

i-tri Honored With Community Leadership Award-

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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 support for youth development program for middle school girls participating in 13 school districts across Eastern Long Island. Having just finished its 15th program year, they have successfully coached over 1,300 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 from 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,” said Rayhaan Merani, executive director of the President's Council on Sports, Fitness & Nutrition, in a press release. “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.”

“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,” said Theresa Roden, i tri’s founder and chief visionary officer.

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).