

USA XTREMERUN in 45 DAYS



5 300 km / 3293 miles September 12th – October 27th 2010



San Francisco – Washington D.C.

- TOP of the Expedition:
- Raising money for the purchase of equipment for the treatment of Parkinson's disease for II. Neurological Clinic of Derer University Hospital in Bratislava. The main sponsor of the collection of donations is doc. MUDr. Ján Benetin CSc.
- The fastest run across the USA, attempt to set a world record
- 3 marathons (42,195) a day
- 1. Slovak to run across the North America
- Run through 13 USA states
- Run through 4 time zones
- Geography: Sierra Nevada, Rocky Mountains, Death Valley, Appalachian Mountains
- Air temperatures from 32 to 140 degrees Fahrenheit

usa.xtremerun.com, www.xtremerun.com

About me

- **BRATISLAVA – ATHENS – BEJING 2008**
- **Transcontinental run: „ASIA on foot 2008“ 150 days and 12 hours 12 024 km running + (0,7 km by ship + 24 km by car + 10 km by train)**
- **ACROSS EUROPE 2005**, Helsinki (FN) – Tariffa (ESP), **5239 km**, 59 days 21 hours 50 minutes
- **ACROSS SLOVAKIA 2004**, **575 km** in 6 days
- **“CHARITY RUN 2008“**
Bratislava OC AVION, 725 km in 7 days on treadmill - One week on treadmill , charity for oncology org.
- **Libyan Challenge 2009**
First Slovak racer to attend desert ultra footrace - rank 76
- **111,803 km in 12 hours run. International challenge**
in Czech Rep. Brno 2007, **2. place**



Partners

■ Main

MČ Bratislava - Devínska Nová Ves



× Product



× Media



Slovenský rozhlas

Webnoviny.sk





The fastest run across the USA, attempt to set a world record (SLOVAK RECORD BOOK, BOOK OF ALTERNATIVE RECORDS, GUINNESS RECORDS) the fastest run from San Francisco to Washington D.C.

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Presentation of ultra running

Making a documentary movie „USA XTREMERUN IN 45 DAYS“

Presentation of Slovakia as perfect country for all sports. Screening a DVD about Slovakia, paper prospects,.....

ROUTE

1) California



2) Nevada



3) Arizona



ROUTE

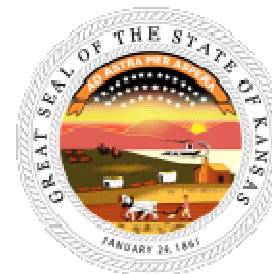
4) Utah



5) Colorado

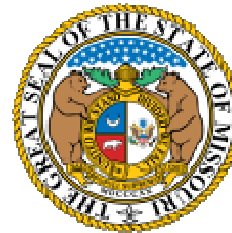


6) Kansas



ROUTE

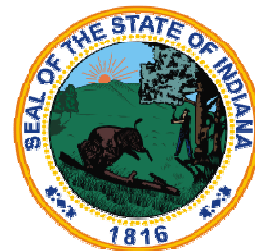
7) Missouri



8) Illinois



9) Indiana



ROUTE

10) Ohio



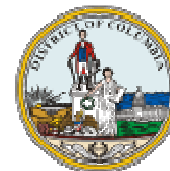
11) West Virginia



12) Virginia



13) WAHSINGTON D.C.





RUN EXPEDITION

Name: „USA XTREMERUN in 45 DAYS“ **Date:** September 12th – October 27th 2010

Distance: 5300 km / 3293 miles

Character: individual run with support team

Start: September 12th 2010, 06.00 a.m.– from Golden Gate Bridge in San Francisco, California, USA

Finish:

October 27th 2010, ? ?..?? Hour - Embassy of the Slovak Republic, Washington D.C., USA

Limit : 42 - 45 Days

Time calculation: maximum of 126 km in one day (3 x Marathon)

Team:

•1 runner, 1 medic and 1 driver (technical support, cameraman, photographer)

This expedition will be done in cooperation with Michael J. Fox Foundation for Parkinson's Research -
www.teamfox.org



RUN EXPEDITION

- **Profile:**

13 states of USA

Surface: asphalt

Mountains: **Sierra Nevada, Death Valley, Rocky Mountains, Appalachian Mountains**

