

# FIREFIGHTER STAIRCLIMB CHALLENGE

On Sunday, April 29, 2018, hundreds of firefighters from across North America will build awareness and support for firefighters and citizens living with cancer. Firefighters will climb the 1,204 stairs of Western Canada's tallest building, Calgary's BOW Building.

Hosted by the **Calgary Firefighters Benevolent Society** and presented by **Encana Corporation**, the climb is the highest elevation firefighter stairclimb in the world, **beginning at 3,400 feet above sea level** and ascending 775 vertical feet. Firefighters are timed and most climb wearing full duty gear including SCBA packs (without air).

The annual event, inspired by **Seattle's Scott Firefighter Stairclimb**, and founded by **Kathy Blas** (sister of Calgary fallen firefighter, **Gord Paul**), is fully endorsed and supported by the **Calgary Fire Department** and the **International Association of Firefighters Local 255**. In Alberta, there are 14 presumptive cancers recognized as occupational hazards of the firefighter's job. The goal of this event is to bring awareness and support to all firefighters and citizens living with cancer. 100% of the event proceeds support Wellspring Calgary, a local non-profit organization that offers programs, services and resources for people living with cancer and their caregivers.

This event is held annually every spring in Calgary, Alberta.

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## 2018 EVENT SPONSORS & SUPPORTERS



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## The 2017 Event Results

- 513 firefighters climbed the BOW stairs, individually or in teams from their home fire departments
- 84% represented Canada from British Columbia to Ontario and the USA Pacific Northwest. The remaining 16% represented the Calgary Fire Department
- \$350,000 was raised by firefighters and the community
- The top fundraising team from Fort McMurray raised \$19,356; the top individual from Lake Louise raised \$7,493
- The fastest individual climb time was 11:12 minutes

## Race Results

The category winners were:

- Top Male 18-35yrs Time – **Ian Leew, Calgary FD** - 11:12
- Top Female 18-35yrs Time – **Karla Cairns, Swift Current FD** - 12:58
- Top Male 36-50yrs Time – **Aaron Johnson, Calgary FD** - 11:28
- Top Female 36-50yrs Time – **Jodie Grisdale, Calgary FD** - 16:52
- Top Male 50+yrs Time – **Matt McDonald, Calgary FD** - 13:20
- Top Team Time - **Station 6, Calgary FD** - 14:09
- Top Individual Fundraiser – **Jason Connell, Lake Louise FD** - \$7,493
- Top Team Fundraiser – **Horizon Emergency Services, Fort McMurray** - \$19,356

The real winners from this event are the firefighters and citizens living with cancer who access the free resources provided by Wellspring Calgary. We aim higher each year (in terms of fundraising not building height!) to increase awareness and fundraising dollars in support of those living with cancer.



**Wellspring Calgary** is a warm and welcoming community that provides a comprehensive range of programs, resources and support **free of charge and without referral to anyone living with cancer**. Wellspring's programs also support the family and friends of those living with cancer. **Our vision: No one has to face cancer alone.**

### What kind of programs?

We offer **evidence-informed** programs that meet the emotional, social, practical and restorative needs of people living with cancer. Our programs are complementary to medical treatment. Examples include (but are not limited to):

- Educational** – Brain Fog, Money Matters, Healing Journey, Returning to Work, speakers (credible experts who address pertinent issues related to cancer)
- Expressive Arts** – Creative Journaling, watercolour, digital storytelling, drumming, music
- Movement and Meditation** – Indoor (Yoga, Tai Chi, Qigong, relaxation, visualization, Healthy Steps, Moves in Rhythm) and Outdoor (hiking, skiing, urban walking)
- Caregiving and Self Care** – Men's group, Advanced Cancer Support, Caregiver classes, energy sessions, grief support

### How do programs and resources help?

They inform and empower people to play a role in their wellness. The community of others who understand help people to feel connected so they don't feel isolated and alone in their struggles.

### Where is Wellspring located?

We have two centres in Calgary:

- **Carma House** at 1404 Home Road NW
- **Fountain Court** at #120, 703 – 64 Ave SE

Carma House



Fountain Court



## Wellspring Fast Facts

- **History:** Wellspring Calgary was co-founded by John Stephure, Rita Egizii, and Barbara Cunnings-Versaavel and began operation in 2007.
- **Our Centres:** Carma House, the original permanent centre for Wellspring Calgary, opened in June 2009. The house was built and donated by local business Carma Developers (now Brookfield Residential) which continues to be a major sponsor and donor. Our second centre opened in October 2016 at Fountain Court SE. This is our interim second home until we rally community support to build the Wellspring Calgary Randy O'Dell House in Seton. Our goal is to open this permanent second location in 2020.
- **Network:** Wellspring Calgary is modelled after and is a member of the greater Wellspring Cancer Support Foundation – the 'Wellspring network'. Based out of Toronto, this Canada-wide network of community-based centres provide emotional, social, spiritual and informational support to individuals and families living with cancer. The first Wellspring opened in Toronto in 1992.
- **Members:** Any adult who has had a cancer diagnosis of any type, and their loved ones, are welcome to become a Wellspring Calgary member free of charge, without referral, and at any point on their journey. Wellspring Calgary currently welcomes over 4,200 members.
- **Programs:** Wellspring Calgary freely offers social, emotional, spiritual, psychological and practical support through a variety of programs, resources and speakers. Currently Wellspring Calgary offers **45+** evidence-informed programs per season (Fall/Winter, Spring/Summer).
- **Funding:** Wellspring Calgary receives no government or agency core funding but relies solely on the generosity of individuals, corporations, foundations and grassroots fundraisers.
- **Our Team:** Wellspring Calgary has sixteen permanent staff, occasional contract employees, 75 facilitators, and more than 192 volunteers. Annually volunteers donate more than 10,000 hours of service to help make Wellspring possible.
- **Other Centres Across Canada:** Currently there are eight Wellspring centres across Canada, including the recently operational Wellspring Edmonton (January 2017).

## Key Contacts

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