



## NEWS RELEASE

FOR IMMEDIATE RELEASE

### Five Local Teams Gearing Up To Compete in Raid the North Extreme

**TORONTO, ON.** – July 9, 2001. Frontier Adventure Racing Inc., Canada's premiere adventure racing company is happy to announce that five local teams have registered to compete in the 6-day Raid the North Extreme adventure race, that is scheduled to take place in the Yukon Territory, August 25-30. The five local teams include Northern Pride, Work-In-Progress, North Wind, Air North and Whitehorse.

"The opportunity to run an adventure race in Whitehorse was too great an opportunity for us to pass by. It's in our backyard, we know the weather, the terrain, and feel comfortable here," said Mike Cottrell-Tribes, team captain of Team North Wind.

To date Team North Wind is the only team registered to compete in Raid the North Extreme with three female team members (Sylvie Anderson, Whitehorse; Danielle Boisvert, Toronto; Tunde Fulop, Whitehorse). Nicknaming themselves 'Team Brazil' after the infamous three-women team seen in this year's TV coverage of Eco-Challenge, these ladies have partnered up with team captain, Mike Cottrell-Tribes of Whitehorse to tackle this very challenging 6-day race. "I have ultimate confidence in these women," said Cottrell-Tribes. "Having never competed in an adventure race, our biggest challenge will be planning for the race, logistics during transitions and pacing ourselves properly throughout the race." Always interested in pushing their limits, this team has an extensive background in road-bike racing and marathons. Although this team will be training individually for this race, they do plan to hike the Chilkoot Trail together in one-day – this is a 50 km grueling trek.

Pushing limits and facing new challenges seems to be a Yukon trait. Although Team Northern Pride has competed in numerous triathlons and mountain bike races, this will also be the first time they compete together in an adventure race. To help prepare for their first race together, Team Northern Pride (Captain: Paul Christensen, Whitehorse; Michelle Toews, Whitehorse; Scott Puskas, Montreal; Jim Routzhan, Whitehorse) is currently planning a few 24-hour trips to test endurance and nutrition systems. "Our strength as a team lies in our familiarity with each other," said Paul Christensen, team captain. "Having traveled together extensively, we know we have a great diversity of skills to draw on, but are also aware of each other's weaknesses."

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Team Captain of Team Work-In-Progress, Steve Rose presents a contrast to the life-time athletes of Team Northern Pride. Once a confirmed couch potato, living on coffee and cigarettes, Steve was inspired by Eco-Challenge and was determined to one day compete in an adventure race. Since changing his lifestyle and competing in a few marathons and triathlons, Steve has gathered a team of three athletes from Whitehorse to compete in Raid the North Extreme: Brett Boughen a school bus driver, Katherine Pinard a wildlife biologist from Quebec and Rob Savard, who is studying to become a conservation enforcement officer. With no previous adventure racing experience, Work-In-Progress is currently preparing for Extreme by competing in triathlons, going on overnight trekking excursions and practicing ropes and paddling skills.

Team Air North brings a somewhat different perspective towards this race and where the true challenges lie. "This is a race against the land. The challenge is from within oneself and depends on the cohesion of the team," said Team Captain, Devon McDiarmid. "Regardless of first place or last, our team will race hard and smart to ensure we finish knowing that we suffered for ourselves, the team and the Yukon." Team members, Devon McDiarmid, Tamara Goepfel, and Stephen Waterreus all from Whitehorse, as well as Ryan Leef from Haines Junction, are all training hard to prepare for what is perhaps their biggest athletic challenge thus far. Each member brings to the team a wide variety of experience including marathon running, mountain biking, triathlons, cross-country skiing. They also have a secret weapon on the team - team member Ryan Leef who has worked as a Yukon Wildlife Guide and is now employed as a Conservation Officer, brings to the team a keen knowledge of the Yukon geography, terrain and wilderness survival skills. Team Air North is sponsored by Air North and the Vuntut Development Corporation.

Greg McHale of Team Whitehorse knows what it takes to succeed in an adventure race of this kind. "We entered Extreme because we are a group of athletes with good all around skills, our versatility is our greatest asset which is a very important for this type of race," said Greg McHale, team captain of Team Whitehorse. "It also seems that we enjoy suffering which we expect to do a lot of." Team Whitehorse is comprised of four athletes from all over the Yukon Territory and British Columbia, including husband and wife Greg and Denise McHale from Dawson City, Thomas Tetz from Tagish, and Hans Gatt from Atlin, BC. Although this team has no previous adventure racing experience, they are all strong athletes. Greg an RCMP officer, is an avid rock climber, his wife Denise a personal trainer has competed in numerous Ironmans, tris and marathons, Thomas and Hans are both competitive dog mushers, as well as competitive runners and mountain bikers. Team Whitehorse is sponsored by the City of Whitehorse, Better Bodies Cross Trainers, the Klondike Visitor's Association and the Dawson City Recreation Department.

"We are very excited to have five local teams competing in our Raid the North Extreme race," said David Zietsma, president of Frontier Adventure Racing Inc. "From this diverse group of teams it is obvious that the Yukon generates tough athletes. With their background competing in long distance races and knowledge of the Yukon terrain, I am confident that these teams will do well in their first adventure race."

### **About Raid the North Extreme**

Scheduled for August 25-30, this 6-day, non-stop race will take teams of four through a 450+ km course of trekking, mountain biking, paddling and rappelling through the Yukon's rugged wilderness interior. Extreme is not meant for first-time competitors or those without significant wilderness experience. The course will be technical with very challenging navigation, long stretches of remote wilderness and plenty of decision-making. A total cash purse of \$30,000 CDN will be awarded: first - \$15,000, second - \$8,000, third - \$4,000, fourth - \$2,000, fifth - \$1,000. The winning team will also receive free entry into the World Championship Adventure Race to be held in 2003.

**About Frontier Adventure Racing Inc.**

Adventure racing is the fastest growing sport in the world, and Frontier Adventure Racing Inc. is leading that growth in Canada with its incredibly popular races and training programs. Now in its fifth year of operation, Frontier Adventure Racing has established an international reputation for solid logistics and challenging racecourses. These non-stop races, ranging in length from the 5-8 hour, Salomon Adventure Challenge, 36-hour Raid the North Series and the 6-day Raid the North Extreme, require teams to trek, mountain bike, paddle and negotiate fixed ropes, while navigating an unmarked course through the wilderness. Likened to an expedition with a stopwatch, adventure racing requires teamwork, perseverance and strong navigation and wilderness survival skills.

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