



# Phat Chicks

Fit Chicks with Phat Ideas

Definition... (adjective Slang.  
Great; wonderful; terrific, excellent!)

Phat Chicks who are bringing it!

The Irondames is a group of Burlington and Oakville women who have come together to support a friend living with cancer. Their goal is to race in Ironman Canada next August. The Ironman race is a triathlon that consists of a four-kilometre swim, followed by a 180K bike ride and a 42K run.

"Most of the members of our group are new to racing, but we've come together to support our friend Kim, who has chosen this goal as part of her personal journey," Jessica Carson, a member of the Irondames, said in a news release from the group. "For this reason, we've been inspired to make this a fundraising mission, too. Our goal is to raise over \$110,000 to fund an exercise program developed specifically for the unique requirements of persons undergoing cancer treatment," she said.

Wellspring helps people restore the dignity and control they so often lose when diagnosed with cancer. Wellspring is about helping people feel that they will be able to cope when cancer strikes them or one of their family members. Wellspring is about helping people live with cancer.

Wellspring charges no fees and receives no core government funding. Programs and operations are made possible through the generosity of donors. You can support the Wellspring mission by making a donation or contributing your time as a volunteer.

The Irondames say that like the competition, cancer treatment puts the body through tremendous punishment, but it is the mind that gets the person through all the training and to the finish line.

Anyone wishing to support Irondames or for information can contact Barb Pigott at 903-319-9661 or [bpigott1@coqeco.ca](mailto:bpigott1@coqeco.ca).

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