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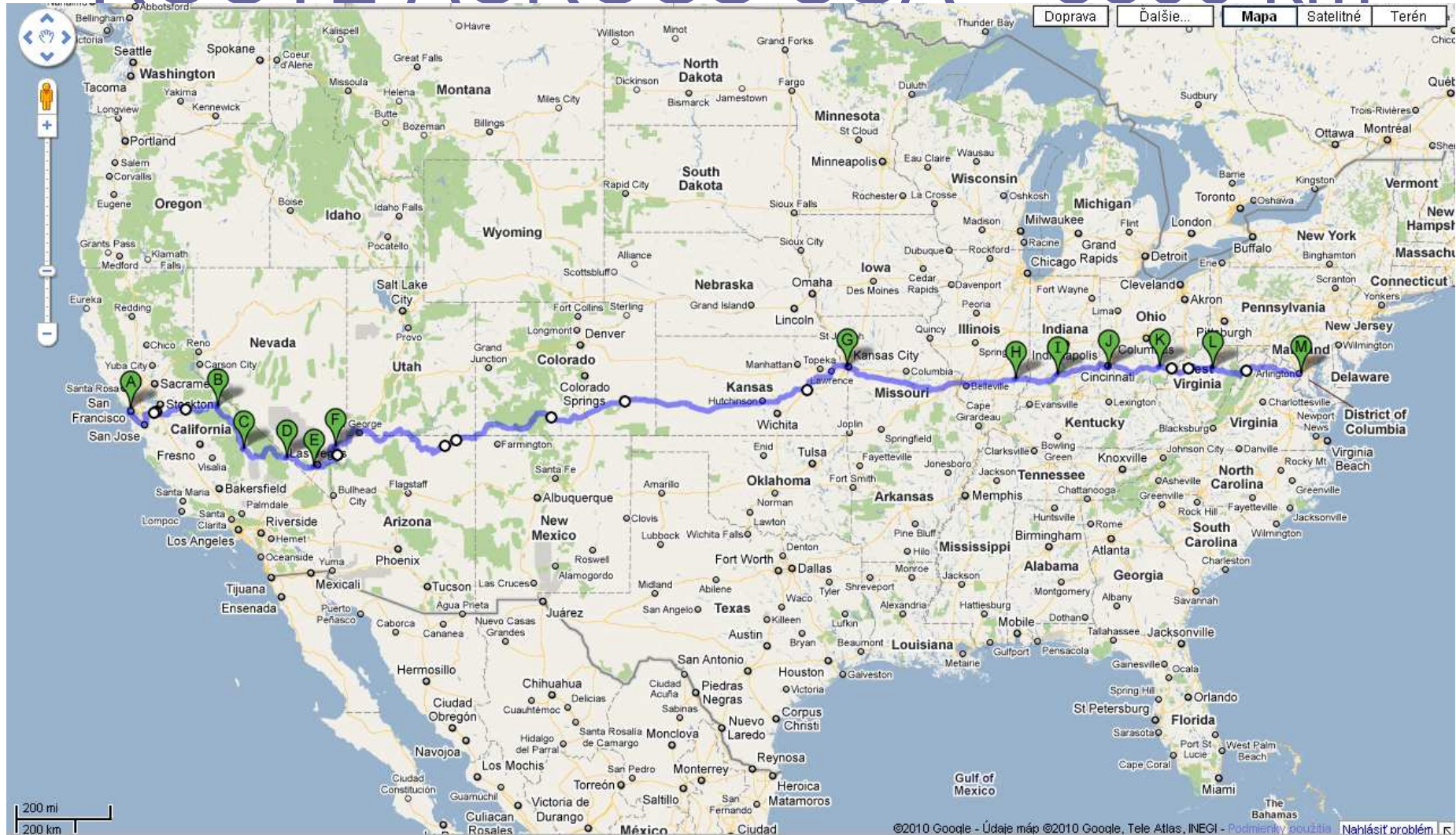
- **Organization**

- XTREMERUN Devínska Nová Ves o.z.
- Novoveská Street 10, 841 07 Bratislava / Slovakia
- IČO: 37927370
- Bank: Slovenská sporiteľňa a.s. 177904347/0900

