

## PRESS KIT

# Serge Girard's Run & Row Tour by human power Without a break in the itinerary

by circumnavigation in the southern hemisphere

Start on March 8th 2015



# SUMMARY

- I A world first
- II Serge Girard, the continental mariner
- III Shared values

## The challenge in figures :

- 45 000km and 0 gr. of CO2 emission by the runner
- 15 000 000 strides and 3 000 000 oar strokes
- 660 days
- 15 000 km running, about 2 marathons per day
- 30 000 km rowing, almost 80km (45 NM) per day
- 3 Continents crossed : Australia/Oceania, Africa and South America
- 3 Oceans crossed : Indian, South Atlantic and South Pacific
- 150 tubes of anti chaffing cream
- 150 tubes of sun screen
- Several dozen anti UV T-shirts
- 6000 minutes of satellite connection
- 2 movie cameras on board
- 20 running shoes
- Températures :
  - +50°C in the Australian desert
  - 10°C in the Andes, maximum altitude 4500 meters

## 1. A world first

**Between 2015 and 2016, Around the World by Human Power and without a break of the itinerary by Serge Girard, a world first ( Running and rowing)and one of the most important feats in the world of sport in the first half of the 21<sup>st</sup> century.**

Around the World by Human Power by Serge Girard will

Respect the following rules :

- ✓ No motor, no sail
- ✓ Start and finish at the same place
- ✓ Cross all the meridians
- ✓ Cover a distance of 40 000 km minimum



He will be the first to accomplish this without a break in his itinerary.

Till today only two men have been around the world by human power with a break in their itineraries: the Englishman, Jason Lewis, over a period of 12 years from 1995 to 2007, on bike and rowing and the Turk, Erden Eruc, over a period of 5 years from 2007 to 2012 on bike and rowing.

In 2008 and 2009, Jean Gabriel Chelala was on road and ocean for a world tour by human power ( bicycle, pedal boat and kayak). 17 months for a little bit more than 33 000km.

### A- *The planned itinerary with dates:*

Serge Girard will make this world tour without a break in the itinerary, running and rowing.

He will cross 3 oceans and 3 continents:

Dates	Where	Start	Finish	Km	Time	Via
March 2015	Ile de la Réunion	Ile de la Réunion	Tamatave (Madagascar)	700 km (360 miles naut.)	15 days	
March 2015	Madagascar	Tamatave Madagascar	Tulear Madagascar	1400	20 days	
April 2015	Mozambique	Tulear Madagascar	Angoche (Mozambique)	700 km (360 miles naut.)	15 days	
May 2015	Africa	Angoche (Mozambique)	Walvis bay (Namibia)	3 500 km	60 days	Zimbabwe, Botswana, Desert of Namibia
July 2015	South Atlantic ocean	Walvis bay (Namibia)	Recife (Brazil)	6 500 km (3500 miles naut.)	70 days	Ste Helena Island Ascension Island
September 2015	South America	Recife (Brazil)	Valparaiso (Chili)	6 400 km	90 days	Argentina Cordillère des Andes, Chile
December 2015	South Pacific Ocean	Valparaiso (Chili)	Cairns (Australie)	16 700 km (9000 miles naut.)	210 days	Marquises Islands/ New Caledonia
June 2016	Australia	Cairns (Australia)	Perth (Australia)	5000 km	80 days	Ayers Rock, Red Centre
August 2016	Cross the Indian Ocean	Perth/geraldton (Australia)	Ile de la Réunion	6 500 km (3500miles naut.)	70 days	
November 2016	Finish at Ile de La					

**Foot race: approximately 15 000 km in 8 months**

**Rowing: approximately 30 000 km in 14 months**

**Daily average: approximately 80km/day**

## **B- Equipment and logistics planned for the navigation and the footrace**

### 1. Navigation



An essential player in the event is the boat, named “Middleton.” previous named “Preciouss4life” has already crossed the north Atlantic Ocean last year. It was designed by the architect Phil Morrison and equipped by sailing specialists. For the choice of the boat and the general routing, Serge has been assisted by sailing experts, among whom Pierre Katz. Built by British Demon Yachts, with the participation of Rannoch Adventure, Charlie Pitcher Society's. This boat's construction combines lightness, strength and space optimization which ensures the energy autonomy necessary for survival, all with a concern for security. The boat is made of Carbon for a length of 6,8 meters and a width of 2m. Middleton will be equipped with state of the art technology such as a satellite station which will allow communication and transmission of data to land (real time video, photos).



