



MEDIA ALERT
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Local team completes 400km extreme adventure race

June 30 2007, Prince Rupert, BC: Five sleepless nights trekking 400km around the around the great Canadian wilderness, climbing 3500 ft mountainous cliffs, paddling kilometres down freezing rivers, biking up 25% incline logging roads and they are doing it for fun?

Dan Mallory, of Barrie Ontario, had a dream where he would race a full-length expedition adventure race with his children. He was finally able to realise that dream when his 24 year old son Adam and 19 year old daughter Laura joined him in Prince Rupert to take part in Raid the North Extreme, Canada's largest adventure race. Joining the family on their excursion was experienced adventure racer Peter Dobos and together the four of them formed team Adrenaline Rush.

Team Adrenaline Rush had the oldest participant and also the only teenager in the race. Laura Mallory at age 19 is the youngest participant to ever complete a Raid the North Extreme adventure race. When asked about her experience she said "It was an experience of a lifetime, something I will never forget. But it just goes to show how much you can achieve and do if you put your mind to it."

"It's great to see the youth participate in this event. It's rare that we get people in their early 20's to come out, but to see a teenager come through the way Laura did was amazing" said race director Geoff Langford "It's a course meant to test you physically and mentally and Laura's maturity in both areas was evident throughout the race."

The great mix of youthful energy and veteran savvy pushed them to the finish line. At checkpoint #3 Dan Mallory was encouraging his kids to keep moving "It's an extreme race, you have to be extreme to finish it!" The kids responded well to their father's encouragement as they pushed their mountain bikes up a logging road with a 25% incline.

Team Adrenaline Rush was amongst a group of very experienced and even some professional adventure racing teams and was able to complete the gruelling race in 7th place out of 23 teams.