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For Immediate Release

TEAMS AND COMPETITORS RACE AND WIN FOR CHARITY IN INAUGURAL FIRST STATE DUATHLON

Wilmington, DE, July 20, 2017 – Innovincent, a Wilmington, DE based consulting firm that specializes in helping nonprofits with strategic planning and fundraising and developer of the First State Duathlon, is pleased to announce the results of the 2017 First State Duathlon trail bike and run competition, which took place on Saturday, July 15, 2017 at Bellevue State Park. More than 100 spectators came out to cheer on the 38 competitors in the inaugural race, which consisted of a trail run (5K), trail bike (approximately 7 miles), and a trail sprint (approximately 7/8 mile) (total distance about 11 miles).

The 2017 race was divided into several scoring competitions. The winner of the Men's Individual Duathlon was Blake Bennett (Hockessin, DE) who completed the circuit in a time of 56:36. The winner of the Women's Individual Duathlon was Laura Wilburn (Wilmington, DE), with a time of 58:55. In the men's relay team division, Team Run Bike Pray, Chris Knight (Newark, DE) and Andrew Weber (Newark, DE), won with a time of 55:22. In the co-ed relay team division, Team Happy Anniversary Dear, Beth and Craig Vettori (Shelburne Falls, MA), won with a time of 56:48. In the 3-person women's relay team division, Team Thunder, Kim Hicks (Philadelphia, PA), Vernelle Downtin (New Castle, DE), and Portia Yarborough (Montchanin, DE) won with a time of 1:49:30. These winners and all participants received a First State Duathlon duffle bag, a First State Duathlon fusion water bottle, and a Delaware Charity Challenge t-shirt for competing. Full results and pictures from the competition are available on the First State Duathlon website.

The First State Duathlon is also the official summer fundraising competition for the Delaware Charity Challenge, a unique series of fundraising and athletic competitions designed to give organizations, families, and individuals a fun way to raise money and awareness for their favorite causes. Four different nonprofits were represented by different teams in this year's race: **Combined Campaign for Justice**, **Mike Clark Legacy Foundation**, **Urban Bike Project of Wilmington**, and **Waterfowlers for Warriors**. For raising the most money in the Summer Race to Raise fundraising contest, Urban Bike Project won a bonus \$100 prize for their nonprofit. In addition, each of the winners in five different divisions won \$50 prizes to donate to those nonprofits. Bennett donated his prize money to Combined Campaign for Justice. Urban Bike Project won the prize money from Wilburn, Team Happy Anniversary Dear, and Team Thunder. Team Run Bike Pray split its prize money between all four nonprofits. In total, the four nonprofits won or raised \$675 through the First State Duathlon and Delaware Charity Challenge.

"The First Duathlon was a great competition and everyone had a lot of fun," says Charlie Vincent, president of Innovincent LLC, the company behind the First State Duathlon and the Delaware Charity Challenge. "Our hope is that the competition grows next year and also helps raise even more money for the different nonprofits who get involved."

The 2018 Delaware Charity Challenge competition kicks off in on Saturday, January 6 with the 3rd Annual Winter Run, Row, Bike Indoor Triathlon at the Chase Center on the Riverfront in Wilmington, followed by the 4th Annual Spring Games at Lums Pond on Saturday, May 5. The 2018 First State Duathlon will be scheduled soon and that date will be announced on the First State Duathlon website and Facebook and Twitter pages once it is finalized.

For more information about the First State Duathlon, visit firststateduo.com. For more information about the Delaware Charity Challenge, visit delawarecharitychallenge.com.

About the First State Duathlon

The First State Duathlon is a trail-race duathlon, with all three legs of the competition taking place on different trails at Bellevue State Park and is the official summer competition for the Delaware Charity Challenge. Visit firststateduo.com for more information.

About Innovincent LLC

Innovincent LLC is a Wilmington, DE based consulting company that specializes in helping nonprofits and small businesses with strategic planning, marketing, and fundraising and is the presenting sponsor of the First State Duathlon and Delaware Charity Challenge. Visit www.innovincent.com for more information.

About the Delaware Charity Challenge

The Delaware Charity Challenge fundraising and athletic competition is designed to give organizations, families, and individuals a fun way to raise money and awareness for their favorite causes. Since 2015, participants in the Delaware Charity Challenge have combined to raise more than \$113,000 for area nonprofits. Visit www.delawarecharitychallenge.com for more information.