

FOR IMMEDIATE RELEASE Dec. 3, 2012

## Media availability with Olympian Donn Cabral at the Ferndale YMCA on Dec. 5

Olympic steeplechaser Donn Cabral recently ran for Team USA at the London 2012 Olympic Games, and now, he's committed to giving back through the United States Olympic Committee's Team for Tomorrow program. As part of Team for Tomorrow, Cabral will visit the Ferndale YMCA on Wednesday, Dec. 5.

Beginning at 4 p.m., Cabral will share his personal story with young people and also speak about the importance of living an active and healthy lifestyle. Following his presentation, Cabral will engage participants in a physical activity.

The activities, which are open to the media, will take place at the Ferndale YMCA located at 5610 Barrett Rd. in Ferndale, Wash. Cabral will be available for interviews at the conclusion of the program.

The USOC launched Team for Tomorrow in 2008 in partnership with U.S. Olympians and Paralympians to provide a vehicle through which U.S. athletes can offer their assistance and support to those in need around the world, as well as a means to continue spreading the Olympic Values of excellence, friendship and respect. Through this initiative, U.S. athletes offer assistance and support in the form of donations, volunteerism, disaster recovery support, advocacy and other contributions to communities.

For more information on the U.S. Olympic Committee's Team for Tomorrow program, visit <u>TeamUSA.org</u>.

WHAT Team for Tomorrow presentation

WHO Donn Cabral – 2012 Olympic track & field athlete (steeplechase)

**WHEN** Wednesday, Dec. 5 – program begins at 4 p.m.

WHERE Ferndale YMCA

5610 Barrett Rd. Ferndale, WA 98248

CONTACTS For onsite questions, email Elana English at elanaenglishymca@msn.com or Judy

York at judyy@whatcomymca.org.

For general inquiries on Team for Tomorrow, email vanessa.virbitsky@usoc.org.