



North Vancouver, BC, Canada
Thursday, August 10, 2006

Press Release

Death Race Survivor to Host Ultramarathon Running Event in Vancouver

This past holiday weekend while many of us were sitting around the barbeque sipping a cold one, local ultrarunner and Club Fat Ass (CFA) member Dom Repta faced down “death” and lived to tell about it. In this case, “death” took the form of the 125 km Canadian Death Race in Grande Cache, Alberta. Repta, representing Team Montrail/Mountain Hardwear, broke the course record by almost an hour, finishing second overall in just over 14 hours.

The Death Race began as an extreme trail race for Grande Cache locals. A decade later about 150 solo and 800 relay runners tore across three mountain summits and over 5,700m (17,000 ft) of elevation change, enjoying a brief boat trip across Hells Gate’s Canyon in the process.

Going into the race, Repta expected his greatest challenges would be the elevation change and a strong competitive field. As it turned out, he was comfortable throughout the race, thanks in part to his training methods and diet. In the two months leading up to the Death Race, Repta, a strict vegan, was running 16-17 hours of trails a week, sometimes up to 8 hours at a stretch. Repta also credits his participation in Club Fat Ass events as a boon to his training. **“For a race like the Death Race, Club Fat Ass events are great because they get you used to being self-sufficient. At a Club Fat Ass event, you pay nothing and expect to have fun, get lost, carry all your own aid/gear and get no awards,”** he says.

Not content with conquering what is arguably the toughest ultramarathon running event in Canada, in two weeks time Repta will host his own trail run in Vancouver: The Club Fat Ass “Go Deep or Go Home 80/20.” **“I want to offer people a chance to get involved in the amazing trail running community we have in Vancouver. I also want to show them there is more to running than the Sun Run or Vancouver Marathon. If holding a free event gets one person out on the trails and they can say ‘Wow, that was way better than running 20 km on the roads,’ then I’m happy,”** says Repta.



Go Deep or Go Home starts Saturday, August 26th at 7:30 a.m. The aim of the event is to provide a little late season competition for the beginning trail runner, the hardcore ultramarathon runner and everyone in-between. The course offers four distance options ranging from 20 to 80 km on a 20 km loop. For those left standing, a post event celebration featuring a free beer for all participants will be held at 4:00 p.m. at the Mosquito Creek Grill, Westview Plaza (at Westview and Highway #1) in North Vancouver. For more information, visit www.ClubFatAss.com/events/godeep.

Club Fat Ass is a grassroots sports event club. Our members host trail running and other outdoor adventure events for fellow members. Club events are fun, physically challenging, environmentally friendly and emphasize camaraderie as much as competition. Each event is a reflection of the unique personality of the Event Host. All Club events are free to Club members. Membership is open to everyone who enjoys playing outdoors.

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