

REBUILDING TOGETHER OF MONTGOMERY COUNTY
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FOR IMMEDIATE RELEASE: **Contact: Melissa Flynn**
April 1, 2005 **301/933-2700 or 240-476-6579**
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**Flannery Duathlon Benefits Low-Income, Elderly and Disabled
Homeowners Throughout Montgomery County, Maryland**

Kensington, Maryland, April 1, 2005: A run and bike through the green, rolling land surrounding Poolesville, Maryland on a mid-May morning is good for the soul. The 6th Annual Flannery Duathlon at Sugarloaf, a 5K run/30K bike/5K run, held on Sunday, May 15, 2005 will improve the lives of many others, as well. All proceeds support the work of Rebuilding Together's emergency home repair program. The program provides free home repair services to the elderly, disabled, and families with children in Montgomery County. Last year, the average income of recipients was \$12,808 - just \$700 over the poverty level. More than 55% of Rebuilding Together's clients live below the national poverty level.

This year's race begins at 7:30am on May 15, at Poolesville High School, 17501 Willard Road, Poolesville, Maryland 20837. To sign up, you can register on-line at <http://www.tricolumbia.org/> under Events/Flannery. Race-day registration is available onsite, beginning at 6:00am. Packet pick-up for the participants also begins at 6:00am.

The race is dedicated to the memory and spirit of Judy Flannery, a life-time Montgomery County, Maryland resident and 5-time World Duathlon Champion, who was killed by an out-of control vehicle, while training, in 1997.

Those interested in volunteering to help during the race, or anyone who needs more information about the Duathlon or Rebuilding Together can contact Melissa Flynn at 301/933-2700.

Rebuilding Together* of Montgomery County works in partnership with the community to rehabilitate the houses of low-income homeowners, primarily the elderly, the disabled, and families with children, so they may continue to live in warmth, safety, and independence. Rebuilding Together * Montgomery County serves more than 120 homeowners throughout the county every year through Project Days in April and ongoing handyman projects.

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