

Dave Battison & Brian Culbert



### HEALTHIER CHILDREN A BETTER WORLD

Working in conjunction with The Hospital for Sick Children in Toronto, the Global Child Health Program at HealthyKids International is a collective strategy for international outreach activities charged to solve the global paediatric healthcare crisis. By focusing on developing and training key healthcare workers, improving opportunities for health leaders and institutions to share knowledge, and creating healthcare delivery systems that reach out to the most underserved communities, the Global Child Health Program will ultimately improve the care received by the world's most in-need children.

For more information go to [www.healthykidsinternational.com](http://www.healthykidsinternational.com)

# The 850 RACE

That's exactly what Brian Culbert and David Battison plan to do this September.

Between September 13th and 18th, 2009, Brian and Dave will run from Niagara Falls to Tobermory, the 850km length of The Bruce Trail, in an attempt to raise \$1 million for children's health programs globally.

### A DREAM TEAM

Brian Culbert is a world level endurance athlete. Sharing his time between his Toronto home and his Wasaga Beach cottage, he has been competing at national and world level events as an endurance mountain biker for 5 years. Dave Battison competed as a professional triathlete, and represented Canada three times at the World Ironman Championships in Hawaii, widely regarded as the most prestigious triathlon event in the world. Dave also happens to be one of Canada's top coaches, and has been given Professional title status from the

# Doing the Impossible

Run two marathons a day - six days in a row?  
Raise \$1 Million for charity doing it?

Coaching Association of Canada, one of only five active coaches in the country with this designation.

If anyone can run the equivalent of a dozen marathons in six days and raise one million dollars doing it, these two can.

### THE BUCKET LIST

Last fall, while on a 10 km trail run, Brian and Dave decided to create their own "Bucket List" like Jack Nicholson and Morgan Freeman had done in the film of the same name.

One of the list items was to run The Bruce Trail. The whole trail. All 850 kms of it.

If that wasn't enough, the pair decided that they ought to do it in only six days - which, when you do the math, is like running two marathons a day, six days in a row. THE850race was born.

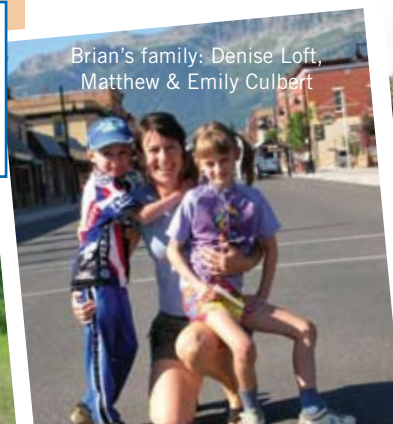
### CHALLENGING THE PERCEPTION OF POSSIBILITY

Running two marathons a day for six days sounds like an impossibility to most people, but so does eliminating global childhood poverty. Brian and Dave are setting out to prove those perceptions wrong and push the limits of possibility. Brian's own drive stems from his commitment to the The Hospital for Sick Children and their work for children everywhere. When Brian's son was born, his family spent almost two weeks at SickKids and was witness to the seemingly insurmountable challenges faced by so many children testing their own physical limits daily. He suddenly understood courage in a way he hadn't before; "God, give me my son and I'll go help these children for the rest of my life. This is my covenant to you".

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Another item on Brian's Bucket List is to complete 100km in one run. On Day 3, Brian will add 30kms of Dave's interval to his own, making his leg 100km long.

Brian's family: Denise Loft, Matthew & Emily Culbert



all photo's courtesy of Brian Culbert



# THE 850 RACE

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When Brian and Dave decided that running The Bruce Trail was their next goal, they also decided to turn the run into a fund raiser. They gave themselves an extremely demanding time frame and set their sites on raising \$1 million in support of the Global Child Health Program run by the SickKids Foundation.

## THE850RACE PLAN

During the race they expect to be on the trails for 16 – 18 hours a day, alternating runners in 4 hour, 2 hour and finally 1 hour intervals designed to maximize their recovery cycles.

*Brian and Dave will be testing advanced recovery theories and tools. For example, they will be using a cutting edge “recovery suit” alternately pumping hot and cold water throughout, designed to speed recovery by helping flush the lymphatic system.*

Angel Runners and mountain bikers will be alongside as encouragement, as well as guiding from ahead and setting up food drops. Brian and Dave will also be accompanied by a motor home which will serve as team sleeping quarters, repair shop, kitchen and primary recovery center.

Ensuring anything broken can get fixed, the support team of Eddy Betinol, a west

coast sports physiotherapist and Kevin Hillock, the team logistician, mechanic and firefighter from Collingwood, will travel with them. Dr. Mark Enright, a Collingwood physician, has also offered to be available during the race if needed.

*The Bruce Trail  
The Bruce Trail and the Niagara escarpment run through some of the most populated areas of Ontario, with an estimated 7 million people living within 100 km.*

## DREAMING THE IMPOSSIBLE DREAM

Reduce child mortality rates. Run two marathons a day for six days.

