



National Park Service
U.S. Department of the Interior

Cuyahoga Valley
National Park

15610 Vaughn Road
Brecksville OH 44141

www.nps.gov/cuva
www.dayinthevalley.com

Cuyahoga Valley National Park News Release

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Mary Pat Doorley, (440) 546-5995, (440) 343-7355 (cell), or mary_pat_doorley@nps.gov

Learn the Ways of an Ultramarathoner

Mother of five and female American record holder running 340 miles in six days

Brecksville, Ohio - The National Park Service welcomes long-distance runner Pam Reed as part of the Lyceum Distinguished Speaker Series on Friday, March 26 at Happy Days Lodge in Cuyahoga Valley National Park (CVNP). The lecture series features national speakers who stimulate the heart and mind with compelling stories of our natural and cultural world.

General seating admission is \$8 adults, \$6 CVNPA members, and \$3 children ages 3 - 12. Attend any three for the subscription price of \$20 adults, \$15 CVNPA members. Advance sales are available by calling (330) 657-2909. Program time is 7 - 9 p.m. and doors open at 6:30 p.m. For updates on ticket availability and weather related cancellations call the park's Cultural Arts Hotline at (330) 650-3636 ext. 228 or (800) 257-9477 ext 228. This message will be updated by 2 p.m. the day of an event.

Consider running a race five times the distance of a marathon...in Death Valley...where the temperature can reach more than 130 degrees! The Badwater Ultramarathon in California is a 135-mile run from Badwater, the lowest point in the country, to the slopes of Mt. Whitney, the highest peak in the lower 48 states. In 2002, Pam Reed won the race in twenty-seven hours and 56 minutes, shattering the women's course record and beating the closest male competitor by nearly 5 hours. Since then, Pam won the race again in 2003, as well as set an American record in the USA Track & Field 24-Hour track run, and ran with the U.S. Team in the Netherlands in 2004, in France in 2005, and was invited to run in Taiwan in 2006. She was honored by *Competitor Magazine* as "Runner of the Year" and has had many opportunities to share her story with runners in the U.S. and overseas.

In 2009, Reed reached another amazing goal when she became the female American record holder in six-day marathons after completing 490 miles in the 12th Annual Self-Transcendence Six-Day Race in Queens, New York. Still going strong, this author of *The Extra Mile: One Woman's Personal Journey to Ultra-Running Greatness* wants to show others that you do not have to give into your age and you can always continue to improve.

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