

1000 MILES TO LIGHT

WHAT IS KAYO 1000 MILES TO LIGHT?

KAYO 1000 Miles to Light is a race that was to begin in Broken Hill (Wilyakali Country) and end in Byron Bay (Arakwal Country), however, due to the pandemic, the race will now take place at Singleton Army Barracks. The event is comprised of two teams of four runners, an Australian team and an American team. As a team of four, they will run a total of 1000 miles (or 1,600kms) across the 10-day challenge commencing on August 14th and concluding on August 24th 2021.

WHAT IS THE PURPOSE OF KAYO 1000 MILES TO LIGHT?

1000 Miles to Light is an adventure to reconnect and inspire. This event will raise awareness of and funds for youth mental health service, ReachOut.

WHAT IS REACHOUT?

ReachOut is the most accessed online mental health service for young people and their parents in Australia. Their trusted self-help information, peer-support program and referral tools save lives by helping young people be well and stay well. The information they offer parents makes it easier for them to help their teenagers, too.

ReachOut has been championing wider access to mental health support since they launched their online service more than 20 years ago. Everything they create is based on the latest evidence and is designed with experts, and young people or their parents. That's why ReachOut is a trusted, relevant service that's so easy to use.

Accessed by more than 2 million people in Australia each year, ReachOut is a free service that's available anytime and pretty much anywhere.

AUSTRALIAN ARMY INVOLVEMENT

The Australian Army are committed to physical wellbeing, overcoming adversity and mental health support. The Australian Army will be providing logistical support to the 1000 Miles to Light event through transport and planning, and providing sustainment to the crew through accommodation and catering. Despite global challenges, Army continues to prioritise activities which optimise mental health and wellbeing during difficult times.

ABORIGINAL MESSAGE STICKS

Aboriginal Artists, Anthony Hayward and Taya Biggs, have carved two message sticks that will be handed from one runner to the next during the run, symbolising the connection to country.

KAYO 1000 MILES TO LIGHT FILM

1000 Miles to Light have a film and production team who are capturing content throughout the duration of the event. Kayo Sports own the film rights in Australia and will be broadcasting the film later in 2021.

USEFUL LINKS

<https://www.1000molestolight.com/>

1000 MILES TO LIGHT

<https://about.au.reachout.com/1000milestothelight>

<https://au.runningheroes.com/en/challenges/details/1000milestolight>

SOCIAL MEDIA

<https://www.instagram.com/1000milestolight/>

<https://www.facebook.com/1000milestolight>

ATHLETE BIOS

HON. PAT FARMER AM (Team AUS)

Instagram: @patfarmerathlete

Facebook: @patfarmerathlete

Pat Farmer is the only man to have run from the North Pole to the South Pole, traversing the polar ice caps, the infamous Darien Jungle, North America, Central America and South America and is author of *Pole to Pole: One Man 20 Million Steps*. Pat still holds the fastest time across the Simpson Desert and has run through the hottest conditions on earth and the coldest. With a career spanning 35 years, Pat has also raced across America twice, run the length of Vietnam, Lebanon, Israel, Jordan and Palestine and has competed in numerous 24-hour, 48-hour and 6-day races.



In 2012, Pat was named Adventurer of the Year. He was also a federal politician between 2001 and 2010 and is now a director of Sport Australia. Pat has raised millions of dollars for charities world-wide through his running.

GRETA TRUSCOTT (TEAM AUS)

Instagram: @greta_truscott

Facebook: @greta.truscott

Greta grew up in a remote community in the Northern Territory, running in soft sand creek beds as a kid. Moving to Sydney in her 20s as an Occupational Therapist and has been immersed in competitive running for the past 20 years, competing almost every weekend across road, track, trail and triathlon! Some of Greta's pbs and event highlights include state track 5000m champs 17.42, 36.46 Launceston 10k, 54.27 Sydney City to Surf, 82.59 Gold Coast half marathon, 3.04.20 marathon debut Berlin, 2nd in Coastal Classic, 4th in Six Foot Track Ultra-Marathon, 2nd in an elite field at the Sky26er (32k) Oceania sky running champs at Mount Buffalo. She represented Australia at the World Age Group Triathlon Championships in 2hrs 17mins, Olympic Distance. Greta is a soft sand specialist winning the Whitehaven Beach half marathon, Bondi Barefoot 4k (x7) and Pat Farmer's Maroubra Quicksand 10k. Perhaps the love of sand due to all the beautiful Red Centre Finke creek bed running as a kid. Also a Swim Run specialist winning NZ's Brecca Wanaka Swim Run and Swim Run Australia; 2nd female in Andy



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Reid's Splash N Dash Bondi event and 3rd female in the 3 Points Challenge a big biathlon in the northern beaches of Sydney, just to name a few of her favourite events.

