



PRESS RELEASE

Swim for Smiles Foundation Announces 2009 Event Schedule

Proceeds to Benefit the North Carolina Children's Hospital

Chapel Hill, NC – February 16, 2009 -- Swim for Smiles Foundation, a Chapel Hill-based charity, has announced their event line up for the 2009 season. The Swim for Smiles Foundation holds fun, youth-oriented, swimming-related events to raise money for the N.C. Children's Hospital.

"This will be a fun summer for kids," says Gary Kayye, a Swim for Smiles cofounder. "Our events will welcome kids of all ages and abilities and we even have North Carolina's first and only family triathlon -- right here in Chapel Hill."

The first event of the 2009 season is the 3rd Annual Swim for Smiles Youth Triathlon on May 31 to be held at Chapel Hill Country Club. This is the area's first and still the only Youth Triathlon open to all kids ages 6 – 18. With two courses (SHORT: 100 m swim, 2.5 mi bike, 1 km run and LONG: 300 m swim, 5 mi bike, 3 km run) it's perfect as either a starter triathlon for a kid that's never done one or for "experts" too. Kids of any age can choose either course.

The second event is the 4th Annual Chapel Hill Wacky Relay Day (formerly known as Swim for Life which was actually held annually for over 26 years). This event is a season-ending, stress-relieving fun opportunity for the participants in the Chapel Hill Summer Swim League to come together and raise money. Events include noodle races, pyramid relays and parent/child relays -- all held on July 12 at UNC's Koury Natatorium.

The last event of the season will be the new Swim for Smiles Family Triathlon, open to all ages and has one course (250 m swim, 11 mi bike, 5 km run). To be held at Southern Village, the Family Triathlon will be an open-registration, USA-Triathlon sanctioned event that will include both individual athletes as well as over 100 family relay teams! Relay teams can be made up of all adults, all kids, or a mixture of kids and adults. We will give prizes for the Top 3 teams in each category. In addition, we expect to have more than 300 entries for individual triathletes in this Sprint Triathlon Course.

To sign up for any of these events or get involved with the Swim for Smiles Foundation, go to: www.swimforsmiles.org

About Swim for Smiles

Founded in 2005, the Swim for Smiles Foundation is a Chapel Hill-based 501(c)(3) non-profit that donates all proceeds to the North Carolina Children's Hospital. It has raised almost \$58,000 for local children's hospitals, and has a goal of raising another \$30,000 in 2009. For more information or to get involved, go to www.swimforsmiles.org.

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High-resolution photos and interviews with board members or the founders are available.

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