

Global expeditioner to cycle through Ogden and Salt Lake City on Friday

43-year-old Seattle man aims to become first to circle world by human power

BOISE, Idaho, Oct. 19, 2004 – Extreme athlete Erden Eruç and his Around-n-Over expedition (www.around-n-over.org) has covered over 6,000 miles by bike and scaled Mt. McKinley, North America's highest peak in his attempt to become the first human to circumnavigate the globe solely under his own power. On Friday, Eruç will bike through Salt Lake City on the cross-continent cycling leg of his current objective, Mt. Aconcagua on the Chilean-Argentinean border.

At 22,840 feet, Aconcagua is South America's highest peak, and when summited in late 2005 will put Eruç within four peaks of his goal of reaching the highest summits on six continents. He began the Aconcagua leg of the expedition Oct. 3 in Seattle and left Boise, Idaho this past Friday.

His journey will take him on a 3,400 mile, 60 day cycling journey from Seattle to Miami, and rowing voyage through the Panama Canal to Ecuador aboard his 23 foot trans-oceanic rower. He will reach the base of Aconcagua by biking south from Ecuador through Peru and Chile.

On his way to a Friday, Oct. 22 arrival in Salt Lake City, the Turkish native will pedal nearly 175 pounds of bicycle, trailer and panniers fully laden with food and personal gear along Route 30 to Burley, Idaho and then along Route 81, a paved railroad grade, and Route 30 to Snowville, Utah. Eruç will then travel along I-84 and Route 83 to Brigham City and eventually Ogden. In Ogden he will talk with a group of 200 students at the Hillcrest Elementary School as well as a smaller group from the school's Accelerated Learning Academy. Along the way Eruç will spend nearly 10 hours a day on his bike averaging between 11 and 15 mph. Eruç and his fully laden Novara bike with BOB trailer can reach speeds of 23 mph on the flats and 35 mph coasting down hill. On good days he can cover up to 90 miles in a single day.

After leaving Salt Lake City, the expedition will take Eruç on to Denver, Kansas City, St. Louis, Nashville, Atlanta, Jacksonville and eventually an early December arrival in Miami.

Along the way, the former systems engineer turned expeditioner by way of a lay-off, will talk about his global journey to local school children to share the values of selflessness, sacrifice and perseverance of previous adventurers and expeditions including his late climbing partner, mountaineer Göran Kropp. Kropp is well known for his role in the rescue of several climbers who were stranded by a violent storm on Everest in 1996 and then successfully summiting the earth's highest peak without the use of supplemental oxygen. Kropp's journey to Everest included riding his bicycle laden with climbing gear from Sweden to Nepal.

In May 2003, Eruç reached the summit of the 20,320 foot Mt. McKinley in Alaska which included the 5,546 mile bike ride from Seattle to Denali and back. His bicycle journey to Miami will push his odometer to nearly 9,000 miles. Following a break to recover, Eruç expects to depart from Miami for Ecuador in late February aboard Calderdale – The Yorkshire Challenger, his 23 foot trans-oceanic rower. He expects to summit Aconcagua in January 2006, then Oceania's Carstenz Pyramid in the summer of 2007, Asia's Everest in 2008, Africa's Kilimanjaro in 2009 and finally Elbrus in Russia in 2010 before returning to Seattle later that year. The expedition

will include time-off between legs for hurricane seasons on the oceans and winters on the mountains which will allow for recuperation and equipment repair and replenishment.

About Around-n-Over

Around-n-Over (www.around-n-over.org) is a tax-exempt organization to support the seven year quest of Seattle extreme athlete Erden Eruç to circumnavigate the globe under human power. Eruç aims to climb the highest summits on six continents after approaching each by bicycle and on foot, and to row across three oceans. By sharing his journey with students world-wide through Around-n-Over, Eruç aims to instill the values of selflessness, sacrifice and perseverance in the tradition of previous adventurers and expeditions. This journey was inspired by the book Ultimate High depicting Göran Kropp's 1996 cycling journey from Sweden to climb Mt. Everest, and by Tori Murden, who in 1999 became the first woman to cross an ocean by rowing.

Around-n-Over is a 501(c)(3) non profit organization and is exempt from federal income tax under section 501(a) of the Internal Revenue Code of the United State of America. Invicta Law Group is instrumental to the success of Around-n-Over, and the following organizations have contributed to the journey: BOB Trailers, OrtliebUSA, REI, and Seattle Vertical World.