TEAM STRONG HEART RACES FOR CHARITY, CAMP ODAYIN, IN RACE ACROSS AMERICA (RAAM)

MINNEAPOLIS, MN– Team Strong Heart (TSH) announced today that team members have been selected and training has begun for the 2009 Race Across America (RAAM). Team Strong Heart will be represented with one, four-person team that will race for the charity, Camp Odayin.

The 3000 mile RAAM course begins in Oceanside, CA and ends one week later in Annapolis, MD. The race is considered one of the most respected, and longest running, annual endurance events in America. The RAAM also holds a “legendary status” across the world.

“Racing with Team Strong Heart is one of honor and prestige, especially when you consider the children that benefit from our efforts. The men and women who make up our teams are devoted, highly motivated individuals who are among the best cyclists around. Of course, fundraising and training are huge parts of being a team, but we know that we come from a supportive community environment that will bolster our teams to great success for Camp Odayin”, said Andrew Claflin, Team Leader.

Team Strong Heart is completely funded by individual and corporate donations/sponsorships. TSH’s goal for supporting Camp Odayin is to raise high profile awareness for the camp, as well as funding to sponsor 10 or more children to attend the camp. The team also relies upon donations for travel, uniform, equipment requirements, crew support and food during RAAM. TSH will advertise and promote sponsors through jersey advertising, media coverage, vehicle signage and distributed materials. Other team support comes through volunteer crew members, an online store and an annual raffle.

Team Strong Heart members are available for media interviews and educational presentations. For more information, contact the team at teamstrongheart@gmail.com.

About Team Strong Heart

Dedication. Endurance. Perseverance. These qualities are embodied within each individual who is hand selected for Team Strong Heart. This highly respected team of bicycle racers and volunteers have chosen to push themselves to a limit many never accomplish, all in the name of charity.

Founded in 2006, Team Strong Heart was created for the purpose of raising awareness and funding for Camp Odayin. This national camp for children with congenital heart defects and disease is located in Minnesota and provides youth with a safe camp experience—a first time for many attendees. For 2009, Team Strong Heart will be hosting two, four person relay teams for the Race Across America (RAAM), a non-stop 3000 mile race from Oceanside CA to Annapolis MD.
For these “extra-ordinary” TSH members, this race is their once-in-a-lifetime opportunity—a chance to realize dreams, take a journey of the heart and soul, be the toughest of the tough and, of course, enjoy the camaraderie of teamwork. Race preparations include grueling daily workouts, strategic planning and fundraising…all with a devotion to do their best so these youth can experience their best as well.

**About Camp Odayin**
Headquartered in Stillwater, MN--near Minneapolis/St. Paul--Camp Odayin is a non-profit organization that provides a residential camping experience for young people with heart disease. At these week long residence camps, day camps and family camps, campers and their families have the opportunity to meet others with similar health, emotional and social concerns. Campers also discover outdoor, athletic and creative activities in a safe and medically supervised environment.

Camp Odayin is made available to campers regardless of scars, scope of disease or physical abilities. Our state of the art facility is fully staffed with highly trained pediatric cardiologists cardiac nurses, and a full cadre of trained counselors and program directors.

The Camp Odayin experience is provided at NO cost to campers (outside of a $25 document processing fee) and provides campers with an experience of a lifetime, fostering friendships that last just as long.

**About Race Across America (RAAM)**
Unlike other famous races, like the Tour de France, RAAM is not a stage race. Instead, this non-stop race is a “one stage” race, live to the very end. RAAM is 30% longer than the Tour de France and solo racers finish in half the time with no rest days. The race format is essentially a time trial, commonly called, “racing against the clock” or “the race of truth.” Unlike the Tour de France, there is no drafting or taking shelter from the wind. It’s an all out individual challenge.

The Race Across America is one of the most respected and longest running annual endurance events that holds legendary stature throughout the world. The race has team categories of two-person, four-person, and eight-person teams. There is also a solo division--the ultimate challenge. The Race Across America is an event so staggering that merely to finish it is, for many, the accomplishment of their lifetime.

The RAAM route is over 3000 miles, touching 14 states and climbing over 100,000 feet. Teams typically cross the country in six to nine days, averaging 350 to over 500 miles per day. Solo racers finish in nine to twelve days, averaging 250 to 350 miles per day. Teams have a relay format and race 24 hours a day. Solo racers have the challenge of balancing a few hours of sleep each night against race deadlines.

Truly, RAAM is larger than life. A breeding ground for champions, a testing ground for elite riders and a shining example of the strength of human spirit—all the while raising over $1,000,000 in recent years for charity.

2009 General Race Information
- **Start:** Oceanside, CA - The Oceanside Pier.  
  Women June 16th, Men June 17th, Teams June 20th.
- **Finish:** Annapolis, MD - The City Dock. June 26th - June 29th.
- **Route:** More than 3,000 miles across the United States.
- **Divisions:** Solo and Two-Person, Four-Person, and Eight-Person Teams.

**Find out more at www.teamstrongheart.org**

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