

FIREFIGHTER STAIRCLIMB CHALLENGE



Media Kit

This year, we're celebrating 10 years of stepping up for cancer support!

The 10th annual Firefighter Stairclimb will be held at Calgary's tallest tower, Brookfield Place. At 57 stories and 1,370 steps, this venue offers firefighters access to the highest elevation stairclimb challenge in Canada! In past years, we have watched in awe as participants train for months, raise awareness and funds, and embrace this day with unbridled fervor. It truly is an unforgettable day!

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 over \$2 million.
- Over 3,400 professional, volunteer, and retired firefighters have participated in the event since it began.
- Participants have hailed from Alberta, BC, Saskatchewan, Manitoba, Ontario, Texas, Alaska, California, New York, Australia, New Zealand, and Denmark.

In Alberta, there are 20 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 Alberta, 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 Alberta 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 (April 5, 2023). Worker Fact Sheet – Firefighters with Cancer: https://www.wcb.ab.ca/assets/pdfs/workers/WFS_Firefighters_with_cancer.pdf



Wellspring Alberta 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 the province.

What kind of programs?

We offer **professionally-led** 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 Alberta was founded in 2022 when Wellspring Calgary (founded 2006) and Wellspring Edmonton (founded 2010) joined together to form one province-wide charitable organization.
- **Our centres:**
 - Calgary:
 - Carma House | 1404 Home Road NW, Calgary, AB T3B 1G7
 - Randy O'Dell House | 3910 Seton Drive SE, Calgary, AB T3M 2N9
 - Edmonton:
 - Edmonton House | 11306 65 Ave NW, Edmonton, AB T6H 2Z8
- **Members:** Any adult who has had a cancer diagnosis of any type, caregivers and family members, are welcome to become a Wellspring Alberta member free of charge, without referral, and at any point on their journey.
- **Programs:** Wellspring Alberta freely offers emotional, social, and practical support through a variety of programs, resources and speakers. Wellspring Alberta offers a variety of evidence-informed programs online, over the phone, and in centres.
- **Funding:** Wellspring Alberta receives no core government or agency core funding but relies on events and the generosity of individuals, corporations, and foundations.
- **Online centre:** In March 2020, Wellspring began offering its programs and services online and over the phone, ensuring that anyone can access us, regardless of location or circumstance.