The team sees THE850race as one element of a grander mosaic. The biggest challenge now is inspiring others to help them reach their goal of raising \$1 million.

“We want to push our own limits, in the hopes that others will push theirs”.

*To make a donation, to sponsor the run, to help fundraise, to follow them on Twitter, or facebook please go to <http://www.the850race.com> or email them at [info@THE850race.com](mailto:info@THE850race.com).*

*Brian and Dave would like to say special thanks to: Kamikaze Bikes, Intransit Media, Dee & Company, Optix Digital Pictures, Media Tree Entertainment, Sam Javanrouh*

# the man, the myth, the legend . . .

## WADE SIMMONS

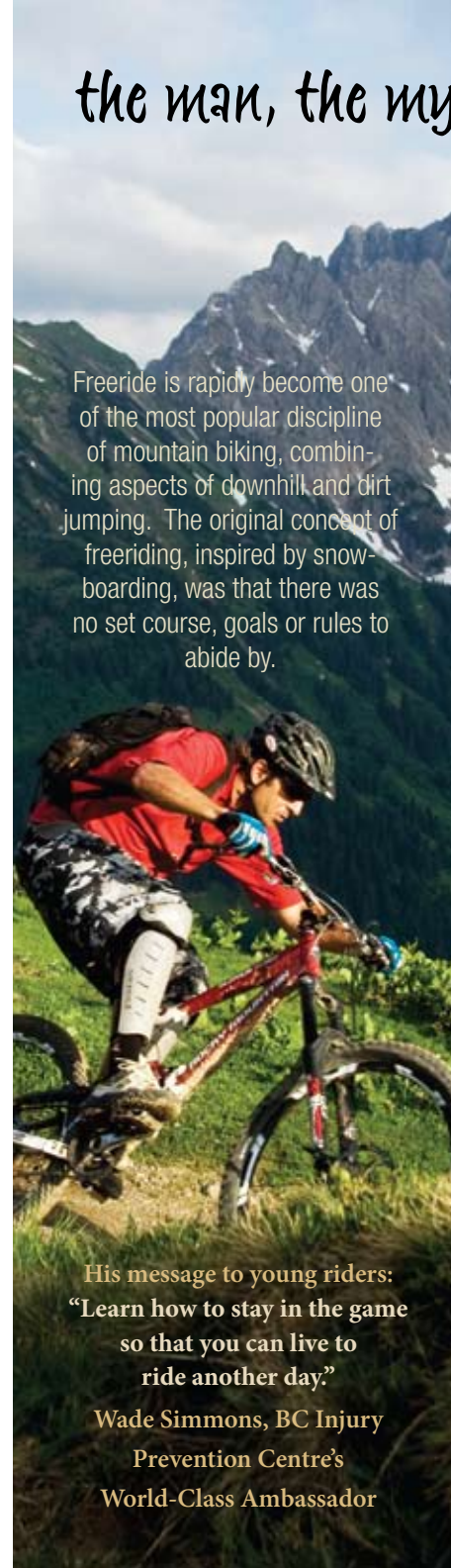
The undisputed godfather of freeride mountain biking, Wade Simmons, is coming to Blue Mountain in July, and he'll be running freeride camps for intermediate, advanced, and expert riders. When we were writing this piece to introduce Wade we went to Google, and quickly decided to let his own industry tell his story:

- “ . . . the man who essentially defined freeride and embodies the soul of the sport . . . ” bikes.com
- “ . . . possibly the most fluid and gifted rider on Planet Earth . . . ” RIP.TV
- “ . . . urban, stunts, gap jumps, high speed manuals—Wade does it all . . . ” RIP.TV
- “ . . . featured in publications around the globe, including a slew of magazine covers, numerous videos, and DVDs . . . ” bikemag.com
- “ . . . one of the most influential riders of the movement . . . ” bikemag.com
- “ . . . the King of the freeride movement . . . ” RIP.TV
- “If he wasn't such a nice guy, you'd hate him for being so good.” Rocky Mountain website—bikes.com

Enough said. And he's coming to Blue Mountain. He'll conduct two 3-hour sessions per day as follows:

DATE	TIME	AGE
July 17	10am to 1pm 2pm to 5pm	18+
July 18	10am to 1pm 2pm to 5pm	13-17
July 19	10am - 1pm 2pm to 5pm	18+

All sessions are \$99 plus tax and a lift ticket if the participant is not a Season's Pass holder. Blue Mountain has a rider rating scale on their website and will require riders to be a minimum level 3 to participate. Riders can book a spot by calling the MTB Shop at 1-877-445-0231 x6541.



**His message to young riders:  
“Learn how to stay in the game  
so that you can live to  
ride another day.”**

**Wade Simmons, BC Injury  
Prevention Centre's  
World-Class Ambassador**