

For Immediate Release

Bakersfield triathlete wins Ford Ironman Everyday Hero Award at Ironman St. George

(St George, UT, May 1, 2010)

When Bakersfield, CA resident and triathlete Corey McKenna stepped up to the starting line at Ironman St. George (2.4 mile swim, 112 mile bike, 26.2 mile run), he had already been awarded the Ford Ironman Everyday Hero award earlier in the week at the Athlete Welcome Dinner. The award was given in part for Corey's work in raising money for Ride To Walk, a horseback riding therapy that his late niece, Allison Ellis, attended.

Ford Ironman St. George served as the first race of the 2010 season to announce a Ford "Everyday Hero" Award recipient. This program was created by Ford to recognize the efforts of special athletes who have had a positive impact in their respective communities. The winner of the "Everyday Hero" Award received an entry into any full-distance Ironman event in the continental United States in the coming year, including those already full to general entry, a \$1,000 donation to a local charity of his or her choice and other prizes. The recipient will also receive local exposure in the form of video coverage at the Ford Ironman Welcome Dinner, where he or she will be seated with the Ford corporate representatives. Ford presents an "Everyday Hero" Award at each of the 7 full-distance Ironman events on the U.S. Ironman race calendar. The "Everyday Hero" Award is geared toward athletes who have contributed to a person, charity or organization in a significant way and who have done so while undertaking the rigorous training for an event. The recognition tied to the award will give the Ironman community a first-hand account of the contributions and sacrifices this person has made.

When Ally passed away from cerebral palsy on December 7, 2009, at the age of 4, Corey and his wife, Jennifer, set up a memorial scholarship fund that would benefit families who have children with disabilities by allowing them to attend the program. Ride To Walk's mission is to enhance the lives of children and young adults with neurological disabilities by providing innovative therapeutic horseback riding activities that are recreational in nature and adapted to the individual's needs and disabilities. Ride To Walk serves children with disabilities such as autism, cerebral palsy, muscular dystrophy, attention deficit disorder, head trauma and sensory processing challenges. Money donated to the program benefits the Ally Memorial Scholarship Fund.

Corey and administration at Ride To Walk have also coordinated another fundraising effort: Ally's 5K run. The run was part of Corey's vision in the he and Ally were to compete together and be the next "Rick and Dick Hoyt," the father-son team who compete in marathons and triathlons. Ally's 5K Run is scheduled for June 19, 2010, at 8:00 am at Ride To Walk in Lincoln, CA.

“Heroes are simply everyday people that tackle things that are bigger than they are,” Corey stated. “I have never considered myself a hero so this award was very surprising and very humbling. We are all heroes to someone else and we all do things to be better versions of ourselves.”

Corey McKenna hopes you will support his fundraising efforts. To make a contribution, go to www.januscharitychallenge.com and click on “How to Donate.”

Corey also hopes that you will sign up for Ally’s 5K Run to benefit Ride To Walk in Lincoln, CA. To register, go to www.ridetowalk.org and click on “Events.”

For more information contact Corey McKenna at 661-900-3485 or cmckenna@pointloma.edu or Susan Brouwer at Ride To Walk at 916-434-0693.