

WORLD'S BEST ULTRA RUNNERS TO COMPETE IN RELAY RACE FOR REACHOUT

1000 Miles to Light will see eight of the world's best ultra-runners complete 1000 miles in just 10 days. The eight runners were to begin in Broken Hill and end the race in Byron Bay, but the pandemic has meant they've had to change course. With the support of the Australian Army, the race will now take place at Singleton Army Barracks in NSW.

Each team will see four Australian and four American athletes, pushing their bodies to the limits. On Team USA is marathon man, [Dean Karnazes](#), known for running 50 marathons, in all 50 US states, in 50 consecutive days. Alongside the marathon man will be athletes, [Samantha Pruitt](#), [Shan Riggs](#) and [Katie Visco](#).

Both teams will be raising awareness of and funds for mental health service, [ReachOut](#), who support young people in Australia with whatever life throws at them.

In Australia, 1 in 4 young people experience mental health issues and 70% of them don't seek help.

1000 Miles to Light will champion the message that mental health is as important as physical health.

On team Australia is Pole to Pole adventurer, [Pat Farmer AM](#). In 2012, Pat Farmer ran from the North Pole to the South Pole, through the Americas, clocking over 20,000 kilometres. Alongside the Australian adventurer will be marathon runners, [Greta Truscott](#), [Justin McDonald](#) and [Deirdre Hopkins](#).

Sports community, [Running Heroes](#), have made it easy to be part of this 10-day Australian challenge, live from August 14th 2021. Runners can participate through a virtual run that will empower individuals to set their own running goals across the event.

To learn more, head to www.1000milestolight.com

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