

# HELPERS:

## THE HEART AND SOUL OF KMD IRONMAN COPENHAGEN

One group of people deserves more credit at KMD IRONMAN Copenhagen than any other. That is the more than 1500 helpers from clubs in Copenhagen and the greater Copenhagen area helps putting KMD IRONMAN Copenhagen on the ground. Without them it simply would not be possible to make the dreams come true for so many participants.

For one group of helpers their help serves a greater purpose. The PACT club is a club for people whom one way or the other is affected by cancer. Either as a survivor, being treated or as a relative. The purpose of the club is to give offer training and activities for its members.

Since 2011 the club has been helping at KMD IRONMAN Copenhagen. First year on an aid station and since 2012 as a recurrent partner and helper in the registration the days leading up the the event. Basically the first people you meet at KMD IRONMAN Copenhagen are PACT members.

### A FANTASTIC ATMOSPHERE

"It is fantastic for our members to help at the registration. There is a fantastic atmosphere there. The athletes are so excited and things are really intense. We can feel it is a culmination of many months of training for the athletes and for our members it is fantastic to be part of that journey," says Morten Quist, member and co founder of PACT, and continous: "There is a mutual respect between the athletes and our team from PACT. For instance sometimes we experi-

ence athletes who pick up their race gear but are nervous and uncertain about if they can complete the race. Then when they hear some of the stories our members have been through, they get another perspective on things and find their motivation again. It is great for our members to be able to help that way."

In recent years the partnership between PACT and KMD IRONMAN Copenhagen has grown even stronger and further than PACT only being involved as helpers. Many of their members has become so inspired from seeing the athletes great achievements that they have taken part themselves. Either as part of unique relay teams or even as single starters.

One of the purposes of the PACT is to show that even though you are affected by cancer you can still do a lot of things – you can stille set high goals. And IRONMAN helps with just that.

### THEY ARE NOT VICTIMS

"One of the most important things for our members is to not be seen as victims. They want the respect just as everybody else. IRONMAN is the ultimate test of endurance and if our members can complete such a challenging event they show the world they can do anything. They step out of the role as victims and this is extremely important for their self-confidence," explains Morten.

In 2013 Martin Kongsbak took part in his first IRONMAN triathlon in Copenhagen. He had been diagnosed with testicle cancer and through an intense period of treatment beaten the disease. KMD IRONMAN Copenhagen 2013 was an important stepping stone away from the disease. On his tri suit he had a quote from one of his doctors "You will never run a marathon again". Martin did just that with an easy warm up of 3.8 km swimming and 180 km bike ride that day in Copenhagen. On the finish line Martin proposed to his girlfriend who had been by his side through the disease – she said yes.

This year PACT has three members taking part as individual participant and four VIP relays. All with participants who one way or the other is affected by cancer.

In KMD IRONMAN Copenhagen we are extremely proud of our fantastic squad of helpers, and we are extremely proud to be working with PACT and helping them with their cause.

The logo for KMD IRONMAN COPENHAGEN. It features the text "KMD" in a small green font above "IRONMAN" in a large, bold, black font with a red dot over the 'I'. Below "IRONMAN" is the word "COPENHAGEN" in a smaller, red, sans-serif font.