The team will consist of:

Laure, Serge's partner, responsible for logistics (transfer of the boat)  
Xavier Vigan and his team of Sat Ocean Society, and Michel Meulnet of SeaRout for the weather forecast and routing  
Pierre Katz, a rower and a sailor who have already crossed in rowing solo Atlantic Ocean in 2009, gives advice for training at sea and preparing the boat for live aboard.

### 2. The Footrace

Serge will leave his footprint on Terra Firma. Ample proof of this is his previous experience of running thousands of kilometers world-wide between 1997 and 2010. This time the most difficult time will be that of the transition from a seated rowing position to getting his body going for the footrace on land. For the estimated 15 000 km (350 marathons) spread over 3 continents, he will need 20 pairs of shoes, 100 pairs of socks, 50 T-shirts and 50 shorts.

He will be assisted by a flexible and adaptable team: Laure, who has organized all of his races since 1999, will be responsible for on-land logistics, seconded by Bertrand Plaquevent, René Girard and David Antoine. Two vehicles, four wheel drives, will follow Serge with all the necessary material.

## II. Serge Girard, the Continental Mariner



Born in 1953, father of 3 children, lives in the Seine Maritime department which is on the English Channel. This experienced long-distance runner has, over the period 1997 to 2010, run across all 5 continents without a single day of rest on each race (70 km per day).

- Los Angeles – New York : 4597km in 53 days = 90km/ day
- Perth – Sydney : 3755km in 47 days = 81km/day
- Lima – Rio de Janeiro : 5235km in 73 days = 71km/ day
- Dakar – Le Cairo : 8295km in 123 days = 68km/day
- Paris-Tokyo : 19097km in 260 days = 73km/day
- In 2009 and 2010, Around Europe Footrace, crossed 25 countries and set a world record for the longest distance run in 365 days: 27,011 km = 74 km/day.

The total distance covered on these 6 races is 67,990 km in 922 days = 73.8 km/day

### *Some key figures :*

Heart rate during a race: 110 bpm

Resting heart rate: 36 bpm

Ideal weight 62 kg

Estimated weight loss: 10 kg

Began racing at the age of 30 (20 km, marathons) and long distance races at age 40

Runs an average of 10,000 km per year

### *His energy needs:*

5000 calories per day

10 liters of mineral water per day (desalinator on the boat)

More than 3000 refueling points on land, i.e. every 5 km

2000 energy bars

More than 1200 pasteurised meals and the fish he catches at sea

### III. Shared Values

#### ✓ In sporting terms

The Run and Row Tour by Serge will be an exceptional sports event. This challenge requires an intense physical preparation: limbering up, body building, running 150 km per week, and 200 km per week on the ergometer rowing machine. Strengthening and staying in top physical condition will be one of the things that will allow Serge to succeed in this event at the age of 61.

#### ✓ In psychological terms

Added to a fine-tuned physical training, a mental preparation is indispensable to face the moments of solitude, stress and fear during the ocean crossings. It is impossible to tame the sea and this element of perpetual motion may bring Serge storms and days without rest. Only great mental strength will enable him to hold the course. Sophrology (relaxation therapy) is indispensable to handle this solitude and moments of doubt.

#### ✓ In terms of human values

Running on land and rowing the oceans means inevitably sharing the fundamental values of friendship, tolerance and sharing among people. It is also proof of the necessity to preserve our planet for our generation and for future generations.

#### ✓ In terms of escape and dreams

The theme of the trip is without limits as is a view of the world. This adventure worthy of Jules Verne, will allow for sharing of the most diverse land/seascapes, varied civilizations and unusual meetings. To stimulate awakening and the discovery of an evolving world, the desire to embark on activities and to go from dream to reality, these are the shared values of this World Tour by Human Power.





*The road is long for he who does not pursue his dreams*

You can follow Serge Girard's World Tour on the Website:

[www.sergegirard.org](http://www.sergegirard.org)

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