

FOR IMMEDIATE RELEASE
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The Greatest Athlete You Never Heard Of **Marshall Ulrich Completes the First Ever Triple Crown of Extreme Sports**

IDAHO SPRINGS, Colo. – At the age of 53, when many are slowing down, ultra-athlete Marshall Ulrich of Idaho Springs, Colorado, has just completed the “Seven Summits” – climbing the highest peak on each continent, becoming only the 100th person in the world to have accomplished this feat. Amazingly, Ulrich reached the summit of each of the seven mountains on first attempts. Since June 2002, he has climbed Denali in North America, Aconcagua in South America, Kilimanjaro in Africa, and Elbrus in Europe. He summited Mount Everest in May 2004, and Vinson in Antarctica this January. He completed his Quest for the Seven Summits by reaching the summit of Mount Kosciusko, a 7,310-foot day hike, in Australia on March 10, 2005.

While this, in itself, is impressive, there is a lot more to the story. The driving force behind this ultra-athlete is what he accomplishes for charity. At the top of each peak, Ulrich proudly poses for photographs. Sister Mary Beth Lloyd, Mission Fund Director for the Religious Teachers Filippini, knows these summit photos are not so much for him but for “the children that are waiting for him to reach the summit so that he can look around and see all of the work that needs to be done.” Since 2002, Ulrich has dedicated his fundraising efforts to the Religious Teachers, a group that helps war-widowed women and children in some of the poorest countries in the world develop skills that will lead to independence. Ulrich carried a Religious Teachers banner and took pictures of the banner at each major step along each climb “just in case that’s as far as I got.” In truth, the climbs are not so much about Ulrich as they are about promoting donations to his chosen cause. “It’s all about giving back,” Ulrich explains.

Triple Crown Athlete

It is more than mountain climbing. Mountaineering is a relatively new effort for Ulrich. Since 1986, he has built a reputation as a world-class endurance athlete. He is the first person to complete the Triple Crown of Extreme Sports – ultra running, adventure racing, and mountaineering. His running accomplishments include completing the first ever Pikes Peak quad; being the only person to complete the Leadville 100-mile trail race across mountains and the Pikes Peak marathon in the same weekend; and three runs across Colorado, which were also fundraisers for the homeless. Ulrich is also one of only three people in the world to have competed in all nine of the multi-day, multi-discipline, 300- to 400-mile Eco Challenge adventure races. He has also competed in numerous other adventure races as a founder of the Stray Dogs Adventure Racing Team. Now he has completed the Seven Summits.

Ulrich has completed Badwater – a 146-mile foot race from Badwater, CA starting 282 feet below sea level to the 14,494-foot summit of Mount Whitney – a record 12 times, and he has won the race a record 4 times. Crossing Death Valley a record 17 times, Ulrich has faced temperatures reaching 134 degrees. He is the only person in the world to

complete the course solo and completely unaided. Ulrich hauled his gear, including 21 gallons of water, in a 212-pound cart across the course in three-and-a-half days.

When Ulrich competes in an Eco Challenge, or runs over 100 miles across mountains in Colorado, or successfully scales peaks like Mount Everest, the commonly asked question is “why?” Why would a person push himself to the limit, and then go beyond? Why would he stay in an adventure race after being bitten by a rattlesnake? Why would he run from the bottom of Death Valley in July to the top of Mount Whitney, then turn around and run back across the scorching desert? And then repeat the round-trip again, covering almost 600 miles – something requiring 10 days and never accomplished by anyone else before or since? Why, indeed?

Ulrich himself does not have all the answers, but he does have one big one – the money he raises for charity through these efforts is making a big difference in the lives of women and children he may never meet. In the 2002 Badwater Quad alone (Death Valley to Whitney and back – twice) he raised over \$70,000 for the Religious Teachers. In all, Ulrich has raised over \$220,000 for such charities. And he is still at it.

“I like to identify things that people say are impossible, and then go out and do them.”

Motivational Speaker

In the world of ultra-athletes Marshall Ulrich is a legend. He has been featured in several magazines, including being named “endurance king” in *Outside* magazine’s top 25 world athletes. But it is difficult to get the word out about his charitable efforts. So, in addition to continuing his ultra-athletic activities, Ulrich now describes his adventures in motivational speeches. His favorite theme – “When Getting to the Top Isn’t Enough” – stresses the need to support worthy charities.

To learn more about this extreme athlete go to www.teamstraydogs.com. See the Fundraising page to learn more about the Religious Teachers and make a tax-deductible donation on-line. Or send a check payable to the Religious Teachers Filippini to:

Religious Teachers Filippini
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