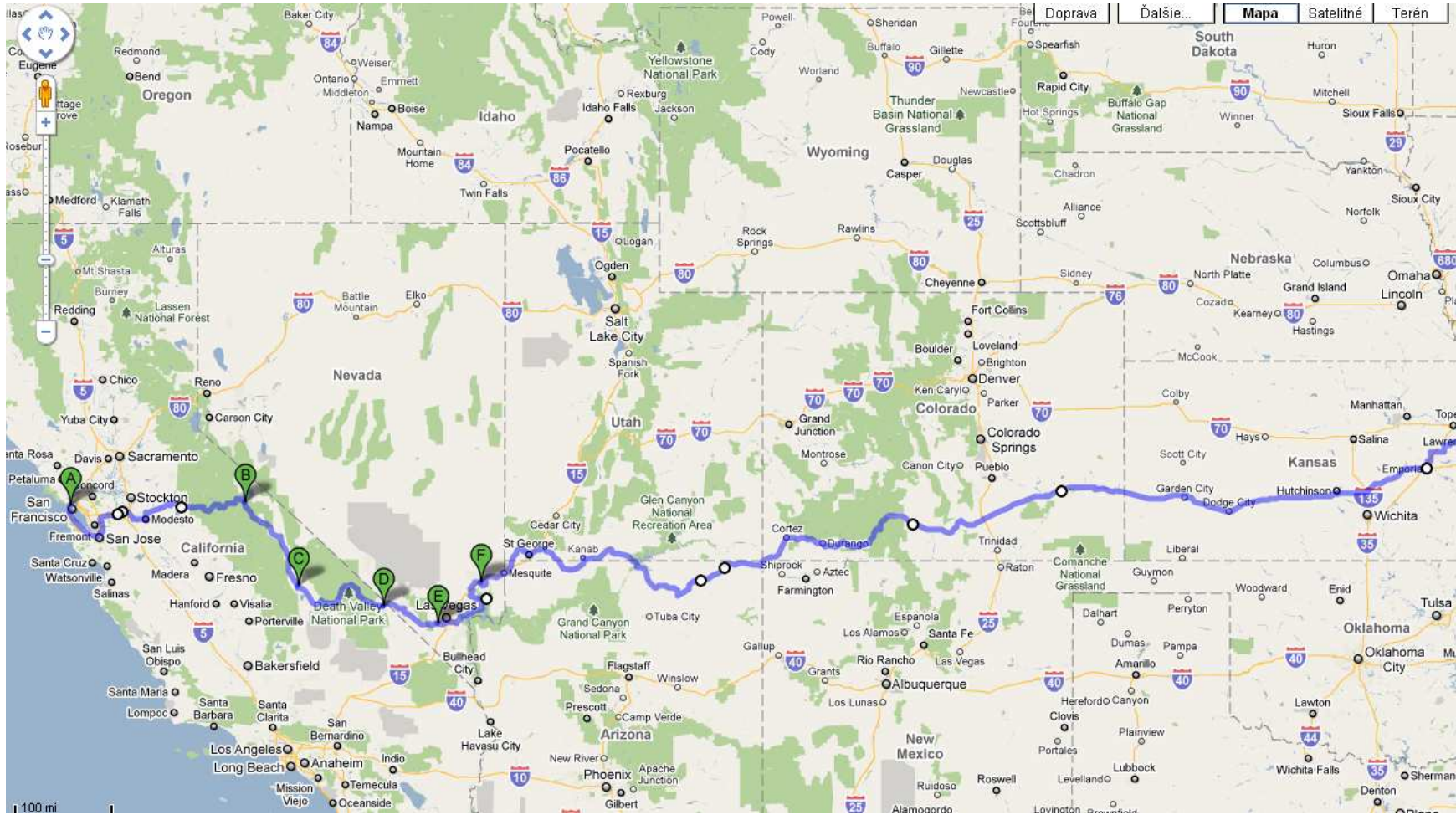
- **Main organizers:**

- Mgr. Jozef Rajchl rajchl@tikdnv.sk, +421949 124 131
- Martin Domček martin@mojdomcek.sk

