



Lorna Thomas Productions Inc.

Catching My Breath

The Life and Races of Athlete Ken Thomas

— MEDIA RELEASE —

World Television Premiere on Canadian Learning Television (CLT)

Sunday, August 24, 2008

5pm & 9pm MST (Alberta) • 7pm & 11pm EST • 4 & 8 pm PST

FOR IMMEDIATE RELEASE (Edmonton, Alberta – August 14, 2008):

Ken Thomas will be following the 2008 Paralympics (September 6-17) with great interest, given that he is a former elite wheelchair athlete. Thomas, who competed in the 1989 Paralympics in Korea, has represented Canada in many track events over the years. The documentary *CATCHING MY BREATH* is about Ken Thomas's determination to make a comeback after retiring from international competition.

Filmmaker Lorna Thomas, who has created this hour-long tribute to her sibling, follows Ken over a one-year period as he trains for the 10K road race at the World Masters Games in Edmonton. But Ken has to fight hard to be allowed to compete at the Masters because the organizers are concerned it won't be safe for him to do so. Thomas, who has cerebral palsy, races in a wheelchair – backwards.

There is a *Rocky*-style underdog sports story here that pushes the film forward, but *CATCHING MY BREATH* also takes viewers into Ken's past. The filmmaker uses photographs, archival film footage, and first person narration to paint an intimate portrait of the Thomas family. She also chronicles the many battles Ken has engaged in over the past 55 years as a person with a physical disability. But *CATCHING MY BREATH* is not just a retrospective. What drives this film forward is Ken's fight to compete one last time!

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**Full Media Kit (synopsis, bios, corporate profile, photos) available at:
www.lornathomasproductions.com**

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CATCHING MY BREATH

was produced and developed in association with CLT and SCN with the participation of
The Government of Canada—Canadian Independent Film and Video Fund/Canadian Heritage;
The Government of Alberta—Alberta Film Development Program; Alberta Motion Picture Industries Association/
CFCN Mentorship Program; and The Government of Canada—Canadian Film or Video Tax Credit Program

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