

# ***Can Tom and Kat Do It?***



## **The Race: Leadville Trail 100 mile Mountain Bike race this August in Colorado.**



It is an absolute honor to be selected to ride in The Leadville Trail 100 MTB race. It is one of the oldest and most challenging 100-mile marathon mountain bike races. The race is run yearly on the second Saturday in August. It is a 50-mile out and back course, starting and finishing in Leadville, Colorado. This grueling race begins at 10,200 ft of elevation, descends to 9,000 feet, and climbs across three mountains to a maximum elevation of 12,500 ft! This ride is not for the weak... What are we thinking?!?

### **Kathleen Gouldy**

I'm a 29-year-old from Jupiter, Florida and now, a Nurse Practitioner at South County Orthopedic Specialists in Orange County, California. I am just learning how to ride off-road, but am about to tumble myself across the mountaintops of Colorado in support of The Center of Excellence on Elder Abuse and Neglect at The University of California, Irvine. This is an amazing cause that can positively impact all of our lives, and I think that facing my fears of falling is well worth the risk.

### **Thomas Wallin**

I'm a defense attorney from Los Angeles, now residing in Aliso Viejo, California. My true athletic passion has always been in racing motocross, and it had developed my love for speed and dirt from a very early age. I do enjoy mountain biking, but 100 miles at 10,000 feet of elevation is a bit more challenging than a weekend wide...

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**Donate:** [www.centeronelderabuse.org](http://www.centeronelderabuse.org)

## The Cause: Elder and Nursing Home Abuse Prevention

Help us raise money in support of The Center of Excellence on Elder Abuse and Neglect at the UC Irvine School of Medicine. This program focuses on eliminating the abuse and mistreatment of our community's elders through research, education, and individual advocacy.



CENTER OF EXCELLENCE  
ON ELDER ABUSE AND NEGLECT  
UNIVERSITY of CALIFORNIA, IRVINE

There are many forms of abuse against elders, and in general, it is an extremely underreported crime. Elder abuse is defined as intentional or neglectful acts by a caregiver or "trusted" individual that lead to, or may lead to, harm of a vulnerable elder. This includes physical abuse; emotional abuse; threats; financial abuse and exploitation; sexual abuse; and abandonment. The Senate Committee on Aging estimates that there are five million victims of elder abuse per year, and the numbers are increasing.

***The only way to end elder abuse is to prevent it from ever occurring... through AWARENESS and EDUCATION.***



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