

DC RANCH VILLAGE HEALTH CLUB & SPA TO HOST SECOND ANNUAL SPECIAL OLYMPICS ARIZONA TRIATHLON

Competitive Event and Fundraiser one of Group's Largest

Scottsdale, AZ – August 13, 2009 – DC Ranch Village Health Club & Spa will host the second annual Traditional Sprint and Unified Triathlon to support Special Olympics Arizona on September 12, 2009.

The event will consist of two courses: The Unified Triathlon and the Sprint Triathlon. The Unified Distance offers a modified course in which teams consisting of a Special Olympics Arizona athlete(s) and one or two teammates can complete the course, and participation is free. This modified course consists of a 50 yard swim, 2.5 mile bike ride and ½ mile run. The Sprint Triathlon enables individuals or teams to complete the event, and will consist of a 300 yard swim, 20K bike ride, and 5K run. With the option of two different courses to choose from, there is something for everyone to help support this cause.

To prepare for the event, DC Ranch is hosting a swim clinic on Saturday, August 15 with Olympic swimmer Florencia Szigeti. Florencia will prepare the swimmers for the swim portion of the race by critiquing and improving their strokes, helping them to gain confidence in their swimming ability while also getting the most effective tools for gliding through the water. Not many people have the chance to get training from an Olympic athlete, and the triathletes are thrilled to take advantage of this once in a lifetime opportunity. In addition to Florencia volunteering her time and expertise, The Village has donated the use of the DC Ranch Club for the event, including the lap pool, conference rooms, locker rooms, and the surrounding outside areas of the Club to be used for the running and biking portions of the race. With the donation of the location, Special Olympics Arizona is enabled to reach their fundraising goals for the event.

“We had a great time last year with the event, and are thrilled to help Special Olympics raise the funds they need to continue offering great programs,” says Carol Nalevanko, President of DMB Sports Clubs. “Everyone should come and experience the triathlon, it is an amazing experience on so many levels.”

To sign up for the Traditional Sprint Triathlon or Unified Triathlon or for more information please visit the website at www.soaz.org

About Village Health Clubs & Spas

Village Health Clubs & Spas are owned by DMB Sports Clubs and operate as high-end, family-oriented health clubs and spas in the Phoenix metropolitan areas. Beginning as Metro Sport and Health Club in 1976, Village Health Clubs & Spas has grown to 4 clubs around the Phoenix area: Camelback Village, Arcadia; DC Ranch Village, North Scottsdale; Gainey Village, Scottsdale; & Verrado Village, Buckeye; and provide unique experiences that positively impact people's lives. Visit www.villageclubs.com

About Special Olympics Arizona

Special Olympics Arizona is part of the world's leading program of sports training and athletic competition for people with intellectual disabilities, and boasts a 33-year track record of creating positive attitudes towards its athletes worldwide, and a commitment to athlete empowerment, dignity and leadership. Visit www.soaz.org.

Media Contact:

Jennifer Wolff
Village Health Clubs & Spas
480.515.4057 direct, 623.687.8262 mobile
jwolff@dmbclubs.com

###