



Dear Friends,

Release is an internationally award winning not for profit speech and language therapy programme for children with communication disorders. We empower parents with the knowledge and skills they need to bring on their child's communication levels.

The government does not provide any subsistence to our programme, therefore all our participating families have to pay for our services. This is a large burden for families to undertake, but they make the financial sacrifice because they know they can help their child learn to communicate—and that will enable their children to live life to their fullest potential!

100% of the funds raised in **Matt Mitchell's participation in the Escape from Alcatraz Triathlon** for Release will go directly towards the provision of speech and language therapy sessions. It will not be spent on any administration or capital costs.

Company For more information on Release, please visit www.release.ie
Release Ltd

Dublin Northside
Solas Centre
St Gabriel's Rd
Dollymount
Dublin 3

Warmest regards,

Tara Cunningham
Founding CEO

Telephone 01 853.1578
Fax 01 853.1579

Dublin Southside
Sancta Maria College
Ballyroan Crescent
Rathfarnham
Dublin 16

Dear Friends,

I am raising funds for Release Communication, a speech and language therapy centre for children with communication disabilities.

Telephone 01 493.9921
Fax 01 493.9921

Matt Mitchell has qualified to participate in the fiercely contested Escape from Alcatraz Triathlon in aid of Release Communication. Over the last 28 years, The Escape From Alcatraz Triathlon has established itself as one of the premier triathlons in the world and one of the few to be featured on national TV. Its popularity has also made it one of the hardest races to get into, on par with Kona and Ironman Canada.

Registered Office
11 Ashley Court
Tullamore
Co. Offaly

We are one of the Release families who are raising funds through Matt's efforts. 100% of the funds I raise will go directly towards speech and language therapy service provision, and will not be spent on any administration or capital costs.

Telephone 01 853.1578
Fax 01.853.1579

The Escape from Alcatraz Triathlon takes place on 14 June 2009. Visit www.escapefromalcatraztriathlon.com for information on this gruelling test of athletic ability.

e-mail
info@release.ie

I would appreciate your support as I raise much needed funds for the provision of speech and language therapy. For more information on Release, please visit www.release.ie.

Internet
www.release.ie

Registered in Ireland
No. 379007

Sincerely,

Directors
T Cunningham
M Cunningham

