



# Raising Charity Funds and Heart Rate



By Joe Dempsey

My friends and colleagues in the IABTI, in September I sent out a letter seeking triathlon sponsors and/or donations for the IABTI scholarship fund, and also for the Bomb Technician Memorial Fund (BTMF).

I started running sprint triathlons in 2005 on a dare (a sprint is usually a ½ mile swim, a 10 mile bike ride and a 5 kilometer run). At the time I could barely swim 400 yards, and had not ridden a bicycle in over 25 years. I finished, and I did not stop at any time. At the end of the race a man my age walked up to me and shook my hand congratulating me for finishing. That was the start.

In 2007, I asked the local IABTI chapter (Rocky Mountain) to sponsor me and to donate money to the BTMF. The way I saw it, after being in law enforcement for 30+ years, and having been a Bomb Technician for 25 of those years, I was lucky to have the stamina and ability to finish. I looked around at my

peers and recognized that the toll on their bodies would not allow them to participate in a triathlon. I also looked to the names on the wall at Huntsville and knew they missed out on retirement, and the extra activities I now participate in. So, I use my friends and those who did not make it as my inspiration.

In 2007 I was at the IABTI ITC in Phoenix and I approached Jeff Fuller to buy one of the BTMF T-shirts. I explained my upcoming race (2007 Western States Police/Fire Games), and the fact that I would be running seeking donations for the Memorial. He gave me the shirt, and I wore it for the run. I can tell you I came in first in my age group, but there were only 2 of us running in the 55 to 59 age group.

In 2009, I challenged the NBSCAB Board, some IABTI members and non-emergency service friends to donate to the BTMF, and/or the IABTI scholarship fund. I wanted to include the children of those who lost loved ones, and whose Mom's and Dad's are not able to attend some family function due to the life they have chosen to lead.

In 2010, I added the IABTI International Board, Trustees and Board of Advisor's to my list of person's from whom I wished to sponsor my triathlon. I'll admit I was slower than last year, but in the words of my daughter, "Dad you're 60 years old, and there are not many guys your age that could finish."

There are two possibilities for 2011.

One involves a concept proposed to me by Steve Beggs (Denver ATF). His plan is to host a 5K and have all proceeds go to the BTMF, IABTI Scholarship fund, and also to possibly fund training for those bomb technicians who cannot afford to attend an explosives training event.

Or, I'm planning on doing another triathlon and making the request for funds for these causes again.

We do not have fund raising races like other organizations. This is my opportunity to give back to those who will follow, and also to remember those who gave so much.

Very truly yours,  
Joseph M. Dempsey



If you have a personal fund you donate to, I would ask you send them something in remembrance of those who did not come back from the "Long Walk." Please send any donations directly to the chosen fund. You don't have to mention my name, it's from you. I'm not keeping score. Yes, I am making contributions to each mentioned fund.

Below are the address's where you can send donations if you choose:

**BTMF**

Lt. David Woosley  
Chattanooga Police Dept.  
3410 Amnicola Highway  
Chattanooga, TN 37406

**IABTI Scholarship Fund**

1120 International Parkway,  
Suite 129  
Fredericksburg, VA 22406