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OneMileRunner.com contact:
Sekyen O'Meara
Director of Operations
(941) 350-9150

One Mile Runner - Five Years, Five Extreme Running Challenges

Sarasota, Florida, April 7, 2012 – David O'Meara, the 49 year old known as the One Mile Runner, is setting out on his fifth international running challenge in as many years. This year's "Isles Mile Challenge" takes him to 7 different islands to run 7 one-mile races, in 7 different time zones, in 7 consecutive weeks – completing each race in less than 5 minutes.

O'Meara is essentially traveling halfway around the world – traversing 12 time zones and over 11,500 miles – to prove that his 49-year-old body is properly prepared to not only run fast and avoid injury, but also primed to recover quickly from the grueling road races and the challenges of international travel.

This year's race combines the themes from his first four tours: speed/strength/endurance (2008), recovery (2009), international travel (2010), and adventure racing (2011). Except this year he is planning to complete each race in less than 5 minutes – a challenge he hasn't attempted since 2008. In the last three events, O'Meara averaged less than 5 minutes per mile, but this year he must complete each race in under 5 minutes or he will need to re-run the race, during the same week on a different island in the same time zone, until he breaks 5 minutes. If he can't break 5 minutes that same week, the challenge is over.



Working in O'Meara's favor is the consistent sea-level altitude of all 7 island locations. But, working against him are hilly coast roads, desert and tropical climates, gulfstream humidity, the rainy Northwest and the weekly challenges he'll face traveling to each island.

During the 49 day event, O'Meara's schedule takes him to the following locations (and time zones):

- July 1st – Santorini, Greece (GMT+2)
- July 7th – Copenhagen, Denmark (GMT+1)
- July 14th – Reykjavik, Iceland (GMT)
- July 21st – Mount Desert Island, Maine, USA (GMT-5)
- July 28th – Hamilton, Bermuda (GMT-4)
- August 4th – Whidbey Island, Washington, USA (GMT-8)
- August 11th – Honolulu, Hawaii USA (GMT-10)

The Last Four Years

Four years ago at 45 years old, O'Meara, set out to accomplish his first personal challenge – running 20 one mile races, in 20 weeks, in 20 different North American cities, in less than 5 minutes each. Successfully completing that event in 2008, drove O'Meara to analyze his stride, optimize his processes and perfect his training. His discoveries focused on his ability to recover between races and he tested his new processes in 2009 by running more races in fewer days. At age 46, with a goal of less than 5 minutes per mile, he ran 26.2 one-mile races in 27 New England cities finishing with an average of 4:51 per mile. Completing the eight and a half weeks of races without injury, O'Meara was inspired to take his 2010 event internationally. Lacking the conveniences of the United States, and leaping time zones, he ran 6 one-mile races, on six different continents in 6 weeks with a total time of 29 minutes and 25 seconds. In 2011, O'Meara ran five consecutive races at various Wonders of the World. Traveling to popular locations around the world such as Stonehenge, the Taj Mahal, Petra, the Grand Canyon and the Golden Gate Bridge, O'Meara finished his the series of five races in 24 minutes 31 seconds.

What's Next

Later this year, O'Meara will be releasing a new training DVD developed for serious athletes that wish to learn his injury prevention and recovery techniques. You can Like Us on FaceBook at www.facebook.com/bodyprotection to be notified of the product's release date. Then in 2013, O'Meara plans to turn his attention to answering the question: How fast can this 50 year old body go? O'Meara looks forward to qualifying for the 2013 National Senior Games in Cleveland, OH.

You can follow O'Meara's training and race results by visiting www.OneMileRunner.com.

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About David O'Meara

David O'Meara is a world-renowned coach, speaker, author and athlete. O'Meara has made a career of inspiring amateur and professional athletes of all ages. He has also trained both coaches and Fortune 500 executives on his trips around the world in Europe, Asia, and Africa. O'Meara has been the keynote speaker at world sports conferences, financial institutions, leadership organizations, and educational conferences. He is the author of Creating Amazement, Play Better, Live Better and Tennis Unlimited. O'Meara is a certified personal trainer and fitness counselor. At his home in Sarasota, Florida, he is developing a new exercise program that will focus on injury prevention and body protection. The program will launch in mid-2012 with his first training DVD, and associated personal training services.