

## **Team Youghal to compete in the Race Across America**

Team Youghal take on the ultimate challenge in endurance cycle racing when they line up for the 30<sup>th</sup> edition of the Race Across America in Oceanside, California on June 18<sup>th</sup> 2011. The race distance is 3,005 miles and crosses the American continent, finishing in Annapolis, Maryland on the Atlantic Coast.

Having successfully participated in the 2009 and 2010 Race Around Ireland the team feels that they are ready for this mammoth challenge. The group of leisure cyclists from the East Cork seaside town are training six days a week at present to get in shape for the race. Race Across America is a non-stop race, 24 hours a day, covering 14 states and has over 100,000 feet of climbing.

Team Youghal have produced a promotional DVD and Brochure on the Race which gives an insight into the enormity of the race.

### **RAAM by the Numbers**

- Total distance is more than 3000 Miles.
- Collectively, the Solo and Team finishers will travel a combined distance equivalent to circling the Earth at the equator seven times.
- In the 29 year history of the race, Solo finishers have ridden more than one million miles - that's two round trips to the moon.
- Lowest elevation is 170 feet below sea level. Highest elevation is more than 10,000 feet high above sea level. This elevation range exceeds two vertical miles.
- Each Solo and Team will climb more than 100,000 feet. This is roughly the distance from the ground to the edge of space, more than three times the altitude flown by commercial jetliners and almost four times the altitude of Mt. Everest.
- Less than 200 solo and tandem racers have officially finished solo RAAM earning the title of RAAM Finisher, compared with over 2000 individuals who have summated Mt. Everest and 200 racers every year compete in the Tour de France.
- Racers have come from 5 continents - North America, South America, Australia, Asia, and Europe. More than 25 countries have been represented in the Race Across America.
- RAAM crosses the five longest rivers that are entirely in the US: the Mississippi, Missouri, Rio Grande, Arkansas and the Ohio.
- The RAAM staff during the race is more than 50 people. More than 200 people staff Time Stations. Racers are supported by more than 800 people.

More than 200 vehicles are part of the RAAM caravan across the country.

In the last four years, RAAM racers have raised more than \$4,000,000 for charities.

### **EMER CASEY FOUNDATION**

Team Youghal will once again raise funds and awareness for the Emer Casey Foundation. This Foundation has raised over €500,000 for Ovarian Cancer Research. All of Team Youghal's Fundraising efforts will be based in the USA where fundraising events are planned for Los Angeles, San Diego, New York and Boston. It is hoped to raise the profile of the Emer Casey Foundation in the USA where the Annual 5k Run has taken place in New York for the past three years.

The Emer Casey Foundation was established in June 2006 following Emer's untimely death from Ovarian cancer. The aim of the Foundation is to raise awareness and to raise funds to secure the best independent advice in the area of Ovarian/Uterine cancer. The ultimate aim is to develop a test to detect the disease in its early stages.

Ovarian cancer is the leading cause of death from gynaecological malignancy in the western world. The poor survival of ovarian cancer patients can be attributed to:

- 1) lack of standardised screening test
- 2) late presentation of disease
- 3) high rate of recurrence
- 4) development of chemoresistance
- 5) poorly understood disease biology.

Three Emer Casey PhD Fellowship students together with the DISCOVERY Consortium are dedicated to addressing these problems. They are carrying out research in the areas of chemoresistance, cancer stem cells, circulating tumour cells and the body's immune response to cancer. The scientists have already identified a panel of proteins that can be found in the blood of ovarian cancer patients. They have developed a near patient testing device to assess a patient's response to chemotherapy and are currently working on new ways to isolate circulating tumour cells in a patient's blood.

### **Why RAAM?**

"Because it's there" was George Mallory's answer, as to why climb Mt. Everest. RAAM has a similar draw. At the very least, it's the honor of adding their name to the prestigious roll call of RAAM Finishers and Team RAAM Finishers.

RAAM is more than a bike race. It is about ordinary people being great. It's about realising dreams, a journey of the heart and soul. It's about being the toughest of the tough. It's about camaraderie, teamwork, and the incredible RAAM family. It's about taking the stage for a charity or cause that matters, to raise awareness and funds. It's about the vastness, richness, beauty, and generosity of the United States of America and the people who live here. It's a lifetime experience never to be repeated.

The Race Across America endures due to its amazing effect on the human consciousness and for its incredible feats of willpower, inspiration, and heart.

The Race Across America is one of the most respected and longest running annual endurance events holding legendary stature the world over. It is one of the pinnacles of sporting accomplishment, globally seen as the highest rung of the endurance sports

ladder. Since 1982, RAAM has a rich and storied history standing as a monument to human endeavours.

The Race Across America is an event so staggering that merely to finish is, for most, the accomplishment of a lifetime. RAAM inspires everyone that it touches. A monumental race contested with the utmost of sportsmanship and zeal. Truly, RAAM is larger than life. A breeding ground for champions, a testing