JUSTIN MCDONALD (TEAM AUS)

Instagram: @jk.5k.a.day

Facebook: @Kate'nJustinMcDonald

Justin McDonald, a 39-year-old from the popular touristy township of Penola, nestled in the Limestone Coast Wine region in South Australia, is the husband in the husband and wife running duo of Justin and Kate. Trending as jk.5k.a.day on Instagram, they began a journey, late December 2016, running a minimum of 5km per day every day, rain, hail or shine, through sickness, injury and busy working and parenting life. Running strong over 1570 days or some 4 and a half years later, they keep their running streak alive to this very day and beyond. To up the ante, in 2019 they both ran a minimum of 10km a day for no particular reason at all. It's just the crazy thing that runners do.



Justin has come a long way with his running, from a dreadfully embarrassing first marathon attempt in Adelaide back in 2014 in over 6hrs limping across the finish line, to running a sub 3hr marathon up on the Gold Coast in 2019. Along the way Justin has collected numerous SA State Championship medals in the men's O/35 category, most recently a Gold Medal in the men's 3000m.

DEIRDRE HOPKINS (TEAM AUS)

Instagram: @deirdrehop

Facebook: @deirdre.hopkins

Deirdre Hopkins says "Running has always been a strong part of my identity, having been involved in all levels of athletics across track, cross-country and trails from the age of seven."



In 2009 Deirdre travelled to Australia, something she had wanted to do from an early age. She fell in love with the lifestyle over here, the weather, and the ease at which one could adapt a healthy lifestyle not least through running. After travelling and doing farm work in Bundaberg she settled into life in Sydney

Deirdre has competed in many races and accumulated lots of friends and medals. Some of her favourites have been the City2Surf in 2018.

DEAN KARNAZES (TEAM USA)

Instagram: @ultramarathon

Facebook: @DeanKarnazes

TIME magazine named him one of the "Top 100 Most Influential People in the World." Men's Fitness hailed him as one of the fittest men on the planet. Stan Lee, of Marvel Comics fame, called him, "A real superhuman." An acclaimed endurance athlete and NY Times bestselling author, Dean Karnazes has



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pushed his body and mind to inconceivable limits. Among his many accomplishments, he has run 50 marathons, in all 50 US states, in 50 consecutive days, he's run 350 continuous miles, foregoing sleep for three nights. He's run across the Sahara Desert in 120-degree temperatures, and he's run a marathon to the South Pole in negative 40 degrees. On ten separate occasions he's run a 200-mile relay race solo, racing alongside teams of twelve. His long list of competitive achievements include winning the World's Toughest Footrace, the Badwater Ultramarathon, running 135 miles nonstop across Death Valley during the middle of summer. He has raced and competed on all seven continents of the planet, twice over.

KATIE VISCO (TEAM USA)

Instagram: @katievisco

Facebook: @katie.visco

Katie Visco, who has been called a “bubbly and offbeat running, biking, soup-making, people-loving, community-building exclamation mark,” is an accomplished female adventurer, entrepreneur, community-builder, coach, and speaker.



She has spent years taking on logistically complex and also simple out-your-front-door expeditions. At age 23, Katie was the youngest woman to run across America. Her mission was to inspire as many people as possible to follow their passions, and she spoke with more than 200 audiences along the way to encourage people to do just that while also raising funds for Girls on the Run.

Ten years later, in 2019, she ran across the brutal continent of Australia with only her husband on a bicycle for support to show the importance of living your dreams and doing hard things simply because you want to. Ultimately, Katie's adventures are an invitation to be brave and take action on the things you feel most deeply called to do. Katie also has 10+ years of experience as a coach, community-builder, and entrepreneur.

SAMANTHA PRUITT (TEAM USA)

Instagram: @thesamanthapruitt

Facebook: @samantha.a.pruitt

Samantha is a self-proclaimed ex-couch potato who lost 50lbs while rebuilding her body, mind and entire life after discovering endurance sports at age 30. She has since dedicated the last 20+ years inspiring thousands and coaching hundreds to use endurance sports, outdoor adventure and human connection as powerful tools for change in their own lives. Along her transformational journey, Sam became an IronWoman, Ultra Endurance Runner and Adventure Athlete, finishing hundreds of races from 5 to 150 miles. During the pandemic Samantha had to shut down her own business, pivot her career and life once again and like all of humanity ... overcome big set backs. Now fierce at 52, Sam is using her well



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developed Emotional Fitness and reignited passion to help others rebuild their own best bodies and lives. As a business and community leader, Endurance Town USA Podcast Host, Marketing & Business Consultant, professional Event Director, and Life- Business Coach, Sam is HIGHLY motivated to connect humans with endurance sports, the outdoors and ultimately their own best selves.

SHAN RIGGS (TEAM USA)

Instagram: @shanriggs2100

Facebook: @shancanorama

Shan is a 42-year-old ultramarathon runner and sponsorship marketing professional. He's completed 45 ultramarathon races—winning several—and, has 20 years of sponsorship consulting experience, working with major brands and properties of all types.

