

FIREFIGHTER STAIRCLIMB CHALLENGE

Firefighter Stairclimb Challenge - Media Kit

From **May 2 - 15, 2021**, hundreds of firefighters and members of the public will participate in the virtual Firefighter Stairclimb Challenge, in support of Wellspring Calgary. In most years, this is a live event at The Bow building in Calgary, Alberta, but this year will be a virtual event – with new ways to involve and engage participants. What remains the same is that individuals or teams will still climb the same number of stairs as The Bow building, 1,204 steps (774 vertical feet), and firefighter's will climb in full duty gear.

Inspired by Seattle's Scott Firefighter Stairclimb, and founded by Kathy Blas, sister of fallen Calgary firefighter, Gord Paul, this event is fully endorsed and supported by the Calgary Fire Department and the International Association of Firefighters Local 255.

Event highlights:

- Since the event began in 2015, firefighters have raised a total of \$1.67 million, with over 2,000 firefighters participating in the climb.
- Participants have hailed from Alberta, BC, Saskatchewan, Manitoba, Ontario, Texas, Alaska, California, New York, Australia, New Zealand, and Denmark.
- This is the first year we are opening up the climb to non-firefighters.

In Alberta, there are 16 presumptive cancers recognized as occupational hazards of the firefighter's job¹. The goal of this event is to bring awareness and support to all firefighters and citizens living with cancer. Event proceeds support Wellspring Calgary, a charity that offers programs and services for people living with cancer – those diagnosed, caregivers and kids – with a vision that no one has to face cancer alone.

Wellspring Calgary will also gift a portion of event proceeds to support the Firefighters Assistance Charitable Society (FACS), whose mission is to empower and strengthen the firefighter by enhancing the success and resilience of the firefighter community.

This is an annual event held every spring in Calgary, Alberta.

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¹ Workers Compensation Board of Alberta (September 24, 2018). Worker Fact Sheet – Firefighters with Cancer: https://www.wcb.ab.ca/assets/pdfs/workers/WFS_Firefighters_with_cancer.pdf



Wellspring Calgary is a warm and welcoming community that provides a comprehensive range of programs and services **free of charge and without referral to anyone living with cancer** – those diagnosed, caregivers and kids – throughout southern Alberta.

Our vision: No one has to face cancer alone.

What kind of programs?

We offer **evidence-informed** programs that meet the emotional, social, and practical needs of people living with cancer. These programs fall into four main pillar areas:

- **Educational** – Receive information, strategies and tools to live well with cancer. Programs include Brain Fog, Healing Journey, Returning to Work, and Money Matters.
- **Expressive Arts** – Express yourself or escape cancer for a few hours through visual arts, writing, music and more. Programs include Creative Journaling, Digital Storytelling, Drumming, Watercolour, and Gardening.
- **Movement and Meditation** – Participate in programs featuring physical and mental activities to increase strength, build resilience, manage stress and calm the mind. Programs include exercise, hiking, tai chi, yoga, visualization and relaxation.
- **Self-Care** – Meet with others to share experiences and strategies, and benefit from learning and caring for yourself. Programs include Meetups for adults living with incurable cancer, Food and Nutrition, Transitions Support Coach, Caregiver and Men's Group.

Wellspring Quick Facts

- **History:** Wellspring Calgary was co-founded by John Stephure, Rita Egizii, and Barbara Cunnings and began operation in 2007.
- **Our Calgary centres:** Wellspring Calgary has two physical centres located in Calgary, Alberta.
 - **Carma House** at 1404 Home Road NW
 - **Randy O'Dell House** 3910 Seton Drive SE
- **Online centre:** In March 2020, Wellspring Calgary began offering its programs and services online and over the phone, ensuring that anyone can access us, regardless of location or circumstance.
- **Network:** Wellspring Calgary is modelled after, and is an affiliate of the 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, their caregiver, and their family members are welcome to join Wellspring Calgary free of charge and without referral.
- **Programs:** Wellspring Calgary freely offers social, emotional, and practical support through a variety of programs, resources and speakers. Wellspring Calgary offers **90+** evidence-informed programs.
- **Funding:** Wellspring Calgary receives no core government, health or agency funding and relies on the generosity of individuals, corporations, foundations and grassroots fundraisers.
- Despite a global pandemic, Wellspring Calgary has continued to provide a community of support for those living with cancer, and has supported more people than ever before. In 2020, over 2,000 people visited Wellspring 24,000 times through 3,800 hours of programming.