

Dear “Participant”;

Thank you for your participation in the 22nd Annual Carleton Cup! With your help, we were able to meet this year’s goal of raising \$10,000 for Cystic Fibrosis Canada. Congratulations!!! Next year we hope to make this event even better by surpassing our goal for funding and awareness for CFC. With 159 participants in this year’s race we almost doubled in size from last year. WOW!

We would like to give a shout out to **Duncan Stiles**, our top pledger for 2011, who single-handedly raised \$1171.00. He will be given pioneer status for his efforts over the last few years as someone who is always in the top few. With the help of [canadagives.ca](http://canadagives.ca), Duncan made it easier for family and friends to support our cause. For next year we are challenging all participants to try and each raise over \$5000. Many pledgers have been very close, but none have yet to manage such a feat. The first person to accomplish this will be sure to receive pioneer status and be forever honoured on the Carleton Cup.

During the Carleton Cup this year, we had two disqualifications. During the Skate leg of this ultimate Canadian triathlon, the first and second place finishers in the male category used speed skates. We believe that these two men still deserve an honourable mention for being good sports and accepting their disqualification. As a treat, they were still able to drink the golden nectar, Labatt 50, from the Cup.

The Carleton Cup would like to thank Cystic Fibrosis Canada for all the wonderful work they do for Canadians affected by CF by providing support and specialized care.

Every year, approximately 1 in 3,600 children are born with Cystic Fibrosis. When Cystic Fibrosis Canada was founded in the 1960’s (under the name Canadian Cystic Fibrosis Foundation) those

children rarely saw their 5th birthday. 50 years later, half of the CF patients in Canada can expect to live to their 40's and beyond. Many of our veteran triathletes are CF patients themselves, some as young as 16 and some of whom have just celebrated their 40th birthdays.

By donating to Cystic Fibrosis Canada you are helping to facilitate programs and research to support the 38 clinics and 5 transplant centers throughout Canada. You are also providing hope to the many Canadians who are affected by this life-shortening genetic disease.

There is currently no cure for Cystic Fibrosis.

We are looking forward to your participation in the 23rd Annual Carleton Cup on January 28th, 2012.

In the meantime, the race results are up on the website, so have a look over. Enjoy your spring, and be sure to look for our ad in the March issue of *Exclaim!* Magazine.

The Ultimate Canadian Triathlon  
<http://www.carletoncup.com>