospital.

FUN RUN: 2.0 mi

Starts - 7:30 a.m. (Finished by 7:55 a.m.) (250 ppl max) (\$20 early registration/\$25 late)

SUPER SPRINT TRI: ☐ Deep Water Pool Swim (450 yd) ☐ Bike (10 km/6.2 mi) ☐ Run (3 km/1.86 mi)

Starts - 8:00 a.m. (84 ppl max – 21 max in each category) (\$50 early registration/\$60 late)

- 15-17 girls__8:00
- 15-17 boys__8:14
- 12-14 girls__8:28
- 12-14 boys__8:44

AQUATHLON: ☐ Deep Water Pool Swim (550 yd) ☐ Run (3 km/1.86 mi)

Starts: 9:00 a.m. (84 ppl max – 21 max in each category) (\$35 early registration/\$40 late)

- 15-17 girls__9:00
- 15-17 boys__9:17
- 12-14 girls__9:34
- 12-14 boys__9:52

SPLASH AND DASH: ☐ Deep Water Pool Swim (100yd) ☐ Run (200yd)

Starts: 10:10 a.m. (56 ppl max – 14 max in each category) (\$15 early registration/\$20 late)

- 11,12 girls__10:10
- 11,12 boys__10:15
- 8-10 girls__10:20
- 8-10 boys__10:25

AWARDS: 10:45a.m.-11:30 p.m.

Parsons, Susan

From: helgiolafson@gmail.com on behalf of Helgi Olafson <helgi@helgiolafson.org>
Sent: Thursday, August 28, 2014 11:23 AM
To: Parsons, Susan
Cc: Derek Belisle; Shannon Fink
Subject: Portland Puddle Jumper Youth Triathlon and Fun Runs = COMMUNICATIONS 9/3

Aloha Sue Parsons and the City of Portland.

Thanks for your interest in our youth race. Any help would be much appreciated.

Portland Puddle Jumper Youth Triathlon and Fun Runs, through which proceeds directly benefit kids with arthritis, is right around the corner.

On Sunday, September 28th, Helgi Olafson Foundation is offering this youth race in Portland, Oregon. PPJ is fun competitive, and challenging, while offering a great atmosphere for the whole family. Registration is open for ages 8-17.

Attached are a PDF and a picture of Portland Puddle Jumper social media links, which, if you feel so obliged, can promote to your social media. The PDF has hyperlinks. The picture doesn't. I would suggest using the picture for Facebook and twitter and using the PDF for email.

I have also attached a few other important documents in case anyone is interested in getting more involved. We are currently looking for volunteers, sponsors, food vendors, and of course, youth participants between the ages of 8 and 17.

Any connections with groups of youth athletes would be a great target audience.

Visit our webpage to view our promotional video:

<http://portlandpuddlejumper.com>

If you have any contacts who are interested in helping this cause, by donating, or creating a fundraising page of their own, we have this availability on our covenant crowdise page:

<Http://crowdrise.com/portlandpuddlejumper>

Thanks for your consideration, Sue.

Helgi Olafson

Race Director
Portland Puddle Jumper
Executive Director
Helgi Olafson Foundation
helgiolafson.org
(503)505-1437
#CureArthritis

Request of Helgi Olafson to address Council regarding Portland Puddle Jumper
Youth Triathlon and Fun Runs (Communication)

SEP 03 2014

PLACED ON FILE

Filed AUG 29 2014

LaVonne Griffin-Valade
Auditor of the City of Portland

By 

COMMISSIONERS VOTED AS FOLLOWS:		
	YEAS	NAYS
1. Fritz		
2. Fish		
3. Saltzman		
4. Novick		
Hales		