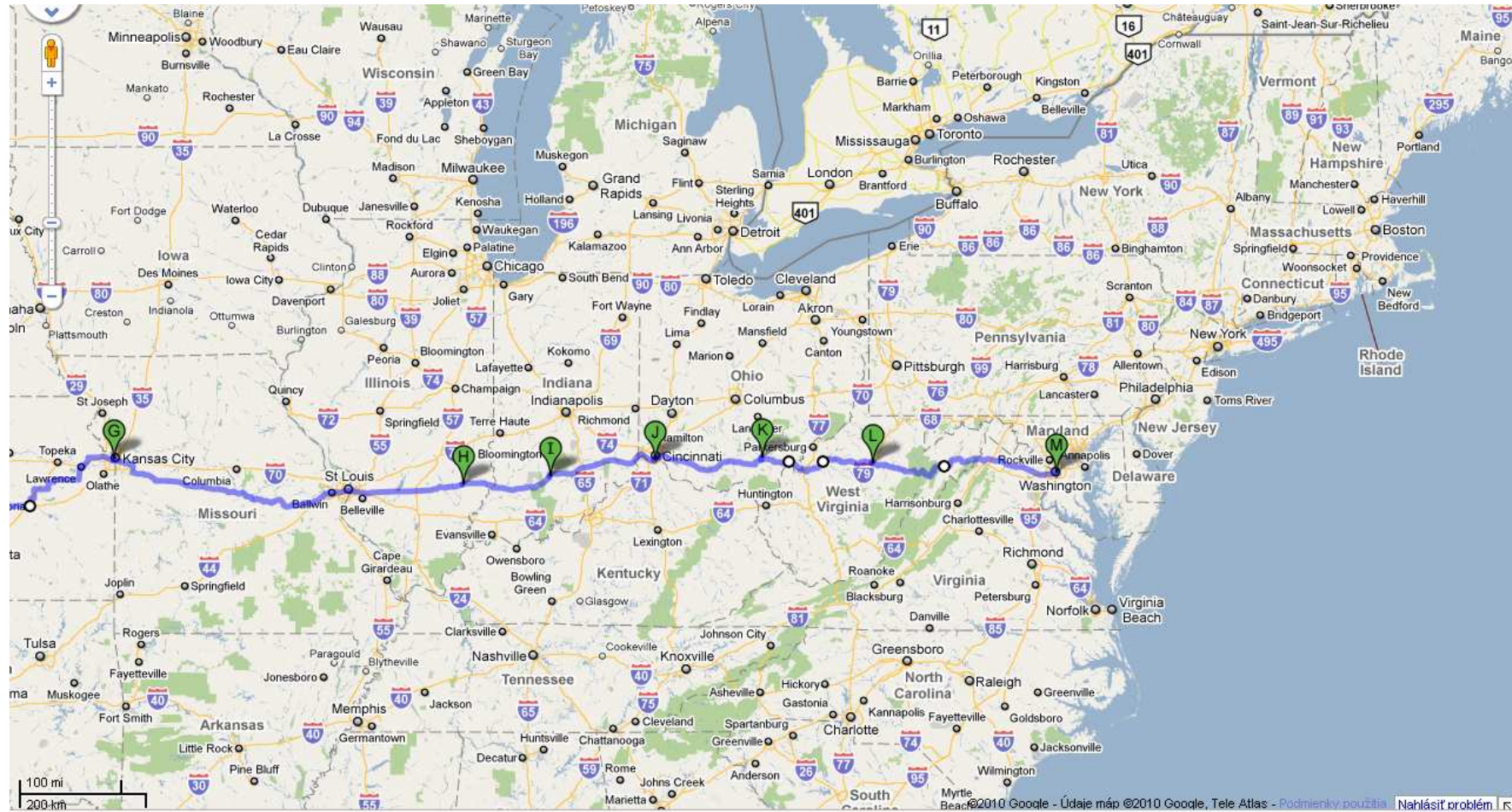
ROUTE ACROSS USA = 5300 km



San Francisco – Emporia



Kansas City – Washington D.C





Cities 12th September – 27th October 2010

California - **San Francisco Golden Gate Bridge** – San Francisco Centrum - Oakland – Modesto - Groveland – June Lake – Bishop – Big Pine – Cartago - Panamint Springs – (Death Valley) Furnace Creek – Death Valley Jct. - Shoshone – **Nevada** – Mountain Springs – Paradise – **Las Vegas** - Henderson – Overton - **Arizona** - Littlefield – **Utah** – St. George – Kanab - **Arizona** - Fredonia – Page – Kayenta – Mexican Water – **Colorado** - Cortez – Durango – Pagosa Springs – South Fork – De Norte – Alamosa – Walsenburg – La Junta – Las Animas – Bristol – Granada – Holly - **Kansas** – Syracuse – Lakin – Garden City – Cimarron – Dodge City – Kinsley – Belpre – Sylvia – Hutchinson – Burrton – Newton – Florence – Strong City – Emporia – Burlingame – Olathe – **Kansas City** - **Missouri** - Warrensburg – Sedalia – Tipton – Jefferson City – Kirkwood – **St. Luis** – **Illinois** – Sandoval – Salem - Flora – Olney – Lawrenceville – **Indiana** – Washington – Bedford – Seymour – Versailles – **Ohio** - **Cincinnati** – Hillsboro – Chillicothe – Mc Arthur – Vienna -Parkersburg – **West Virginia** – Clarksburg – Grafton – Romney – **Virginia** – Winchester – Arlington – **Washington D.C.**

Budget = 10 350 € + 6 000 € (material)

| Name | pieces/ people | € |
|---|----------------|--------------|
| Flight ticket | 3 | 3000 |
| Car rental for 47 days | 1 | 2000 |
| Gas | 500 l | 600 |
| Sport clothes and 13 x running shoes - ADIDAS | 1 +3 | 1500 1000 |
| Insurance | 3 | 600 |
| Inoculation | 3 | 150 |
| Route fee, parking | ? | 300 |
| Technical support : camera, gps, netbook, .. | ? | 1000 |
| First Aid materials, drugs | ? | 500 |
| DVD, promo materials, prospects,... | ? | 1000 |
| Data transfer, calls | ? | 1000 |
| Food + sport food | 1 2 | 700 |
| Loss of wages for the runner and support team | 1 2 | 1000 1000 |
| Tent, sleeping bags, sleeping pads, ... | 3 | 500 |
| Reserve | 3 | 500 |