

## Montreal Triathlon



My name is Enrico Quilico and I am a voice of prevention for Pensez d'Abord Quebec. In 2006, I was the victim of a highway motorcycle accident in Montreal. I nearly lost my life and the accident has come to redefine who I am. ThinkFirst gave me the opportunity to speak to students across Quebec and make a difference by telling my story. I believe in the preventative goal ThinkFirst promotes and I am honoured to be part of an organization that helped me so much along the way. After weeks in a coma and months of living in hospital, my rehabilitation process began. I worked exhaustedly to get where I am today. In September 2009, I ran my first Olympic distance Triathlon in Montreal while raising money for the ThinkFirst organization. Despite minor difficulty, I have reclaimed a life that I never thought possible and my dream is to one day complete a full Ironman. With the help of my mother, Kathryn Stephenson, who is now part of the ThinkFirst team, I raised \$5,500 dollars. This money will be used to provide bicycle helmets to students I speak to in Montreal. I am proud to have played this small part and am grateful to everyone who helped. I want to thank my family and friends for the extraordinary support that never stops. Thank you *Verona Foods, CIBC Wood Gundy, and Burgundy Asset Management* for your generous sponsorships and every individual who contributed to this beautiful cause.

Thank you so much!



