

FOR IMMEDIATE RELEASE
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**i-tri honored with President’s Council on Sports, Fitness & Nutrition
Community Leadership Award**

East Hampton, NY—The President’s Council on Sports, Fitness & Nutrition has selected i-tri to receive a 2024 President’s Council on Sports, Fitness & Nutrition Community Leadership Award, which celebrates leaders who are building more vibrant and thriving communities through sports, physical activity, fitness, and nutrition-related programs. The award is given annually to individuals or organizations who are working to uplift their communities, contributing to the community’s overall well-being, and supporting all community members’ potential to thrive.

i-tri is a **Sport for Youth Development Program** for middle school girls working in 13 school districts across Eastern Long Island. Having just finished their 15th program year, they have successfully coached over 1300 girls across the finish line of a youth-distance triathlon. i-tri participants train physically, mentally, and emotionally throughout their season, with empowerment sessions, fitness sessions, and triathlon training sessions held each week February through July. i-tri ensures that every girl has everything she needs to be successful and offers the program entirely free to every participant.

“We are proud to recognize i-tri for the work they have done to consistently promote opportunities for individuals to lead healthy lifestyles through their groundbreaking program, which empowers middle school girls through triathlon,” says Rayhaan Merani, Executive Director of the President’s Council on Sports, Fitness & Nutrition. “Because of i-tri’s meaningful efforts and impactful contributions, we are one step closer to improving the physical fitness, health, and nutrition of all Americans. Their work reaches not only their community, but also serves as a shining example to inspire and motivate others across the United States to embrace a healthier, more active lifestyle.”

"Coming off of our 15th program year, we are so grateful to the President’s Council on Sports, Fitness and Nutrition for recognizing the work we do in our community,” said Theresa Roden, i-tri’s Founder and Chief Visionary Officer. “I am so proud of the hard work of our entire team and so honored that i-tri is one of the 20 recipients of this award.”

This year, the President’s Council presented the Community Leadership Award to 20 recipients across the country. These individuals and organizations have made a significant impact by advancing the Council’s mission, and effectively serving the people in their communities through sports, physical activity, fitness, and nutrition-related programs. A full listing of the 2024 Community Leadership Awardees is available on [health.gov](https://www.health.gov).

About the President’s Council on Sports, Fitness & Nutrition

The President's Council on Sports, Fitness & Nutrition (PCSFN) is a Federal advisory committee supported by the Office of Disease Prevention and Health Promotion within the U.S. Department of Health & Human Services. The mission of the President's Council is to promote healthy eating and physical activity for all people, regardless of background or ability. For more information about PCSFN, visit health.gov/pcsfn and follow us on social media [@FitnessGov](https://twitter.com/FitnessGov).

i-tri is an inclusive, community-based program that fosters self-respect, personal empowerment, self-confidence, positive body image and healthy lifestyle choices for adolescent girls. i-tri girls train mind, body, and spirit to complete a youth-distance triathlon as a metaphor for life's journey, giving them the opportunity and the tools to achieve seemingly impossible goals. Along their way to the finish line, i-tri girls develop strong habits and attitudes which last a lifetime. This program is always free of charge to every participant. For more information, visit our [website](#) and follow us on social media [@i_trigirls](https://twitter.com/trigirls)

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